



# NEW BRITAIN FAMILY RESOURCE CENTER

*The latest news and updates*



## CELEBRATING OUR DIFFERENCES

*by Ms. Samantha Vaughan Williams*

2021 has hopefully treated us all well so far. With the inauguration last month of our 46th President Joe Biden, including The First African American Female Vice President Kamala Harris we are on the road to a great change in our country. With change always come new opportunities and new challenges but as a community, New Britain will continue to work together to improve and strengthen our education system, one family, at a time. As your little ones prepare for school, we want to continue to provide you all with an amazing Play and Learn curriculum that will teach, encourage and build on all the great things you have been learning so far.

This coming month in the New Britain Family Resource Center we are going to focus on celebrating the differences in everyone through the themes of our Play and Learns, first through shapes and exploring their differences, continued by teaching cultural kindness of our differences through Bob Marley's One Love. February is indeed for celebrating Black History but it is also the month to celebrate the differences of the people of our community, learning tolerance and educating each other. We here at the center are a diverse group of Family School Liaisons, with different cultural and educational backgrounds but we all come together for the common goal of teaching and growing the future of New Britain!

As you go into this month please take the time to reflect, explore and educate yourself and your family. We know we are still going through a tough time with the continued Pandemic but as we begin to see the light at the end of the tunnel let's reflect on the time we have spent together with loved ones, times we would not have had otherwise. We at the New Britain Family Resource Center want you to know that we are here for you, we support you and we love getting to spend time with you all, even if only virtually, it means everything to us!

## UPCOMING EVENTS & RESOURCES

**VIRTUAL PLAY & LEARN - EVERY TUES @ 10AM**

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

**GOAT SNUGGLES -BRADLEY MOUNTAIN FARMS SOUTHLINGTON - CALL TO BOOK SESSION (860) 385-4628**

**MAPLE SUGAR FEST SUNDAYS - STAMFORD MUSEUM & NATURE CENTER -FEB 21TH TO MARCH 7TH, 2021. 10 AM - 2 PM (WWW.STAMFORDMUSEUM.ORG)**

**WHEN THE EARTH SHAKES - THE CHILDREN'S MUSEUM - ENDS FEB 28TH, 2021. FRI - SUN 10 AM - 2 PM (WWW.THECHILDRENSMUSEUMCT.ORG)**

**MAPLE DAY - STANLEY-WHITMAN HOUSE - FEB 28TH, 2021. 12PM - 3 PM (WWW.STANLEYWHITMAN.ORG/PROGRAM)**

# SHOW US YOUR SMILE 😊

By Ms. Emily Sirois

When it comes to the health of your child's primary teeth, there is no better time than now to start practicing oral hygiene. Oral hygiene should start as early as infancy as tooth decay is now the most common chronic disease among children living in the United States. The Centers for Disease Control and Prevention (CDC) reports that more than 40% of children have tooth decay by the time they reach kindergarten. The American Dental Association and the American Academy of Pediatrics say that every child should visit a dentist by age 1 - or as soon as the first tooth appears.

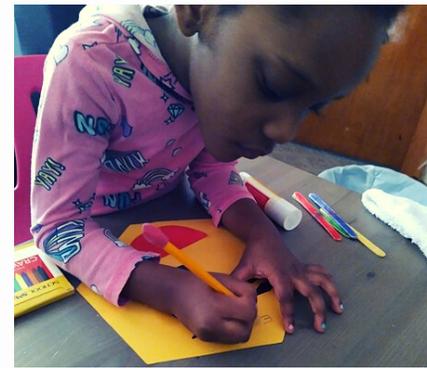
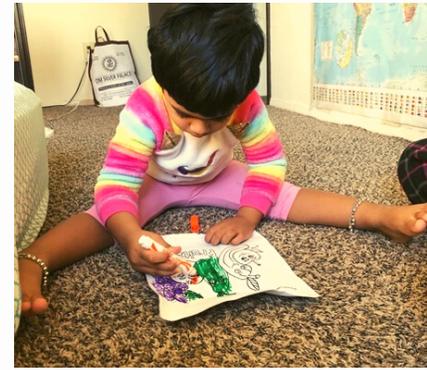
Being proactive with pediatric dental care ensures your child's primary teeth stay healthy, free of decay and other dental diseases such as inflammation of the gums and tissues. This is an important part of dental care because it prevents bacteria from continuing to grow in your child's mouth. A professional pediatric dentist will provide you with expert tips on how to take care of your child's teeth at home. Advice that is typically given includes the proper way to floss and brush your child's teeth and additional information based on the specific condition of your child's mouth. Another topic that is usually discussed is your child's eating habits and what you as a parent can do to help protect your child's teeth and gums as they mature.

Your child's primary teeth are important. Developmental stages that are imperative to your child's future dental health depend on them, so don't wait! Dentistry for children provides parents with a guide for oral care so that they will have excellent oral hygiene as they grow. To learn more about the importance of pediatric dental hygiene feel free to visit the CDC's website

<https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html> or reach out to New Britain's Community Health Center to schedule an appointment! <https://www.chcl.com/locations/new-britain/>



# Crafts & Fun



## STAFF CORNER

## Tip of the Month

By Mrs. Neby Sanchez

### Writing & Fine Motor Skills

A fine motor skill is the ability to make movements and the coordination of small muscles, usually involving the synchronization of hands and fingers with the eyes. Children use fine motor skills to do many school-related tasks. Another way schools might help is to provide accommodations like pencil grips and wide-lined paper for writing. For young children using markers to print letters, it will help them when pressing it down more easily to print and holding it with a mature grasp.

### Practice at Home

- Grasping writing utensils (like holding a crayon, pencil or markers, chalk, and small/medium brush) with a mature grasp.
- Drawing pictures and writing or print letters.
- Stacking blocks and stringing beads, moving objects with their fingertips.
- Using scissors with control, (open and close them, cutting on the line or cutting out simple shapes.)

