



## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 12

### July 2026

Serving Carbon, Lackawanna, Monroe, Pike, Wayne & Susquehanna Counties

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## Region 12 News

### Child Care Works Reminders

#### *Summer Schedule Changes*

If your child's childcare arrangements have changed for the summer (new provider, change in hours, no longer needing care) please remember to notify the ELRC of these changes. You can reach out to your ELRC Family Specialist with any updates or questions.

The ELRC will also need to be notified if your child(ren) will not be in care due to a vacation for 5 or more consecutive days.

Children receiving CCW funding are allowed up to 40 days of absence a year and they reset every year on 7/1. Please note that absences can accumulate quickly, especially over the summer months if you do not send your children on their scheduled days for care.



### 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. We look forward to seeing you there!

- Click [here](#) to see the flyer for upcoming dates and locations.

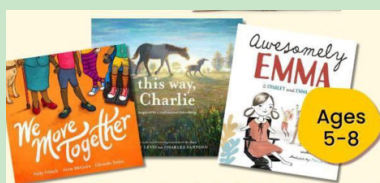
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## Weekly Meal Boxes

Free WEEKLY meal boxes for children 1–18 years old are being provided by Sun Meal Kids at various locations throughout Northeast Pennsylvania. Fresh, delicious meal packages for children who are at home and not receiving meals in camp or from another site are eligible. There are no income nor registration requirements. Each box contains 5-7 servings of breakfast and lunch for each child.



- Click [here](#) to see the flyer
- Click [here](#) to see the Stroudsburg flyer
- Click [here](#) to see the PVEN flyer



## Disabilities Acceptance Through Literature

The Arc of PA's Include Me Disabilities Acceptance Through Literature Summer Book Study is this month. This virtual book club is for children ages 5-

8. The Arc will mail out 3 physical copies of the books and they will cover and have a read-along at each meeting. They also have plenty of guided, interactive activities for the children. It is a great way to build up a family's library at no cost.

- Click [here](#) for more information

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## Early Intervention Resources

### Virtual Parent Cafe

Parent Cafés are guided group meetings where parents come together to talk, share, and support each other. Parents learn ways to keep their families strong. These cafés are for Pennsylvania families in Early Intervention or Home Visiting programs.

- Click [here](#) for more information



### Competence and Confidence:

#### *Partners in Policymaking Early Intervention*

FREE leadership development training for families of children receiving Early Intervention Infant/Toddler or Preschool services. Participants will learn about the Infant/Toddler and Preschool Early Intervention (EI) system, connect with other families and build skills to advocate for their family and others.

Applicants should have a child between the age of birth-five who is currently receiving Pennsylvania Infant/Toddler or Preschool EI services, have a desire to advocate for themselves and others, and can commit to participation in all eight sessions.

- Click [here](#) for more information

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## ESL to Medical Assistant Educational Opportunity

The Johnson College ESL to Medical Assistant training program provides a comprehensive training program of 400-hour, non-credit, certificate course that includes 140 hours of ESL training with a focus in the medical field for learners with English language instruction in addition to Certified Clinical Medical Assistant Training. Those that complete the program will be eligible to sit for the NHA CCMA exam.

- Click [here](#) to see the flyer



## Community Mental Health Survey

Please take a moment to complete this important survey. Maternal Health and Family Services designed this survey to gather valuable insights on maternal health experiences, needs, and barriers to care. The information collected will help make new plans, develop more resources, and strengthen our impact across Northeastern Pennsylvania

- Click [here](#) for the survey, or scan the QR Code above



## 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)*

## DID YOU KNOW?

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

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### Bathing Suit Colors Matter!

Keep your child safe in the water by choosing the right bathing suit colors that stand out in the water. Bright, neon colors like pink, orange, yellow, and green are easiest to spot in the water. Since these colors aren't typically part of the normal environment, they stand out against dark color water or blue pool liners and are easier to spot. Muted colors blend with the water, so avoid shades of dark blue, green, white, and pastels.

Take a look at this chart to see which colors blend and which ones stand out.

For more information, please visit the following websites:

- [Geisinger](#)
- [LVHN](#)
- [Akron Children's](#)



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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 Missy Wise, Assistant Director of United Way Training Initiatives. She discusses the topic of De-escalation and Regulation. Click [here](#) to listen.



# Child Development



## Summer Learning Happens Everywhere

Summer is a wonderful time for children to explore, play, and learn. While school may be on break, young children continue developing important skills every day through everyday experiences with the people who love them most.

The best part? Learning doesn't require expensive toys or carefully planned activities. Some of the most meaningful learning happens during simple family moments.

Here are a few easy ways to support your child's development this summer:

### Explore Nature Together

Take a walk around your neighborhood, visit a local park, or simply spend time in your backyard. Encourage your child to notice colors, shapes, insects, birds, flowers, and clouds. Ask open-ended questions like, "What do you think that bug is doing?" or "How many different leaves can we find?" These conversations build language, observation, and critical thinking skills.

### Read Every Day

Reading for just 15–20 minutes each day helps children build vocabulary, strengthen listening skills, and develop a lifelong love of books. Visit your local library to discover free story times and borrow new books to enjoy together.

### Get Creative

Sidewalk chalk, finger painting, water painting with a brush, homemade playdough, or recycled materials can inspire hours of imaginative play. Creative activities help children strengthen fine motor skills, problem-solving abilities, and self-expression.

### Water Play Builds Skills

A bucket of water, measuring cups, funnels, and sponges can become an exciting science and math activity. Children learn about pouring, measuring, floating, sinking, and cause-and-effect while staying cool on hot summer days.

