



## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 12 October 2024

Serving Carbon, Lackawanna, Monroe, Pike, Wayne and Susquehanna counties

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

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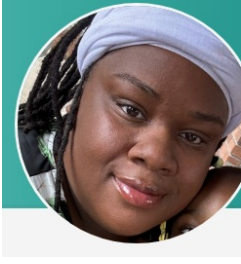
## Region 12 News



We are pleased to announce our new Quality Coach, Lindsey Turner. She comes with a vast amount of experience in the ECE field. She has been a teacher, a curriculum specialist and most recently a member of leadership at both STAR 3 and 4 facilities. She has begun going out into the field shadowing our other Quality Coaches during site visits. Once Lindsey gets her caseload, she will be working with programs in Monroe, Susquehanna and Pike counties.



We also would like to welcome a new Family Specialist to our Scranton office, Shaniqua Jamison. She has experience working in social services in Lackawanna



County. We are looking forward to her being a resource to the families we serve.

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## ELRC Team Contact Information

We have recently updated our office extension directory. Please see attached flyer. Keep this handy and it will aid in connecting you to the correct person to save you time.

- [ELRC Region 12 Contact Information](#)

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## Make the First Five Count

Here is a great resource for parents and caregivers of young children! Make the First Five Count is Easterseals Eastern PA's FREE online access to Ages and Stages Child Development (ASQ-3) and Social-Emotional (ASQ:SE-2) Questionnaires for children 0-5 years old. If your family qualifies, Easterseals can provide guidance, strategies, and education using the results of the screenings. Easterseals Eastern PA serves children in Berks, Carbon, Lehigh, Monroe, Northampton, Pike and Schuylkill Counties.



See this [flyer](#) for more information.

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## Mobile Community Days

ELRC staff are out in the community to meet with families at our mobile site locations. The mobile sites allow families to meet with family specialists in locations that may be more convenient for them.



Please stop by to obtain information on the Child Care Works program, pick up/drop off applications, or to receive assistance in finding resources in your local community. Please click [here](#) for upcoming dates and locations. We look forward to see you there!

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## First Time Home Buyer Seminar

If you are dreaming about owning your first home or already in the process of doing so, ESSA Bank & Trust invites you to an educational seminar on October 17th to learn about their 3 available programs. Light refreshments will be served. Please see this [flyer](#) for more information.

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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:



## Parenting Corner

### Rapid Response Team

Rapid Response Team is a short-term intervention designed to support children who may be experiencing challenging behaviors in the early learning setting. This team observes the child at the child care facility and will offer strategies to the teacher and parent. If appropriate, referrals to community resources and services are shared with the family and provider as well.



*If you have concerns that your child may be suspended or expelled from child care and could benefit from the Rapid Response Team supports, you can begin the referral process here: [RRT Referral](#)  
(This program does require parental and provider consent)*

### Child Development - Routines

Routines not only benefit adults, they can also benefit children and play a vital role in their development. Having a set routine can allow children to feel safe, secure, and in control of their environment. Through the consistency of a routine, children gain a sense of comfort in their world and can prevent undesirable behaviors. Developing a solid routine will allow families and their children to have quality time at home while developing the child's social and emotional skills, mental health, and independence.

Routines do not have to be a formal chart or schedule it can be simple as:

1. Assigned chores
2. A set bedtime during the week
3. Getting ready for school/childcare in the morning

Find what works for your family! For more information, please visit:

- <https://www.childrens.com/>
- [Head Start Early Childhood Learning and Knowledge Center](#)

### 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 Deidra Vachier, CEO and President of CSC, who shares about the importance of routines. Click [here](#) to listen.



## Child Development

### Importance of Proper Nutrition

Do you know how important proper nutrition is for your growing child?

It's already October and as you send your child into their second month of school, keep in mind that nutrition is an important factor in successful academic performance. Studies have shown, children who regularly eat a healthy balanced breakfast and lunch, are more alert throughout the day and earn higher grades than those who skip meals or have an unhealthy diet.



