



Community Services for Children Family Connection Newsletter ~ ELRC Region 13 June 2024

Serving Berks & Schuylkill counties

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Region 13 News

Juneteenth

The ELRC offices will be closed on Wednesday, June 19th in observation of the Juneteenth federal holiday. Known to some as the country's "[second Independence Day](#)," Juneteenth celebrates the freedom of enslaved people in the United States at the end of the Civil War. For more than 150 years, African American communities across the country have observed this holiday.



Clarification on Employment and Care Schedules

The ELRC uses parents/caregivers completed employment verification form to determine the eligible child care schedule for children. This verification form must be filled out and signed by your employer. Employment must be verified first before children can be authorized for care. Some reminders:

- Parents/caregivers with a varying work schedule will receive a child care schedule based on that changing work schedule.
- For two adult households, care is authorized during days and hours that both parents are working.

If you need any further assistance or case specific information, please reach out to your family specialist.

Berks County Events

Mission of Mercy ~FREE Dental Services

June 21st and 22nd

Santander Arena - Reading

No eligibility or income requirements

First come, first serve

Children & Adults

Click on the flyer below for more information

- [Patient Flyer English](#)
- [Patient Flyer Spanish](#)

Parent Circles with RIZE

RIZE organizes monthly *Parent Circles* to "foster an open exchange of ideas, support, information and resources for those parenting children of all ages and families of all types." Please see this [flyer](#) for more detail and reach out to Edna Garcia-Dipini, edna.rize@gmail.com, with any questions.

Teen Solidarity Camp

RIZE is delighted to extend an invitation to this year's **Free Summer Solidarity Camp**, where teens can immerse themselves in workshops focused on filmmaking, music, design, and various creative arts. This camp is designed to bring together individuals **ages 13-18** who share a love for artistic expression and a commitment to solidarity within our community. Camp will be held:

July 30th - August 2nd

11:00 am - 3:00 pm

Goggleworks

To secure your spot and take part in this enriching experience, please register using the following link: [Solidarity Camp Registration](#) by June 30th.



Schuylkill County Events

Summer Breakfast and Lunch @ the Pottsville Free Public Library
215 West Market Street,

Pottsville, Pa 17901

Monday-Friday June 17th to August 2nd

Breakfast is served 9am-10am

Lunch is served 12pm-1pm

Ages 1-18 are invited. Please register by emailing

potpublib@pottsvillelibrary.org with the name, age of each person and which days they will be attending and which meal time(s).

Summer B.L.A.S.T. Program - Better Lives Always Start Today

FREE program for children Kindergarten through 6th grade

Call 570-622-1995 for more information

Click [here](#) for days and locations.

FREE Concert with Country Star Lee Bryce

July 13th - Pottsville, PA

Food - Music - Fireworks

Click [here](#) for all the details!

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:

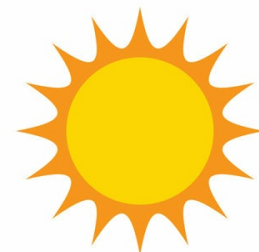


Parenting Corner

Summer Fun for Families

Summer can be such a great opportunity to spend quality time with your children! Whether you are playing indoors or outdoors, there are so many different activities that can be fun for all and many activities are absolutely free! Some of these ideas are things you can do right in your backyard or around the corner in your neighborhood!

- Go on a nature scavenger hunt
- Bird watch
- Grow a garden in old coffee cans, milk jugs, or mason jars
- Look for shapes in the clouds
- Grab a magnifying glass and look for insects in the backyard or park



While being outside can be good for your mental and physical health, sometimes the weather just doesn't cooperate. Instead of giving your children screen time, which can negatively impact their mental and physical health, try building a fort or a Lego castle or have some marble races! There are so many activities that

can exercise their brains, like doing puzzle races or working through a book of riddles.

Visit <https://www.parents.com/summer-fun-activities-8600043> to view 100 summer activities to do with your children this summer, pick a few, and make some great summer memories with your children!

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 Katie Fries a registered play therapist and owner of [All of You Therapy, LLC](#). She walks listeners through the ways to meet a child's emotional needs. Click [here](#) to listen.



Child Development

Baby Talk

It's fun to talk to babies but it is also very important for their brain and language development! A baby's brain builds thousands of brain synapses every time you talk, sing or play with them. They love looking at your face and hearing you speak and they even try to engage you in talking to them by looking at your face,



squealing, crying, or moving their arms and legs to get your attention.

