



# NEW BRITAIN FAMILY RESOURCE CENTER

*The latest news and updates*



## SEASON OF GIVING

By Ms. Janae Willis

This year has been difficult for everyone – but one silver lining has been the immense compassion and generosity that so many people have shown.

### The Beauty of Gratitude

We all know this. Helping others just plain makes you feel good! When we reach out in kindness and then see the joy in someone’s eyes, the smile of a child, or the gratitude on an elderly person’s face – we experience a sense of warmth, contentment, and joy.

It turns out that caring about and helping others is vital in becoming a happy, well-adjusted, successful adult. Research shows that empathy helps each of us to become more likable, more employable, better parents, good friends, strong leaders, more conscience-driven, and even increases our lifespan. Furthermore, sociologists report that care for others is a key building block in creating a positive, value-based community.

### Teach what it means to share

Here are some suggestions to make the concept and the act of giving and showing gratitude a part of your regular interactions with your children:

1. Model generosity
2. Talk about your feelings when you give
3. Do it together
4. Praise the giving impulse
5. Create opportunities
6. Share your stories
7. Be generous with your children.

You can feel the magic in the year this time of year. Be sure to take time to hug the ones you love and spend time creating happy memories with them. The one thing you can never get more of is time.

**“Christmas waves a magic wand, and behold everything is softer and more beautiful”  
-Norman Vincent Peale**



## UPCOMING EVENTS & RESOURCES

**SANTA BRUNCH LYMAN ORCHARD, RESERVATIONS SUGGESTED - DEC. 4, 11, 18, 19 9AM-1PM- [MORE INFO](#)**

**HOLIDAY LIGHT FANTASIA, GOODWIN PARK - THURSDAYS-SUNDAYS 5-10PM- [MORE INFO](#)**

**WINTERFEST & THE TUNNEL OF LIGHTS @ CT TROLLEY MUSEUM - MULTIPLE DATES- 5-9PM - [MORE INFO](#)**

**DRIVE THROUGH MAGIC OF LIGHTS @ PRATT & WHITNEY STADIUM - MULTIPLE DATES - [MORE INFO](#)**

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

# Flu Prevention

By Ms. Emily Sirois

Did you know that being exposed to cold weather, in general, does not cause illness? It is your child's exposure (or contact) to viruses that cause flu and other illnesses. Frequent hand washing is a great way to practice hygiene skills with your child and is proven effective in reducing illness! However, to protect your child further, consider taking them to their pediatrician or a local walk-in clinic so that they may receive a flu vaccine at little to no cost.

There is plenty of information available that shows the safety of receiving the flu vaccine. However, one common misconception still lingers and has many parents wondering if the vaccine will give their child the flu. The short answer is no, the injectable flu vaccine is an inactivated (killed) virus. This means that your child will not get the flu after receiving the shot!

There is still plenty of time to get your family protected from the flu and the flu vaccine is the best protection that is offered. Free flu vaccines are available at most major pharmacies and can also be obtained from The Community Health Centers of New Britain. You can [visit their website](#) or call 860-224-3642 for more information.

For more information regarding the flu, [please visit the Centers for Disease Control and Prevention's website](#) or reach out to our [Community Health Centers](#) to schedule an appointment! BEE healthy CSDNB!

# Crafts & Fun



## STAFF CORNER



## Tip of the Month

Ms. Sarah Montano

### 5 Ways to Promote Positive Communication Between You and Your Toddler

- Use Positive Phrasing:** Try explaining what to do instead of what not to do.
- Praise Positive Behavior:** Kids love attention so praising them for following directions or playing appropriately will increase those positive behaviors/interactions.
- Give Choices:** Toddlers often want to seek control in their environment and to help them you can offer them choices throughout the day. Ex. "Would you like to use crayons or markers?"
- Prompt Communication:** Prompt your child to use their signs or words when they want or don't want something, instead of whining. Ex. if your child starts whining while reaching for a toy car, say, "I want a car" and provide them with positive reinforcement if they imitate you and give them the car.
- Give transition warnings:** When there are changes to your routine or you want to move on to a new task; provide your child with 2 to 1 minute warnings before moving onto a new activity or try using "first and then" language to help them understand what's coming next. Ex. "First we are going to have lunch, then we will play outside."