Please click the links below for some helpful guides for nutrition options.

- [Toddler Nutrition \(stanfordchildrens.org\)](http://stanfordchildrens.org)
- [Childhood Nutrition Facts | Healthy Schools | CDC](#)
- [Nutrition for kids: Guidelines for a healthy diet - Mayo Clinic](#)

### Getting Involved in Your Child's School

Creating a positive parent-school relationship benefits all involved, especially your child. When



they observe your excitement about collaborating with their school and teacher, it can increase their excitement about school and learning. Here are a few ways for you to 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.

## DID YOU KNOW?

In the first year, babies hear all the sounds needed to speak their native language. The more books read to them during the first year, the better they will be able to talk.

## Resource & Referral

Free Books for Children!

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five. Please click on the link to learn more and to sign up.

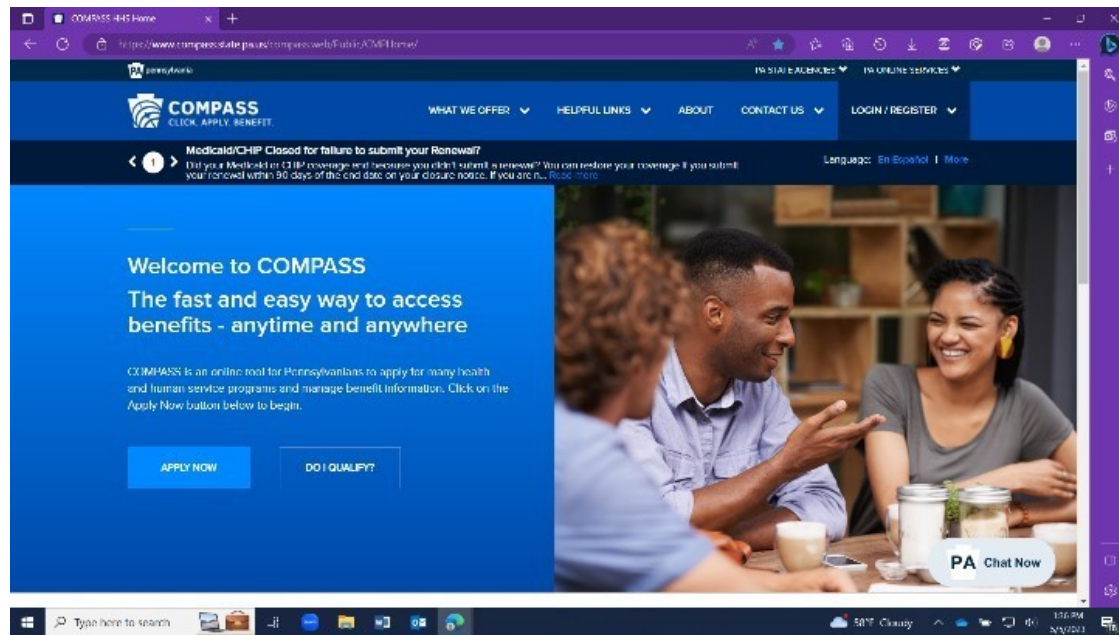
[Dolly Parton's Imagination Library](#)



## Sharing Resources Through COMPASS

Are you aware of all the community resources that are available through COMPASS? COMPASS is an online tool for Pennsylvanians to access many health and human service programs and manage benefit information. The COMPASS website is a fast and easy way to learn about benefits, check on the eligibility requirements, apply for benefits and re-apply when it is time for renewal. The website offers resources such as Health Care, Food and Nutrition, Home and Community Based Services and Child Care Works, just to name a few. For more information, you can go to the COMPASS website by clicking the link below.

