



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



SPRINGTIME IS HERE!

by Ms. Majedah Nassir

Spring begins in March but comes into its own in April when the sun really starts to make its presence felt. By April, spring has finally sprung, and if we're lucky, the weather will reflect that! We hope that your sky is bright and clear and your grass is growing green.

Have you noticed the songbirds singing early in the morning or see the daffodils poking their green stalks through the mulch? Spring is on its way and to a keen observer, the earliest signs of the changing seasons are everywhere. There's no doubt that after a long winter, your kids are probably as ready to shake off the cabin fever as you are. Teach your kids the early signs of spring. Take them outside and help them learn to identify these early signs of spring. For example, when the birds start singing, walk outside in the early morning. Ask your child what do you hear? If the birds are tweeting and singing, it's a sure sign that spring is on its way. Robins are one bird that starts singing early, as well as warblers, sparrows, and finches. The presence of bluebirds is also a great sign that spring is approaching, as they don't migrate north until all chance of winter has passed.

That spring smell! Though it's hard to describe, everyone knows the rich, musty, earthy smell of spring when it hits the nose. Perhaps it's a mix of wet earth from early spring showers and the first hints of blooming bushes and flowers in the air, but that smell is a beloved sign that spring is creeping closer.

UPCOMING EVENTS & RESOURCES

VIRTUAL PLAY & LEARN - EVERY TUES @ 10AM

TERRIFIC TOTS - NEW BRITAIN PUBLIC LIBRARY- EVERY MONDAY @ 11 AM ON FACEBOOK LIVE.

NATURE SCAVENGER HUNT/WILDLIFE SCAVENGER HUNT - WADSWORTH MANSION - MIDDLETOWN- APRIL 6TH - 9TH, 2021. SEE [WEBSITE](#) FOR DETAILS.

QUEST FOR THE KIDS SCAVENGER HUNT - CT CHILDREN'S FOUNDATION- HARTFORD- APRIL 10TH - 24TH, 2021. SEE [WEBSITE](#) FOR DETAILS OR CALL: (860) 402-6393.

DINOSAURS AROUND THE WORLD - CONNECTICUT SCIENCE CENTER- VISIT [WEBSITE](#) FOR MORE INFORMATION



LET'S GET MOVING!

By Ms. Emily Sirois

Young children should not be inactive for long periods of time. Both the Centers for Disease Control and KidsHealth.org recommend that toddlers and preschool-aged children play actively several times a day. Toddlers should get at least one hour of physical activity and the recommendation for preschoolers is to double that amount of time. This should include planned, adult-led physical activity as well as unstructured free play. In addition, limiting the amount of time your child spends in front of a screen is important. This includes TV, tablets, smartphones, and computers. Too much screen time and not enough physical activity both contribute to the problem of childhood obesity.

While everyone can benefit from exercise, active children will have stronger muscles and bones, be less at risk for being overweight, and have a reduced chance of getting type 2 diabetes. Exercise can also work wonders for creating a consistent sleep schedule. The impacts on physical health are the most obvious but another point to consider is how exercise can help improve your child's ability to handle emotional challenges. Exercise and physical activity are great outlets for reducing stress and are encouraged as healthy outlets during times of anxiety and depression for adults. The sooner your child is taught these healthy coping mechanisms, the better their outcomes will be in the future.

When most people think of exercise they will instantly think of a gym, weights, or some other form of high-intensity training. This is not necessarily the case, especially when it comes to young children. Some great strategies that we recommend trying at home are creating an obstacle course in your backyard or local park from items that you have at home. In the warmer months, set up the sprinkler outside and let your kids run through it. Use sidewalk chalk to create shapes so that your child can jump from one to the other. Turn on your favorite tunes and have a silly dance party around your house. Whatever activities you decide to do, we encourage you to do it alongside your child. After all, you are their first teacher and the lessons that they learn from you are going to guide their path forward, so why not be healthy together?

Crafts & Fun



STAFF CORNER

APRIL FUN

By Ms. Majedah Nassir

Week 1: Insects

Go on a Bug Hunt: Head outdoors to look for bugs. Spend some time lifting rocks, digging in the dirt, looking on the bottom of the plant leaves to see what kinds of bugs you can find.

Week 2: Seeds

Seed Hunt Nature Walk:

Go on a nature walk and see if you can spot different seeds in nature, on plants, on the ground, and in trees.

Week 3: Trees

Investigate a Tree: Head Outside and find a tree. With coloring materials, draw the tree, color the leaves, and write the letter "T" for the word "Tree".

Week 4: Butterflies

Go on a Butterfly Hunt:

Head outdoors to see if you can spot any butterflies. If there is time, stop by a local flower garden.

