



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



THANK YOU, MOMS



by Ms. Majedah Nassir

Being a mom is like no other job in the world, and her job is never done. We celebrate Mother's Day in the United States on the second Sunday of May. This year it will fall on Sunday, May 9th, 2021. Motherhood is hard work. You start out cradling this tiny, amazing human that is completely your responsibility. Then you find yourself running after little chubby toddler legs as they sprint as fast as they can toward the most dangerous thing in the room. This stage is soon followed by the "I can do it myself" phase, where you find yourself constantly cleaning up spilled milk and scraping glue off the floor. And, that's only the beginning! Because your tiny human decides to keep growing and growing until eventually he or she becomes a grown man or woman.

Moms never get enough kudos. They're so familiar and ever-present in our lives that we tend to take them for granted. Until, of course, Mother's Day or their birthdays roll around, and it dawns on us just how much Mom has done for us over the years. In fact, when you think about it, motherhood, in general, is pretty awe-inspiring. That's why Mother's Day shouldn't just be about our own moms. It should be about appreciating all the mothers out there - the job they do, the sacrifices they make, and most of all, the love they give.

"The hand that rocks the cradle rules the world." That's the title of an old poem, as well as a powerful statement about the importance of motherhood. Indeed, not only do mothers rule the world, but they just rule. To many of us, our moms are so central in our lives that it can be hard to find the words to express how we feel. And yet, when Mother's Day comes around, we have to try. After all, it's the one day of the year set aside for honoring someone who actually deserves thanks every single day.

"Every mother is amazing in her own way. Happy Mother's Day to all moms out there.

UPCOMING EVENTS & RESOURCES

VIRTUAL PLAY & LEARN - EVERY TUES @ 10AM

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

HARTFORD YARD GOATS OPENING NIGHT - DUNKIN DONUTS PARK- MAY 11TH, 2021. SEE [WEBSITE](#) FOR DETAILS.

EARLY READING STRATEGIES -[VIEW HERE](#)



SUN SAFETY



By Ms. Emily Sirois

According to the Centers for Disease Control (CDC), just a few bad sunburns can increase your child's risk for skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet rays whenever they are outdoors. Ideally, you should be using sun protection all year round but it becomes the most important during warmer days.

The sun's rays are the strongest during midday, so if you're unable to seek a shaded area during that time, here are some ways to keep you and your kids safe from the potentially harmful UV rays.

Grab a hat! - Hats help shade the face, scalp, ears, and neck, are easy to use, and provide great UV protection. They're also super stylish! Wear sunglasses to protect your child's eyes from UV rays which can lead to cataracts later in life. Look for a pair that wraps around and block as close to 100% of both UVA and UVB rays if possible. Wear your sunscreen! - Use sunscreen with at least SPF 15 and be sure to grab a bottle that has the words "broad spectrum" on the label. Apply for protection every time your child goes outside. For the best protection, apply sunscreen generously for 30 minutes before going outdoors.

Don't forget to protect ears, noses, lips, and the tops of feet. Reapply every two hours and after swimming, sweating, or toweling off. Even if it is cool and cloudy outside, children still need skin protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly, so play it safe! Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy—in your car, bag, or child's backpack



STAFF CORNER

Tip of the Month

By Mrs. Nebby Sanchez

Actively engage in physical gross motor skills and movements for at least 30 minutes every day

Outside gross movements - jumping, running, climbing, skipping, riding a bike.

Engagement in Nature - pick up leaves, sticks, glide like a bird, look for signs of spring such as flowers, insects, or going for a walk/actively playing in your backyard.

Bean bag - balance, throwing and catching, movements (slow-fast, up-down, left-right), or identifying body parts

Hand - Eye Coordination - throwing, rolling, and catching a small ball.