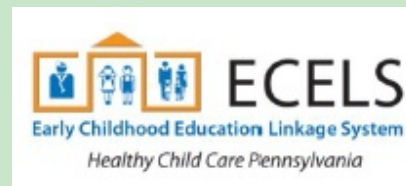
[www.compass.state.pa.us](http://www.compass.state.pa.us)



## 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.

## 10 Steps to Help Prevent SIDS

Parents who know about SIDS may think of it as their worst nightmare. Sudden Infant Death Syndrome is known as SIDS or crib death. It's when a baby 12 months or younger dies during sleep with no warning signs or a clear reason.



Although there is no 100% way to prevent SIDS, there is a lot you can do to lower your baby's risk.

1. Put a sleeping baby on their back
2. Firm bed, no soft toys or bedding
3. Don't smoke around your baby
4. Keep your sleeping baby close, but not in your bed
5. Breastfeed as long as you can
6. Immunize your baby
7. Consider using a [pacifier](#) to put [baby to sleep](#)
8. Keep your baby from overheating
9. Steer clear of products that claim to reduce the risk of SIDS
10. Don't give honey to an [infant](#) under 1 year old

Remember, your baby's health care provider is always available to answer any questions you have about SIDS, SIDS prevention, and keeping your baby warm, happy, and safe.

For more information visit <https://www.webmd.com/parenting/sids-prevention>

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## Oral Health for Children with Disabilities

A disability can affect a child's activities and ability to learn. Some children with disabilities need extra health services and support services. Children with disabilities are at higher risk for tooth decay and other oral health problems than children without disabilities.

### Oral Health Challenges for Children with Disabilities

- Children with physical disabilities, such as cerebral palsy, may not have the motor skills they need to use a toothbrush safely or to sit still in a dental chair during dental visits.
- Children with communication disorders, such as delayed speech and language development, may not be able to tell their parents that they have a toothache.
- Children who get frequent medical care, such as having many medical visits or hospital stays, may be afraid of the dental office and may not cooperate during visits.
- Children who take medicines with added sugars or that cause dry mouth are at high risk for tooth decay.
- Children on special diets may be at high risk for tooth decay. Foods that are soft or high in starch (e.g., potatoes, corn) stick to children's teeth and give bacteria in the mouth more time to cause tooth decay.

### Strategies to Help Improve the Oral Health of Children with Disabilities

- Click [here](#) to learn more about taking care of teeth, selecting the right toothbrush, adapting toothbrushes, addressing challenges, providing good nutrition, encouraging safety, and going to the dentist.
- **Give children with disabilities extra support.** Make sure children eat food

and drink beverages low in sugar and that children's teeth are brushed with fluoridated toothpaste after meals. Children with intellectual disabilities may need extra time for brushing.

## Family Engagement

### Going Outside

**Infant:** Introduce your baby to the outdoors as you welcome the new fall season. Allow them to touch different items outside and use different words to describe what they see and hear. Do you hear the crinkle of the dried leaf? Do you hear the wind blowing? Touch the leaf to the skin, crinkles the leaf near the ear. *Creative Thinking and Expression.*



**Toddler:** Play ball with your toddler. Stand across from them and kick the ball, then have them kick it back to you, next, throw the ball, and then bounce it. What is their favorite way to pass the ball? How far can they pass it? How high can it go? *Health, Wellness and Physical Development*

**Preschool:** Using items from outside, such as leaves, acorns, pinecones or sticks, ask your preschooler to compare each against the other. Together, sort and discuss the items by asking questions like, which item is larger? Which is smaller? Where did it come from? How did it get to where it was found? *Scientific Thinking*

**Kindergarten:** With a piece of paper and a crayon, make rubbings of different textures outside. Have your child lay the paper across the item (such as the bark of a tree) and rub the crayon over the paper. Talk about what appears. Compare the item with the rubbing-What part of the item can be seen on the paper? *Scientific Thinking.*

Books for Going Outside:

- *Inside Mouse, Outside Mouse* by Lindsay Barrett George
- *Inside Outside Upside Down* by Stan Berenstain
- *Are You Ready to Play Outside?* by Mo Willems

Reference:

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

Visit ELRC Region 12

Community Services for Children | [elrc12@cscinc.org](mailto:elrc12@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

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