



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



HATS OFF TO READING



by Ms. Janae Willis

In honor of **Dr. Seuss's** birthday, March is designated as **National Reading Month** - a month to motivate Americans of all ages to read every day. Reading is fun and has many benefits, regardless of your age. **Read Across America Day** is a celebration of the joys of literacy and an important reminder that we must make every effort to ensure that our Nation's children receive the necessary education in reading and writing to cultivate the skills they need to pursue their American Dream. Here are some helpful tips to ensure you are reading as often as possible.

Keep books everywhere you spend time. Put them in the car, in every room of the house, and tuck them in backpacks and purses. Make them easily accessible. Visit the library often. Knowing how to use the library and learning the benefits of a library fosters a love of reading as well as genuine respect for the services libraries provide.

Our New Britain Public Library www.nbpl.info is also a great resource for tons of virtual experiences; Including CT Museums, Zoos, and Aquariums. Get caught reading. Children imitate what they see the adults around them do. Whether they see you read a magazine, newspaper, or novel, let them know reading is the cool thing to do.

Read to your children. No matter their age, reading aloud strengthens their vocabulary and language skills. It also opens up opportunities for discussion. Have your children read to you, too. You never know what you might learn!

Happy reading!

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)

11TH ANNUAL MAPLE SUGARING DEMONSTRATION & PANCAKE BREAKFAST INDIAN ROCK NATURE PRESERVE-MARCH 20TH, 2021 - (860) 583-1234

ENJOY THE TASTE OF EATING RIGHT

By Ms. Emily Sirois

Despite all the nutrition information circulating many parents are still confused when it comes to what kids should eat. Toddlers and preschoolers grow in spurts and their appetites come and go in spurts. They may eat a whole lot one day and then hardly eat anything the next. That is completely normal! As long as you offer them a healthy selection they will get the nutrients they need. As you've noticed by now, toddlers love saying "no" to anything and everything and preschoolers can be especially opinionated about what they eat. Your kids might want to stick with the bland, beige, starchy diet (think chicken nuggets and french fries) but this is the time to stay strong and encourage healthy eating habits.

Two important areas to focus on regarding your child's diet are calcium and fiber. Milk is the best source of calcium, which is necessary to develop strong, healthy bones and teeth. Lactose-free milk, soy milk, calcium-fortified orange juice, cereals, waffles, and oatmeal are all excellent calcium-filled options to add to your child's daily diet. You might experience some resistance in the beginning but no worries - this is where you can get creative, especially when it comes to adding fiber to your kid's diet. We recommend encouraging your child to "eat their colors"! Thankfully fruits and veggies, essential sources of fiber, come in a variety of fun colors that you can use to encourage your child's healthy eating habits. Ask them prompting questions, such as "What color is the apple?", or "What shape do you see". Have them explain the texture, "Is the kiwi smooth or bumpy"? Allowing your child to interact with these new foods through touch, sight, and smell before taste testing might help reduce your child's resistance to them. It is also a great way to reinforce motor and language skills!

For more information on infant and toddler nutrition visit the Centers for Disease Control website (<https://www.cdc.gov/nutrition/infantandtoddlernutrition/index.html>), or contact your child's pediatrician for nutritional advice specific to your child's needs.

Crafts & Fun



STAFF CORNER

Tip of the Month



By Ms. Majedah Nassir

Importance of Reading for Children

Children learn to love the sound of language before they even notice the existence of printed words on a page. Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word.

7 Benefits of Reading to Children:

- Supported cognitive development
- Improved language skills
- Preparation for academic success
- Developing a special bond with your child
- Increased concentration and discipline
- Improved imagination and creativity
- Cultivating lifelong love of reading

