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

Serving Berks & Schuylkill counties

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### Region 13 News



#### School-age Schedules

If your child is entering Kindergarten or returning to school and will need before and/or after school care, please remember to touch base with your Family Specialist to report any changes to your child's schedule.



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#### Win a Back to School Kit!

Pennsylvania families and friends of children birth to Kindergarten entry, and

Pennsylvania early childhood educators are invited to enter for a chance to win a back to school kit from PA's Promise for Children! Each kit will contain a copy of the book, *Slug in Love* by Rachel Bright, and early learning materials for your child's age.

- Click [here](#) to enter the drawing

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## Backyard Neighbors at Berks Nature

Free! Explore the Nature Place and meet your neighbors over water, games, snow cones and more!

Saturday, August 24th  
12:00-3:00 pm  
The Nature Place  
575 Saint Bernardine St, Reading

Space is limited. Register [here](#).

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## CareerLink Assistance!

- Start your job search
- Learn more about our programs
- Check out our calendar of events and workshops
- Contact us
- ... and more!



### CareerLink Berks County

<https://linktr.ee/pacareerlinkberks>

### CareerLink Schuylkill County

<https://careerlinkpottsville.org/>

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## 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:



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## Parenting Corner

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### Preparing Your Child for a New Sibling

Preparing to welcome a new baby into the family

is such an exciting but challenging adventure! This is especially true for the soon-to-be big brother or sister. Depending on how old your child is, they may not fully understand what is going on, but they can definitely feel that something big is about to happen.



During the transition, it is completely normal for the older sibling to begin acting a little differently as they process this change and their new world. Here are a few ways to make that transition a little smoother and help your child to get excited about becoming a big sibling!

- If possible, start the conversation early to allow your child time to process and ask questions.
- Plan special “big kid” time where you spend one-on-one time with your older child. Try to start this before they become a big sibling and then continue after the baby is born for consistency.
- Allow your older child to assist with different tasks. Children enjoy the responsibility and the opportunity to be a big helper. They can help decorate the nursery. When their sibling arrives, they can help feed the baby, get the supplies for diaper changing, and play with the baby (all with proper supervision).
- If you already have a name picked out for your little one, use it often to help your older child become more comfortable with the idea of a sibling, and be able to better understand who the baby is when they arrive.
- Find some picture books to read about a new baby to read with your child. There are some great options [HERE](#).
- Purchase a special baby doll to help your older child practice holding and caring for a baby.

For more tips and tricks, visit:

<https://childmind.org/article/preparing-child-new-sibling/> and <https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Preparing-Your-Family-for-a-New-Baby.aspx>.

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## 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 Erin Barron, a nurse with 20 years' experience, who discusses car seat safety. Click [here](#) to listen.

# PARENT PROJECT PODCAST



## Child Development

### Social Emotional Development in Children

Social-emotional development refers to how children learn to express their feelings, develop relationships, and practice social skills. Positive social and emotional development in the early years provides a foundation for lifelong development and learning.



Infants and toddlers learn how to be in relationships, how to get their needs and wants met, and how to identify and regulate emotions. From birth, infants learn who they are and how they are treated. Their emotions follow their feelings - joy, anger, and fear - without understanding why. Older infants begin to learn cause and effect, recognize others emotions and their own reactions.

Toddlers are beginning to develop a sense of self-awareness, understand feelings of others, and are learning to play interactively with others. They struggle with conflicts as they learn to navigate their independence.

Preschool age children are learning to talk about their feelings and the feelings of others. They are beginning to understand the importance of taking turns, following routines, interacting with their peers cooperatively and developing relationships. Preschool children display a variety of emotions and may struggle in the ability to control them in situations.

School age children will begin to have a better understanding of what their emotions mean and how to regulate them. They are learning how to recognize stress and how it effects their behavior. For some, the behavior will be outward, while for others it will be internal.

Parents and caregivers can help nurture the development of healthy social-emotional skills in children of all ages. For more information on social emotional development and developmental milestones, please visit the following websites.

- [Zero to Three](#)
- [Social Emotional Development](#)
- [CDC](#)
- [Ages & Stages](#)

## DID YOU KNOW?

Children who read succeed!  
They are better behaved, have better school attendance, feel more confident and capable in school.

