



Community Services for Children

Family Connection Newsletter ~ ELRC Region 14 June 2024

Serving Lehigh & Northampton counties

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Region 14 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.



Da Vinci Center: Official Opening and Summer Camp

The brand new Da Vinci Science Center at PPL Pavilion, Downtown Allentown, has officially opened its doors to the public on May 22nd, 2024! This new state-of-the-art, 67,000-square-foot facility includes interactive experiences, exploring the inner workings of the human body in the LVHN My Body exhibit. Become a member and get unlimited FREE admission!



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

Summer Camp is also being offered!

Register for full-week and single-day summer camp programs. This year's campers will be the first to experience state-of-the-art classrooms and will have access to the many innovative new exhibit areas featured within the brand-new

science center.

Members save \$25 on each full-week camp and \$10 on each single-day camp.

Welcome New Providers

The Early Learning Resource Center Region 14 would like to welcome the following new child care programs who opened in the Lehigh Valley. Please feel free to reach out to ELRC for more information.

- Sanctuary Learning Daycare LLC
 - My Angel Daycare LLC
 - Hope and Joy Children's Center Inc
 - Karla Lopez Family Day Care
 - Sweet Home Daycare and Learning LLC
 - Love You More Early Learning Center LLC
 - Child Time Learning II LLC
 - Kiddie Academy of Allentown
 - Francisco Berroa Ramos Daycare
 - F & N Daycare Corp
 - Sweet Baby's Family Daycare LLC
 - Milestones Enrichment Learning Academy
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Summer Playground Program

If you are interested in summer activities for your children, reach out to the City of Allentown's Parks and Recreations Department and join their summer playground program! This is a free program that runs every Friday from June 17th- August 8th for children ages 7-15.

Allentown

A graphic for the Summer Playground Program 2024. It features a large yellow sun with rays in the center, containing the text "Summer Playground Program 2024". Below the sun is a silhouette of a playground with a slide, a tower, and a seesaw. The background is light blue with white clouds. The text "Allentown" is at the top.

**Summer
Playground
Program
2024**

JUNE 17 - AUGUST 8 | MON- FRI
FREE Fun & Educational Activities **AGES 7-15**

JOIN US FOR OUR 110TH SUMMER OF FUN!

• **FIELD TRIPS** • **OUTDOOR SPORTS** • **LUNCH INCLUDED**

REGISTER TODAY AT ALLENTOWNPARKSANDREC.COM
QUESTIONS 610-437-7750

Free Summer Meals for Kids!

If you're outside of Allentown, you can visit <https://www.fns.usda.gov/meals4kids> or text "Summer Meals" to 914-342-7744 to find a summer site in your community.



Allentown
FREE SUMMER MEALS FOR KIDS!




18 years or younger
 No registration required

ASD MEAL SITES

Monday - Thursday | June 17 - August 9
 Breakfast 7:30am - 8:30am
 Lunch 11am - 1pm

Trexler Middle School
 851 N 15th St

South Mountain Middle School
 709 W Emaus Ave

*Please Use Front Entrance.
 Meals Must Be Consumed On-Site.*

MEAL SITES

St. Luke's & Catholic Charities Partnership
 H.I.S. Center
 317 N 4th St
 June 10 - August 23
 Monday - Friday | 12pm - 2pm

Lehigh Valley Hospital School of Nursing
 1628 W Chew St
 June 17 - August 23
 Monday - Friday | 11:30am - 1pm

Allentown Public Library
 1210 Hamilton St
 June 17 - August 9
 Monday - Friday | 12:30pm - 1:30pm

Mack Pool
 1901 Mack Blvd
 June 24 - August 9
 Monday - Friday | 12pm - 3pm

Casa Guadalupe
 218 N Second St
 June 24 - August 1
 Monday - Thursday | 2pm - 3pm

Greater Valley YMCA
 425 S 15th St
 June 24 - August 23
 Monday - Friday | 4:45pm - 5:15pm

The Caring Place
 931 W Hamilton St
 Monday - Thursday | July 1 - August 22
 Breakfast - 9:30am - 11:30am
 Lunch - 12pm - 2pm

Bike Works - Earn a Bike!

Get started at Bike Works by joining the Junior Earn a Bike (ages 7-8) or Earn a Bike (ages 9-18). Once involved, you'll have access to all programs until your child graduates high school. Programs are offered at Downtown Allentown and East Allentown bike shops and in schools in Allentown and Bethlehem. All programs are free!

Bike Works Allentown is offering monthly Earn a Bike classes running **Tuesday, Wednesday, and Thursday from 4-6pm** out of our Franklin Park and Keck Park locations.

Easton programs are currently held at different locations around the city!

Register Today - [EARN A BIKE!](#) or call [\(610\) 434-1140](#).

Visit Community Bike Works at 235 N Madison St Allentown, PA 18102



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.

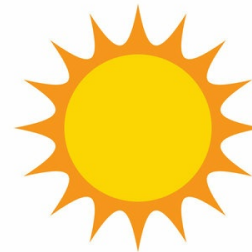
Click on the logo below to access the latest listings:



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.

PARENT PROJECT PODCAST



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](#)
- [Kindergarten Here I Come](#)
- [Kindergarten Here I Am](#)

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

[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.
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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 14

Community Services for Children | elrc14@cscinc.org | www.cscinc.org

Connect with us



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

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