



Community Services for Children

Family Connection Newsletter ~ ELRC Region 13

November 2023

Serving Berks & Schuylkill counties

Si desea ver este boletín en español, haga clic [aquí](#)

To distribute this newsletter to others, copy and share this link:

Region 13 News

Children's Coat Giveaway

Both of our offices will have coats to distribute to any family in need. Stop by or call 484-651-8000.



Available Now

Pottsville Office, 2335 West End Avenue
Reading Office, 1138 Rockland Street

Education for Children and Youth Experiencing Homelessness

Awareness Week November 14th-18th

If you or someone you know is experiencing homelessness, you may qualify for certain rights and protections under the federal McKinney-Vento Act. The act protects those who live in a shelter; a motel or campground due to the lack of an alternative adequate accommodation; a car, park, abandoned building, bus or train station; or doubled up with other people due to loss of housing or economic hardship. The Pennsylvania Education for Children and Youth Experiencing Homelessness Program exists to help students who experience homelessness by offering a wide variety of services to help during this time of change and stress. Visit <http://www.education.pa.gov/homeless> or <http://homeless.center-school.org/> for more information.

Community Events

Salvation Army of Reading

The Salvation Army is holding a Thanksgiving food basket distribution which includes a turkey and other meal items. Distribution occurs Tuesday before Thanksgiving at the Salvation Army. No pre-registration required. First come, first serve:

301 South 5th Street, Reading
610-373-5208

Schuylkill County Free Community Meals

The Schuylkill County Knights of Columbus will be delivering turkey dinners to Schuylkill County residents who are in need of a meal on Thanksgiving morning, November 23rd starting at 8:00AM.

If you are in need of a meal, please call either 570-773-0627 or 570-516-9514. Please leave a message with your name and phone number and they will call you back. If you prefer, you can also send an email to KofC431@yahoo.com. The only requirement is that you are home to receive the meal.

Deadline to order is Friday, November 17th at 5:00 pm



**FREE
THANKSGIVING DAY
HOT MEAL PLATTER**

Sponsored by:
**Stokes Ministry &
G-Lady's Community Food Pantry**

November 23rd, 2023
2pm - 5pm

Pick-up or Delivery Only
(Delivery to Tamaqua and
surrounding areas)

220 Green Street, Tamaqua

 **REGISTER BY CALLING:**
(PLEASE LEAVE A MESSAGE IF YOU REACH VOICEMAIL)

Sharon Stokes: 570-486-8389
Katie Arnold: 570-573-0509

Looking for a Career Change?

Do you love children and want to make a difference in the lives of young families? Check out ECE hire for job postings in early childhood education. Click on the logo below to access the latest listings:



Parenting Corner

Getting Involved in Your Child's School

Creating a positive parent and school relationship benefits all involved, especially your child. When they observe your excitement about collaborating with their school and teacher, it can increase their enthusiasm about school and learning. Here are a few ways you can get involved:



1. Be a guest reader
2. Supply recycled art materials
3. Share a skill
4. Attend events hosted by the school
5. Start or join a parent committee to help plan events
6. Take any surveys the school sends out about their program. Your voice is important
7. Volunteer in the classroom or volunteer to help with a certain project from home (cutting materials, typing something up, etc)
8. Ask! Reach out to your child's teacher or program director and ask if they have a specific need for parent involvement

Parent Project Podcast

Community Services for Children has been hosting the Parent Project Podcast to engage families in areas of common concern for parents. Experts provide perspectives on topics of health & safety, mental health, child transition and other important subjects.

This month, we are joined by Mike Daniels, retired social worker, as he shares about how to foster attachment with your new baby. Click [here](#) to listen.

PARENT PROJECT PODCAST



Child Development



Sleep Matters

Did you know that sleep is just as important to your child's development as nutrition and physical activity? The American Academy of Pediatrics estimates that sleep problems affect 25-50% of children. Lack of sleep in children can

lead to difficulty concentrating, mood swings, challenging behaviors, difficulty staying alert and attending to activities. On the flip side, getting adequate sleep has been proven to increase the immune system, behavior, memory and cognitive performance.

