



Community Services for Children Family Connection Newsletter ~ ELRC Region 13 December 2025

Serving Berks & Schuylkill Counties

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Region 13 News

Please note that the ELRC offices will be closed on Thursday, December 25th and Thursday, January 1st. We wish you all a safe and healthy holiday season!



Reading School District *Activities for Future Red Knights*

The Reading School District is offering fun activities for district children aged 2 years old to current pre-K students. Visit their [website](#) for more information.



Maternity Care Coalition - Berks County

Maternity Care Coalition (MCC) provides free services to pregnant people and families with children aged 0-3. They offer support while a person is pregnant, once they become a parent or caregiver, and through a child's third birthday. Their mission is to improve the health and well-being of pregnant women and parenting families, and to enhance

school readiness for children. Services include home visiting, education, lactation support, behavioral and reproductive health, and more. See this [flyer](#) for additional information.

You can also visit their website: [Maternity Care Coalition](#).

Jewel Women's Center - Schuylkill County

If you think you might be pregnant and you're unsure what to do, Jewel Women's Center is here to help. Their goal is to care for your overall wellness, address your needs, and equip you to make the healthiest choice for you and your future. All services are free and confidential.

Jewel Women's Center also offers pregnancy and parenting education classes, where families can earn material items to assist them with their pregnancy journey and help with the new baby. These classes are a great resource for first-time parents or for those who need additional assistance caring for their family. Call or text 570-990-2259 or visit their [website](#) for more information.

Free Food Box Giveaway

Bethesda EC Church is hosting a food box distribution one Saturday a month from now through March. This is a drive-through pick-up event where you will stay in your vehicle and they will load the food box for you. While supplies last.



Bethesda EC Church
155 Reedsville Road, Schuylkill Haven
10am-2pm
December 20th
January 17th
February 21st
March 21st

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:





Help for Parents

Parenting can be challenging. There's no such thing as a perfect parent, and there are a lot of different ways to be a good one. [The Early Learning GPS](#) has tips, tools, and resources to help when families encounter challenging behavior with their child.

Parenting is challenging, and this challenge comes with little direction at times. Pennsylvania Family Support Alliance (PFSA) believes every parent needs and deserves two things: Information and support! Visit the [PFSA website](#) for resources and support.

The ABC's of Safe Sleep

Sleep is essential for your baby's growth, but how your baby sleeps is just as important. The "ABC's of Safe Sleep" practices can help you protect your baby and gives you peace of mind every time you lay them down.



The ABCs of Safe Sleep:

A - Alone: Your baby should always sleep alone, in their own sleep space. No sharing beds, couches, recliners, or sleeping in other soft spaces.

B - Back: For naps and nighttime, always place your baby on their back to sleep.

C - Crib: Your baby should sleep in a crib, bassinet, or pack & play that meets current safety standards; these should not be made more than 10 years ago.

Safe Sleep Space Checklist:

- Firm mattress with a fitted sheet
- No pillows, blankets, stuffed animals, or bumpers
- Room temperature should be comfortable; not too hot or too cold

Other Helpful Tips:

- Dress your baby in sleep appropriate clothing or a wearable blanket instead of loose covers.
- Avoid letting your baby sleep in car seats, swings, or strollers for long periods of time.
- Make sure everyone who cares for your baby knows and follows these sleep safety rules (grandparents, babysitters, older siblings, anyone who will care for the baby during sleep hours)

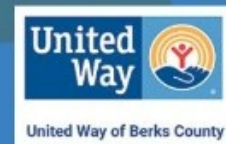
Following these guidelines for safe sleep significantly lowers the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related incidents. It's one of the most effective ways to protect your baby during their first year of life.

Safe sleep = sweet dreams + peace of mind.

For more information visit: [Infant Safe Sleep Practices](#)

DID YOU KNOW?

**Babies learn best
face-to-face, not
from screens.**



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 Dr. Brown from the Children's Clinic at Lehigh Valley Health Network. She shares information about promoting healthy sleep habits for children. Click [here](#) to listen.

PARENT PROJECT PODCAST



Child Development

Keeping Little Learners Safe: What Families Should Know About Supervision

When you enroll your child in an early learning program, you trust that the environment is safe, nurturing, and closely supervised. One of the most important ways programs maintain this safety is through clear supervision policies and procedures. All programs are required to have a supervision policy/procedure that should be shared with you. If you don't see it in the handbook, ask the Director. Understanding these guidelines helps families feel confident, informed, and connected to the daily experiences of their children.

What Is “Active Supervision”?

High-quality early learning programs use intentional strategies to keep children safe. This includes:

- Positioning teachers so they can see and hear all children
- Continuously scanning the environment
- Counting children during transitions
- Engaging with children to prevent unsafe behaviors
- Responding immediately when a child needs support

These practices are not just “rules”—they are essential for maintaining a safe, predictable environment where children can explore and learn.

