



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



TIPS OF THE MONTH

By: Mrs. Nebby Sanchez



Why Is Finger Play Important for Kids?

Fingerplay is hand movements coordinated with a song, rhyme, or occasionally a short story. The movements may be gross motor, meaning they involve the entire hand in a large motion such as waving. Or they could be fine, where they involve smaller, more detailed movements of the fingers.

Finger Play Song helps Develop Fine Motor Skills and is critical for kids because it boosts:

- Oral language skills: When singing the same songs, sounds, and words, your child is expanding their oral language skills by “working out” their mouth muscles.
- Imagination: When a child engages with finger play they have to create images in their mind to accompany the songs.
- Brain development: Research tells us that memorizing songs and rhymes promotes healthy brain development.
- Social skills: When a child learns finger play at home, they are in a good position to enjoy those same songs and actions in a social setting at preschool or daycare.
- Engagement: For children who find it difficult to engage with others, fingerplay is a low-intensity way to interact.
- Understanding: New concepts such as colors, shapes, movements, and more can be introduced through finger play songs in a fun way.



TOP CT FAMILY ACTIVITIES FOR APRIL 2023

BUNNY BREAKFAST! [CLICK HERE FOR MORE INFO!](#)

KID CITY MUSEUM! [CLICK HERE FOR TICKETS!](#)

DAFFODIL FESTIVLE! [CLICK HERE FOR MORE INFO!](#)

March Madness

In March we celebrated the game of basketball and got excited for all the fun on tv! This April, teach your little ones about what basketball is, have them try to bounce a ball or get a small hoop at home! As always, don't forget to snap some pictures and send them into us here at the FRC!



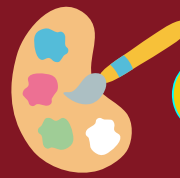
Move It, Move It

By: Ms. Emily Sirois

With the weather finally getting warmer, young children should not be inactive for long periods of time. Both the Centers for Disease Control and KidsHealth.org recommend that toddlers and preschool-aged children play actively several times a day. Toddlers should get at least one hour of physical activity and the recommendation for preschoolers is to double that amount of time. This should include planned, adult-led physical activity as well as unstructured free play. In addition, limiting the amount of time your child spends in front of a screen is important. This includes TV, tablets, smartphones, and computers. Too much screen time and not enough physical activity both contribute to the problem of childhood obesity.

While everyone can benefit from exercise, active children will have stronger muscles and bones, be less at risk for being overweight, and have a reduced chance of getting type 2 diabetes. Exercise can also work wonders for creating a consistent sleep schedule. The impacts on physical health are the most obvious but another point to consider is how exercise can help improve your child's ability to handle emotional challenges. Exercise and physical activity are great outlets for reducing stress and are encouraged as healthy outlets during times of anxiety and depression for adults. The sooner your child is taught these healthy coping mechanisms, the better their outcomes will be in the future.

When most people think of exercise they will instantly think of a gym, weights, or some other form of high-intensity training. This is not necessarily the case, especially when it comes to young children. Some great strategies that we recommend trying at home are creating an obstacle course in your backyard or local park from items that you have at home. In the warmer months, set up the sprinkler outside and let your kids run through it. Use sidewalk chalk to create shapes so that your child can jump from one to the other. Turn on your favorite tunes and have a silly dance party around your house. Whatever activities you decide to do, we encourage you to do it alongside your child!



Crafts & Fun



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Spring is Here



By: Ms. Marsha Michaud

IT'S SPRING AGAIN - A TIME OF REBIRTH AS THE NATURAL WORLD WAKES UP AND REVIVES AFTER GOING DORMANT IN THE WINTER MONTHS. IN SPRING, OUR DAYS START GETTING LONGER, FLOWERS BEGIN TO BLOOM, AND WARMER WEATHER ALLOWS US TO PICK OUT COOLER CLOTHING. IT'S A GREAT TIME TO GET OUTSIDE AND HAVE SOME FUN UNDER THE SUN! WHEN CHILDREN GO OUTSIDE, THEY ARE EXPOSED TO THE SUN. THE SUN IS A GOOD SOURCE OF VITAMIN D. ADDITIONALLY, CHILDREN ARE RECOMMENDED TO EXERCISE DAILY, AND OUTDOOR PLAY IS A NATURAL WAY TO GET IN THIS DAILY DOSE OF ACTIVITY. PHYSICAL ACTIVITY ALSO HAS HEALTH BENEFITS SUCH AS STRESS REDUCTION AND MAINTAINING HEALTHY CARDIOVASCULAR AND METABOLIC FUNCTIONING.