How much sleep does your child need? According to [Healthychildren.org](https://www.healthychildren.org), infants 4-12 months should get 12-16 hours of sleep a day. 1-2 year olds should get 11-14 hours of sleep and 3-5 year olds should get 10-13 hours a day. Even as they get older, 6-12 year olds should get 9-12 hours of sleep per day.

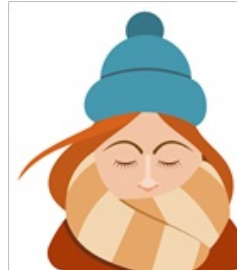
See the following links for additional information and tips on sleep:

- [Sleep - HealthyChildren.org](https://www.healthychildren.org)
- [Healthy Sleep Habits: How Many Hours Does Your Child Need?](#)
- [Children's sleep linked to brain development](#)

Resource & Referral

Get Help with Winter Heating Costs

The Low Income Home Energy Assistance Program (LIHEAP) is now accepting applications. LIHEAP is a federally-funded program administered by the Pennsylvania Department of Human Services (DHS) that provides assistance for home heating bills so those Pennsylvanians meeting eligibility and income guidelines can stay warm and safe during the winter months. Assistance is available for renters and homeowners.



The LIHEAP season runs Nov. 1, 2023-April 5, 2024 and supports can range from \$300 - \$1000. To be eligible for LIHEAP, you must meet the income criteria (as an example, a gross income of \$45,000 per year for a family of four). Families should apply via the COMPASS website and DHS will determine final eligibility.

Pennsylvanians can apply for LIHEAP and other public assistance programs online at www.compass.state.pa.us or by phone at 1-866-550-4355. County Assistance Offices are available if clients cannot access online services or need assistance that cannot be accessed through the COMPASS website.

AFFORDABLE CONNECTIVITY PROGRAM

Helping Households Connect

Pennsylvania
WORK SMART. LIVE HAPPY.

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Medicaid
 - Federal Public Housing Assistance
 - Supplemental Security Income (SSI)
 - Special Supplemental Nutrition Program of Women, Infants, and Children (WIC)
 - Veterans Pension and Survivor Benefits
 - Free and Reduced-Price School Lunch and School Breakfast Program
 - [Lifeline](#)

Check out [fcc.gov/ACP](#) for a Consumer FAQ and other program resources.

TWO-STEPS TO ENROLL

1. Go to [AffordableConnectivity.gov](#) to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

HOW ARE CONSUMERS PROTECTED?

FCC rules protect Affordable Connectivity Program recipients by:

- Empowering consumers to choose the service plan that best meets their needs (including a plan they may already be on);
- Ensuring consumers have access to supported broadband services regardless of their credit status;
- Prohibiting providers from excluding consumers with past due balances or prior debt from enrolling in the program;
- Preventing consumers from being forced into more expensive or lower quality plans in order to receive the ACP;
- Ensuring that consumers are not liable for early termination fees;
- Reducing the potential for bill shock or other financial harms;
- Allowing ACP recipients to switch providers or broadband service offerings; and
- Providing a [dedicated FCC process for ACP complaints](#).

ADDITIONAL INFORMATION

Check out [fcc.gov/ACP](#) for a Consumer FAQ and other program resources.

If you need to talk to someone about your eligibility or application status, call the ACP Support Center at (877) 384-2575.



11/08/2022

Commonwealth Keystone Building | 400 North Street, 4th Floor | Harrisburg, PA 17120-0225 | +1.866.466.3972 | [dced.pa.gov](#)

Health & Safety

Illness Prevention - When to Keep Your Child Home

It's that time of year again when we begin to hear "I don't feel good" and "my throat hurts" while we are rushing to get everyone out the door to school and work. In recent years, COVID has been the big illness everyone is talking about, but let's be honest - whether it's COVID, the flu, strep, a stomach bug, or just the common cold... we don't want it!

Handwashing is a good skill to practice with your little ones and is proven to dramatically cut down on the spread of illness. You can follow the attached guidelines and work with your child at home to learn the best way to wash hands. Make it fun by singing a song for 20 seconds while you scrub; Twinkle

Twinkle Little Star and Happy Birthday are both about this length of time.