Why It Matters for Families

Knowing your program's supervision policy allows you to:

1. *Understand how your child stays safe every day.*

You'll know what teachers are doing during playtime, transitions, outdoor time, and rest time to ensure children are always within sight and sound.

2. *Support consistency between home and school.*

When families understand supervision expectations, they can reinforce routines—

such as safe walking, staying with the group, or following transition steps.

3. *Strengthen communication with teachers.*

If you know the program's procedures, you'll feel more comfortable asking questions, sharing concerns, or offering information that helps staff support your child.

4. *Build trust in the program.*

Clear supervision policies show that the program is committed to safety, accountability, and high-quality care. When families understand the "why" and the "how," it strengthens trust and partnership.

How Families Can Stay Informed

- Review the family handbook or policies shared at enrollment.
- Ask your child's teacher how supervision looks during different parts of the day.
- Attend family meetings or orientations where policies are explained.
- Share important information about your child (new fears, new behaviors, sensory needs) so staff can supervise more intentionally.

A Shared Responsibility

Supervision is a partnership. When educators and families work together, children receive the safest and most supportive environment possible.

Understanding these policies empowers you to be an active part of that partnership—ensuring that your child is protected, engaged, and thriving every day.

Resource & Referral

Health Insurance Coverage



Make sure you're covered! Pennie's Open Enrollment Period for the 2026 coverage year is open now until January 15, 2026.

During this period, individuals and families can enroll in health insurance plans, make changes to their existing coverage, or renew their current plans. It is a critical time for PA residents to ensure they have the necessary health coverage for the upcoming year.

Enrolling is easy! Visit pennie.com to learn more!



PA 211

Help Line for Pennsylvania Families

PA 211 is a free phone number and website that anyone in Pennsylvania can use to get help. It is for families, adults, seniors, and anyone who needs support.

When you contact PA 211, a trained helper will listen to what you need and connect you to programs near you. They can help with things like:

- Free food and meals
- Help paying heating or electric bills
- Diapers and baby supplies

- Clothing and winter items
- Housing or shelter support
- Mental health services
- Childcare resources

How to use it:

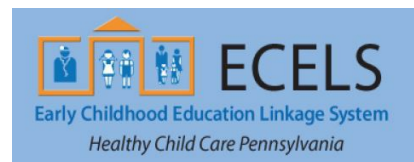
- Call 2-1-1
- Text your ZIP code to 898-211
- Visit www.pa211.org

You do not need to know the name of a specific program. Just explain your need and PA 211 will guide you local services quickly and easily.

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.

Staying Safe During the Holidays

Winter weather is around the corner, and with it, the holiday season. While it's a time to celebrate, it's also important to be aware of potential hazards to ensure everyone remains safe during this festive time.



Choosing Safe Toys

- Read the label - check for any warnings and make sure the label says "nontoxic".
- Make sure they are age appropriate and don't have small parts that can be swallowed.
- Keep children away from batteries, especially button and lithium coin batteries.
- Check www.recalls.gov for a list of recalled toys.

Decorating safely

- Check light cords to ensure they aren't frayed.
- Don't leave open flames unattended.
- Keep potentially poisonous plants out of reach. Contact Poison Control if you suspect a poisoning. Call 1-800-222-1222.

Holiday Travel

- Keep an emergency kit in the car. You can find a kit list here: PAsafekids.org

For more holiday and winter safety tips, visit Healthychildren.org.

Talking to Children about Visiting the Dentist

Children need to visit a dentist or dental clinic to keep their teeth and mouth healthy. If children have regular dental visits, the dentist and dental hygienist can take care of their teeth and find oral health problems early. Having regular dental visits also teaches children to value good oral health.

Click [here](#) for more information and for tips about preparing your child to visit the dentist.

Family Engagement

Fun as a Family

Winter is a great time to just snuggle in and enjoy each other's company. Be creative. Be silly. Make lots of memories. Here are just a few ideas.



Have a Family Game Night Marathon

Stay in for the evening, get cozy in your jammies and have a game night marathon. There are different games for all ages, but Bingo is a favorite for almost everyone in the family. You can make it even more fun by adding prizes for the winner.

Bake Cookies

Baking cookies with kids can get a little messy, but who doesn't like a home filled with smiling faces and the smells of fresh-baked cookies? It doesn't matter whether it's snickerdoodles, oatmeal raisin or simple chocolate chips, spend an entire day just baking. The one who does the most work gets to lick the spoon!

Have an Arts & Craft Day

Clear off the kitchen table and spend the day getting crafty. Arts & Crafts can range from simple watercolor picture to intricate dreamcatchers. Plan to take your creations and put them to use, whether it be using it, wearing it or putting it on display in the home. Check out these [ideas](#).

Read a Book Together

This may not sound like the most fun family activity, but it is a chance for the entire family to spend quality time together. Whether it's science fiction, fantasy or a classic novel doesn't matter as long as everyone participates.

For more ideas, visit

<https://bucketlistjourney.net/family-activities-things-to-do-with-kid>

Visit ELRC Region 13

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

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