



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



GOODBYE SUMMER, HELLO FALL!

By Ms. Janae Willis

Dear Family and Friends of CSDNB,

Welcome to the 2022-2023 school year! The Family Resource Center staff are so excited to see all of our returning families and to get to know our new friends! We hope you had a wonderful summer filled with experiences like the sun, beaches, parks, and zoos. We can not wait to see what you have learned over the summer break!

We also hope you are ready for a wonderful school year filled with great learning and play. Starting this September, our Family Resource Centers will offer both in-person and virtual Play and Learns every Tuesday at 10:00 AM for children ages birth to four who are not in preschool through June 2023. Please see our program schedule to follow along on what weeks have in-person opportunities and what weeks are virtual only. Each session will include songs, movement, storytime, a book raffle, and an activity.

Our Family Resource Centers are staffed by our incredible Family School Liaisons who will host weekly Play and Learns to foster child development and support parents and families. The FSLs will also create and mail home age-appropriate learning activities for registered families, provide helpful developmental information, and connect families to other resources in the community.

We are looking forward to a successful, happy, and healthy year with your little ones. In the meantime, enjoy some fall fun! Count the apples at the orchard, talk about the colors they see on the trees, and talk about the shape of your apple cider donuts. We hope to see you soon!

TOP CT FAMILY ACTIVITIES FOR SEPTEMBER 2022

GO APPLE PICKING! [CLICK HERE FOR A LIST OF FARMS AND ORCHARDS.](#)

VISIT THE ZOO! [CLICK HERE FOR MORE INFORMATION ABOUT BEARDSLEY ZOO!](#)

TRY MINI GOLF! [CLICK HERE FOR MORE INFORMATION ABOUT SAFARI GOLF IN BERLIN!](#)

GET OUTDOORS! [CLICK HERE FOR MORE INFORMATION ABOUT 6 STATE PARKS KIDS WILL LOVE!](#)



BENEFITS OF BEDTIME ROUTINES

By Ms. Emily Sirois

With the new school year just beginning and the fun and excitement of summer activities winding down, now is a great time to begin establishing bedtime routines with your toddler. What is a bedtime routine, you ask? Bedtime routines are consistent, repetitive sets of activities that you carry out before your child goes to bed every night. They are meant to help prepare your child for sleep by having them relax and wind down. The benefits of establishing a bedtime routine with your child early in life will have benefits for years to come.

A predictable bedtime routine gives your child a sense of security and teaches them how to fall asleep on their own. Research has shown that children who follow bedtime routines are more likely to go to sleep earlier, take less time falling asleep, sleep longer and wake up less during the night. In addition to improving sleep, bedtime routines teach your child self care and lay the ground for working memory, attention and other cognitive skills.

When beginning a bedtime routine with your toddler some great activities to include are having a healthy snack, taking a bath, modeling how to brush your teeth or, our favorite, spending time reading to your child. Bedtime routines should always end with the lights off when your child is sleepy, but not yet fully asleep. Setting a consistent time throughout the week and sticking to it is also a great strategy for bedtime routines to take hold. Once your child reaches "school age" and they are more independent, you can encourage them to take an active part in their routine in order for these learned behaviors to maintain over time.

While establishing a bedtime routine can be difficult in the beginning, in the long term the benefits translate to better readiness for school, as well as better academic performance and social skills! Over the course of this year, we are looking forward to helping you shape healthy behaviors with your toddlers so that they may go on to achieve their personal bests in every level of their lives. It's great to be back, FRC Family! Let's BEE healthy together!



STAFF CORNER



TIPS OF THE MONTH

Ms. Nebby Sanchez

5 Ways to Promote Positive Communication Between You and Your Toddler

- 1. Use Positive Phrasing:** Try explaining what to do instead of what not to do.
- 2. Praise Positive Behavior:** Kids love attention so praising them for following directions or playing appropriately will increase those positive behaviors/interactions.
- 3. 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?"
- 4. 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.
- 5. 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."