Another way to help limit the spread of germs and illnesses is to keep your child home when they begin to exhibit illness symptoms. You should always follow your school's illness policy and many will include a list of excluding symptoms, similar to the following:

- Fever of 100.4 or higher
- Vomiting or diarrhea
- Pink eye
- Severe sore throat
- Trouble breathing
- Coughing that disrupts normal activity
- A new rash

Many child care programs will require that your child be symptom-free for 24 hours without medication before returning to school.

Visit the CDC website for more information on illness prevention:

<https://www.cdc.gov/>

FDA Recall of Fruit Pouches Due to Potential of Elevated Lead Levels

The Pennsylvania Department of Health is alerting parents and caregivers of the Food and Drug Administration's (FDA) recall and recommendation not to buy or feed WanaBana apple cinnamon fruit puree pouches to children because the product may contain elevated levels of lead. This includes all lot codes and expiration dates. The FDA has secured a voluntary recall from the manufacturer.



For more information, please click [here](#).

Discover Your Teeth



TOOTH ANATOMY

Enamel

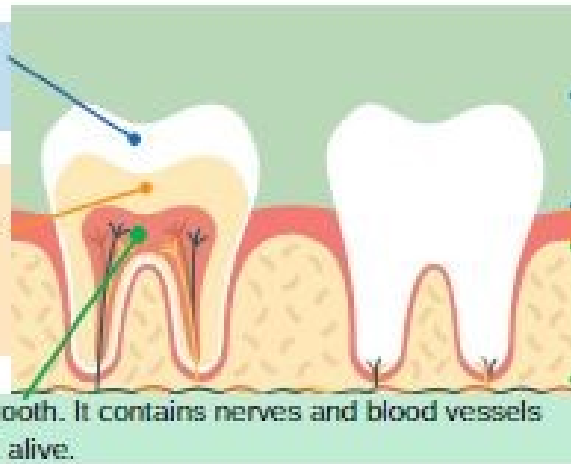
Visible, protective covering of the tooth.

Dentine

Yellowish part under the enamel. It makes up most of the tooth structure.

Pulp

The "heart" of the tooth. It contains nerves and blood vessels that keep the tooth alive.



Crown

Part of tooth above the gum.

Gum

Root

Part of tooth under the gums and jawbone.

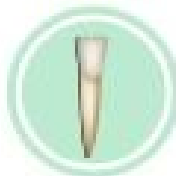
FOUR TYPES OF TEETH

Premolars



Mash Food

Incisors



Bite Food

Molars



Grind Food

Canines



Tear Food

FUN FACTS

- Teeth are the hardest part of your body
- Teeth are as unique to you as your fingerprint
- Tooth decay is preventable - brush 2x a day for 2 minutes!

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This graphic is compliments of Kids Smiles: www.kidssmiles.org/

Learning in the Car!

Traveling with your child provides opportunities to teach a variety of different skills.

Here are a few activities to try while traveling:

Infants: Attach plastic decals to the side windows, so when the light comes through the window, the child can see the shapes and colors.

Talk to your child and tell the child the colors, naming the ones they might see.

Toddlers: Take a travel break in a park, rest stop, or even the less populated corner of the parking lot. Get out the car and encourage your toddler to move. He can pretend he is a little bird and flap his fingers, then a bigger bird and flap his hands, and even a bigger bird by flapping his arms.

Preschoolers: Give your preschooler a puppet while traveling. Ask the puppet to sing a song or have the puppet tell you a story. Ask the puppet to tell you what they see outside the window. Play "I Spy". Can the puppet see the clouds, trees and sky?

Kindergartners: For vacation or a long-distance trip, have your kindergartner create his own scrapbook of the trip. Saving ticket stubs, toll receipts, brochures, maps and photos can be included. Even items such as rocks, shells, flowers or leaves can be stored in a shoebox and decorated like a treasure chest.



Resource: Learning is Everywhere: Activities to do with Young Children
www.papromiseforchildren.com

Suggested Books:

Wee Sing in the Car by Wee Sing

Riding in My Car by Woody Guthrie

Visit ELRC Region 13

Community Services for Children | elrc13@cscinc.org | www.cscinc.org

Connect with us



Community Services for Children | 1520 Hanover Ave, Allentown, PA 18109

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