### Cook Together

Invite your child to wash fruits and vegetables, stir ingredients, count scoops, or help set the table. Cooking builds math skills, language development, independence, and healthy eating habits.

### Make Time to Talk

Conversations are one of the most powerful ways children learn. Talk about your day, ask questions, listen to your child's ideas, and encourage storytelling. These simple interactions build confidence, communication skills, and strong family relationships.

Most importantly, remember that children learn best through play, exploration, and positive relationships. Your time, attention, and encouragement are the greatest gifts you can give your child this summer.

Image Credit: [Pixnio](#)

## Resource & Referral

### Family Resource Spotlight: Feeding Pennsylvania



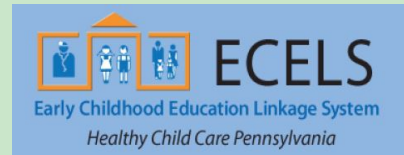
If your family needs help with groceries, Feeding Pennsylvania can help you find food banks, food pantries, and other food assistance programs near you. Just enter your ZIP code to find local resources. You can also learn about programs like SNAP and WIC that may help your family put food on the table.

- Click [here](#) to learn more.

## 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.

### How to Protect Yourself and Family from the Sun

In the month of July, we spend most of our day outside in the beautiful sunny weather. It is very important to protect your skin and eyes from the UVA and UVB rays from the sun. Everyone exposed to the sun, especially children, should wear sunscreen, making sure that it is "broad spectrum," water resilient, and has an SPF of 30 or higher. It is not recommended for infants under 6 months old to wear sunscreen, but it can be applied to their face and small areas of the body when shade and protective clothing are not available.



#### Below are some sunscreen tips:

- Use enough sunscreen to cover all exposed areas- especially the face, nose, ears, feet, hands, and the back of the knees.
- Apply sunscreen 15-30 minutes before going outside so that it absorbs into the skin.
- Use sunscreen any time you are outside, even on cloudy days.
- Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel and apply generously.

#### Other ways to protect yourself from the sun:

- wear hats

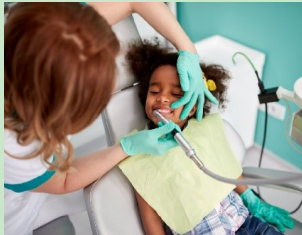
- wear cool, sun protective clothing
- stay in the shade
- avoid being outside between 10 am and 3 pm, when the sun's rays are the strongest is also recommended.
- protect your eyes from the sun's UV rays by wearing sunglasses with at least 99% UV protection.

#### **In case of a sunburn:**

- replace the lost fluids with milk or water
- use cool water on the skin to soothe
- use pain medications
- keep your child out of the sun until the sunburn is healed.
- call your doctor if a baby under 1 year old gets a sunburn or if older children develop blisters, pain, or a fever.

Remember, UV rays are the strongest in the summer, so it is very important for you and your children to stay protected. Click [here](#) for more helpful information on keeping you safe in the sun.

Source: [HealthyChildren.org](https://www.healthychildren.org) from American Academy of Pediatrics



### **Finding a Dentist**

Did you know that tooth decay is the number one chronic disease for children but can be prevented and managed with good oral care? Oral care starts during pregnancy, and dental visits should begin by a child's 1<sup>st</sup> birthday.

#### **For help finding a dentist use the following links:**

- Early Childhood Learning & Knowledge Center: [ECLKC](#)
- Find a Pediatric Dentist: [AAPD](#)
- Find a Dentist: [ADA](#)
- Pennsylvania Dental Association: [PA Dental](#)
- Find Dentists Accepting Medical Assistance: [Insure Kids](#)

Article Credit: [HeadStart.gov](https://www.headstart.gov) ([Oral Health](#) | [HeadStart.gov](#))

## **Family Engagement**

### **Look at the Sky in July**

A great family activity in the summer is stargazing. It is amazing what you can see and learn just from looking up! Whether you live in the city or the country, you have a chance to see incredible and breathtaking occurrences in the sky as a fun, free, and fascinating family activity.

Here are some phenomenal events happening in July in our night sky:

#### **July 17th**



### ***Planetary Parade***

Six planets will create a Planetary Parade in the night sky if you look west right at sunset. You will be able to see Venus and Jupiter with the naked eye; Mercury will be visible near the horizon. Saturn, famous for its rings, can be seen without optical equipment. Uranus and Neptune will be considerably fainter and will require some kind of special equipment.

This occurrence, called the Planetary Parade, happens because the planets travel around the Sun on paths that are relatively close to the same flat plane. As they move through their orbits, there are occasions when several of them appear clustered along the same region of the sky when viewed from Earth. *Credit:*

[BeyondX astronomy Facebook](#)

### **July 17th – August 24thth**

#### ***Perseids Meteor Shower***

The most popular meteor shower peaks in August, however you can also see them in late July. The Perseids are particles released from comet 109P/Swift-Tuttle during numerous returns to the inner solar system. You can see them around the area of the constellation Perseus the hero. Meteor showers are a celestial event where Earth passes through the dusty debris left behind by a comet or asteroid. As these tiny space rocks slam into Earth's atmosphere they burn up, creating bright streaks of light across the night sky or what we call "shooting stars."

*Credit:* [American Meteor Society](#)

### **Stargazing Tips:**

Visit your local library and check out books about stargazing to prepare and to educate yourself and your child(ren). You can also visit [NASA](#) or search for "celestial events."

Try to get away from light pollution and find a dark place. Also let your eyes adjust for at least 20-30 minutes before trying to view the night sky. You can use a telescope or binoculars to enhance your viewing. Remember, you need clear skies with little to no clouds.

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**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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