Infants prefer “baby talk” to normal speech. They love to hear you ask simple questions like, “Where is the TRUCK?” or “The TRUCK is green! Infants like hearing you say words repeatedly and emphasizing the subject of the conversation- like saying the word TRUCK a bit louder and pointing at the truck.

Babies also like board books and as you read books to your baby, point out the pictures and emphasize the words like “This is a HORSE, the HORSE is brown, and the HORSE says NEIGHHHH.” Turn the pages of the book from left to right and they will learn how to master this pre-reading skill as well.

If you read to your baby one book a day until they are five years old, they will have heard thousands of words by the time they reach kindergarten. Reciting nursery rhymes, singing songs, pointing out objects and talking to them while they play, eat, get dressed or go for a walk, are all ways to connect with your baby and support their language development. They will only learn the words they hear, so take every opportunity to talk, sing and play with your baby!

For more tips and strategies to build your baby's language, read the article or watch the video in this link:

[Supporting the Communication of Infants and Toddlers: Environments and Experiences](#)

Resource & Referral

Upcoming Pop Up Dental Clinics in 2024

The PA Coalition for Oral Health compiled a list of pop-up clinics happening across the state. Visit [PA's Promise for Children](#) for dates and locations throughout Pennsylvania and share with staff and families.



Need a Career Path? Career Link can help.

If you're currently unemployed, lost your job due to a plant closure or permanent layoff, or living on a low income, you may qualify for help with your training needs. Please contact your local Career Link for more options and assistance. Click on the link for more information.

- [Welcome to PA CAREER LINK](#)

June Family-Friendly Newsletters

The June family-friendly newsletters for families of children, ages birth to Kindergarten are now available. The newsletters feature fun early learning activities that align with the Pennsylvania Early Learning Standards, resources and information to help families as their child's first and most important teacher.

Take a look and share with families and friends, then **subscribe** to get the next release directly into your inbox.

- [Learning is Everywhere](#)

Health & Safety

Summer Water Safety

Drowning is the single leading cause of death for children 1-4. Drowning happens quickly and quietly, so no single prevention strategy is enough. Click [here](#) to learn all 5 Layers of Protection.



The National Drowning Prevention Alliance has created a Water Safety Season Toolkit for families to review to prevent tragic accidental drowning. Click below for videos, home checklists and other resources:

[National Drowning Prevention Alliance Toolkit](#)



Summer Heat Safety

Summer is here! Getting outside in the sunshine, exercise, practice at taking risks, socialization, and appreciating nature are some of the reasons to enjoy the outdoors with your young children. The extreme heat can pose a risk for your children. There are ways to minimize those risks.

Know the warning sign for heat related illnesses. A quick guide can be found at: [ECELS summer heat tips](#)

1. Stay hydrated.
2. Dress in light clothing.
3. Look for shade.
4. Use sunblock.

Stay safe and get outside!

References:

ECELS: Summer Heat Safety

Harvard Health Blog; '6 Reasons Children Need to Play Outside' by Claire McCarthy, MD (10/27/2020)

Helping Children Stop Using a Pacifier

Sucking on pacifiers is a normal reflex for infants and toddlers; however, long-term use of pacifiers can affect your child's bite and the growth of the jaws and bones that support their teeth. If your child shows no interest in giving up their pacifier by age 4, they may need help to stop.



Here are some ways to help your child stop using

their pacifier:

- Talk to your child. Tell your child why you want them to stop using their pacifier. Say to them you believe they can stop.
- Take the pacifier away gradually. Let your child use it only at certain times, like naptime or bedtime. Slowly increase the amount of time that your child isn't using a pacifier.
- Reward your child. For each day they don't use their pacifier, put a star on the calendar. At the end of an agreed upon time period, give them a non-food reward, like a trip to the park.
- Encourage your child to throw their pacifier away. If your child asks for it, remind them that they threw it away. Tell your child they're a big kid, and big kids don't use pacifiers.
- Trade the pacifier. Ask your child to put the pacifier under their pillow. Tell them the pacifier fairy or someone else will take the pacifier while they sleep and leave a gift instead. If your child asks for the pacifier, remind them they traded it for a gift.
- Poke holes in the pacifier. Use a clean pin to make the holes. If the pacifier has holes in it, it won't feel good for your child to suck on.

Family Engagement

Math at Home!

Research shows that children are more likely to be successful with math in school when their parents include math activities at home. It is important to explore math concepts with children during their regular daily activities and routines. Click below to learn about a few easy ways to explore math at home with your child!



[Ideas for Math at Home](#)

Visit ELRC Region 13

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

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