



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



BLACK HISTORY MONTH

During the month of February we celebrate Black History Month. This February let's use the time to teach our little ones about what Black History Month means. It can be hard for them to understand and it will be a learning process. To begin explain that Black History month is to honor not only African Americans who fought hard and contributed so that all could live a life of freedom and equality, but also to all those who are here today. It is a time to celebrate! Teach them about our different skin tones and the importance behind unity.

To teach them the importance there are many books that will teach different life lessons and help spark the conversation about racism in our communities and diversity. Below are some preschool friendly books we recommend. We encourage you to go to your local library, look for some of these books and take pictures so we here at the FRC can see all our little ones learning.

- "Hair Love" By: Matthew A. Cherry
- "Be Kind" By: Zietlow Miller
- "Full, Full, Full of Love" By: Trish Cooke
- "I am Enough" By: Grace Byers



TOP CT FAMILY ACTIVITIES FOR FEBRUARY 2023

SNOWTUBING! [CLICK HERE FOR PLACES TO GO!](#)

WINTER AT THE ZOO! [CLICK HERE FOR MORE INFO!](#)

ICESKATING! [CLICK HERE TO SEE WHERE TO GO!](#)

CAROUSEL MUSEUM! [CLICK HERE FOR TICKETS!](#)

Dental Contacts

- Pediatric Dentistry & Orthodontics - (860) 224-2419
- Children's Dentistry - (860) 223-7044
- Sutton Dental - (860) 801-8650
- Community Health Dentist - (860) 224-3642



The Dentist at an Early Age

By: Ms. Marsha Michaud

The sooner children begin getting regular dental checkups, the healthier their mouths will stay throughout their lives. Early checkups help prevent cavities and tooth decay, which can lead to pain, trouble concentrating, and other medical issues. It's also beneficial to ensure baby teeth are coming in properly. Dental fear and anxiety usually begin during childhood and tend to worsen with time if not addressed early. This is why your child's first dental visit is so important.

APPOINTMENT

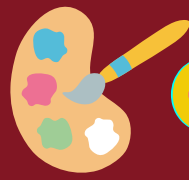
It's important that you get your child in to see our pediatric dentist before their first birthday. Our pediatric dentist will make sure that your toddler's teeth and gums are healthy and developing normally. It's also good to get into the habit of scheduling regular dentist appointments for your child. Make sure to talk with your child about their upcoming visit so they know what to expect and have a good experience.

HOW CAN YOU PREPARE YOUR CHILD FOR THEIR FIRST DENTIST VISIT?

You want to make sure your child feels as comfortable and safe as possible. The best way to do this is to remain calm and avoid using any words that may frighten your child. It's important that you set an example for your child and act relaxed and even excited about going to the dentist. They will pick up on your positive outlook of the dentist and probably react similarly. You can also incorporate age appropriate books about the dentist.

ASSIST WITH TEETH BRUSHING

When your child is between 12 and 18 months old, you will want to brush their teeth for them twice a day with a wet toothbrush. No toothpaste is needed at this dental developmental stage. Once your child is 24 months old, you want to start using a pea-sized amount of fluoridated toothpaste and keep brushing their teeth twice a day.



Crafts & Fun



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TIPS OF THE MONTH

By: Ms. Nebby Sanchez

IMPROVE YOUR CHILD'S FINE MOTOR SKILLS:

- PRACTICE GRASPING WRITING UTENSILS (LIKE A CRAYON, PENCIL, MARKER, CHALK AND SMALL/MEDIUM BRUSH) WITH A MATURE GRASP.
- DRAW PICTURES AND WRITE OR PRINT LETTERS.
- STACK BLOCKS, STRING BEADS AND PRACTICE MOVING THOSE OBJECTS UP AND DOWN.
- USE SCISSORS WITH CONTROL. PRACTICE OPENING AND CLOSING THEM, CUTTING ON THE LINE OR CUTTING OUT SIMPLE SHAPES.