## Resource & Referral

### Enroll Now for PA Pre-K Counts

Quality pre-kindergarten can give your child a strong start in school and in life. Pennsylvania Pre-K Counts provides free half-day or full-day pre-kindergarten for at-risk children throughout Pennsylvania.



Children and their guardians must meet the following requirements to be eligible for the PA Pre-K Counts program:

1. They must be residents of the Commonwealth of Pennsylvania
2. They must meet the income eligibility requirements of at or below 300% of the federal poverty level for their family size
3. The child must be between the age of 3 and younger than the Kindergarten entry age for the district in which they reside.

Once these eligibility requirements are met, enrollment procedures are based on local community needs. These procedures may contain other considerations for enrollment, such as diagnosed disabilities or developmental delays, English as a second language, or any other factor that the program deems as a priority to ensure that their communities' needs are being served.

There are PA Pre-K Counts classrooms in many Pennsylvania counties. To find PA Pre-K Counts programs near you, contact your local family specialist and they can help you locate local PA Pre-K Counts programs. For more information, visit

## What changes should you expect as your child grows?

PA's Promise for Children's milestone lists can help you check your child's development against common milestones.

Choose the age of your child, then download the milestone list!

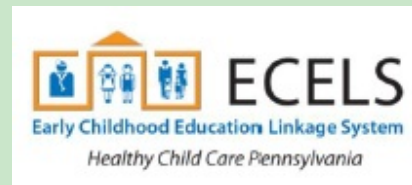
[Developmental Milestones List - PA Promise for Children](#)



## Health & Safety

### ECELS Health & Safety Newsletter

Early Childhood Education Linkage System (ECELS) publishes a monthly newsletter full of valuable health & safety tips and resources for children and families.



Click [here](#) to download the most recent newsletter.

### Setting Oral Health Goals

Goal setting can help you create new behaviors and it can also allow you to measure your progress. Goals also give you the motivation to maintain healthy oral health habits.

Healthy oral health habits include:

- Regular dental visits and treatment
- Healthy snacks
- Brush with fluoride toothpaste at least twice a day
- No sugary beverages
- No bottle for bed
- Water or milk only in sippy cups
- Drink tap water
- Avoid or limit junk food and candy
- Limit sugar and consider sugar substitutes
- Last thing to touch teeth before bed is toothbrush with fluorinated toothpaste



Click [here](#) for an infographic that you can share with families to help them set and meet oral health goals.

## Children's Eye Health & Safety Awareness Month

Children's Eye Health and Safety Awareness Month highlights the importance of protecting children's eyes. Parents can encourage eye health in young children in a variety of ways.

Eye health can be promoted by eating a balanced diet with plenty of leafy greens and fish. If your young child is squinting or seems to be straining to see at home or in child care, schedule a vision screening with a local eye doctor.

Encourage positive talk about wearing glasses, even if your child does not need them now. Help your child keep their glasses clean and teach them how to store them safely. Parents can also promote eye health by following the 20/20/20 Rule give your child's eyes a rest from screens every 20 minutes by looking 20 feet away for 20 seconds.

More information and resources for families can be found at the website below.

<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids/healthy-vision-tips>

## Family Engagement

### Back to School

Children get excited about a new school year and this is a great time to focus on how you can be involved in your children's learning. Children will need to develop personal and social skills as they interact with other children and adults in the school. Encourage your child to engage with you in play activities that prepare them for school and practice self-help skills that develops independence.



#### Create a Me Book

Infant: add a picture of your child taken at their school

Toddler: Ask your toddler to draw a picture of his or her school

Preschool: Ask your child to find pictures of school related activities to glue onto a page about school

School-Age: Ask your child to choose one item that he or she completed in school to add to their "All About Me in \_\_\_ Grade" book.

Suggested Books: If you Take a Mouse to School by Laura Numeroff

*Look Out Kindergarten, Here I Come!* By Nancy Carlson

Reference: *Learning Is Everywhere*, [www.papromiseforchildren.com](http://www.papromiseforchildren.com)

Visit ELRC Region 13

Community Services for Children | [elrc13@cscinc.org](mailto:elrc13@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

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