



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



Summer

By: Ms. Lila Ocasio

Boy has the school year flown by. Soon your littles will be chasing butterflies, swimming at the beach and playing in the sand. I know we are all ready for those warm summer nights by the fire, enjoying our families and reflecting on the year we have had.

This year our FRC friends have learned so much. We have consistently worked on our fine motor skills, cutting and molding playdough. We have learned to trace letters from the alphabet and worked on letter recognition through our fingerplay songs. We have gone on adventures through our stories, and really got our imagination going.

This summer continue to work on all of these things with your children as they continue to grow their minds. Take walks at the park and talk about the grass, animals and insects. Continue to have story time daily and have your children point and recognize things from the books. Enjoy the sun, water and happiness that summer brings.

The FRC will continue to be here throughout the summer to offer help with resources or answer any questions you may have. We have had the best year with you and your children and cannot wait to see you all again in September. Until Next time FRC Family!



TIPS OF THE MONTH

By: Ms. Nebby Sanchez

- STAY HYDRATED:** DEHYDRATION IS ANOTHER SAFETY CONCERN DURING THE SUMMER MONTHS. BE SURE TO DRINK ENOUGH LIQUIDS THROUGHOUT THE DAY.
- PROTECT YOUR SKIN:** USE SUNSCREEN 30 MINUTES BEFORE GOING OUT. REAPPLY SUNSCREEN EVERY TWO HOURS OR AFTER SWIMMING OR SWEATING. LIMIT SUN EXPOSURE DURING THE PEAK INTENSITY HOURS – BETWEEN 10 A.M. AND 4 P.M. STAY IN THE SHADE WHENEVER POSSIBLE.
- WATER SAFETY:** REMEMBER TO ALWAYS HAVE ADULT SUPERVISION FOR CHILDREN. WHETHER THEY'RE IN THE POOL OR PLAYING IN THE SAND AT THE SEASHORE.
- EYE SAFETY:** THE SUN'S ULTRAVIOLET (UV) LIGHT CAN HARM THE EYES. WEAR SUNGLASSES YEAR-ROUND WHENEVER YOU ARE OUT IN THE SUN. SUN DAMAGE TO THE EYES CAN OCCUR ANY TIME OF YEAR. CHOOSE SHADES THAT BLOCK 99 TO 100 PERCENT OF BOTH UVA AND UVB LIGHT.
- SPORTS SAFETY:** NOT ONLY CAN INJURIES HAPPEN, BUT IN HEAT EXHAUSTION AND DEHYDRATION CAN HAPPEN MORE OFTEN IN THE SUMMER MONTHS. IT HELPS TO BE CONDITIONED TO THE ACTIVITIES IN WHICH WE'RE PREPARING TO ENGAGE. WARM UP, STRETCH, GEAR UP, GO WITH A BUDDY, AND REMEMBER TO COOL DOWN AND STRETCH AFTERWARDS.

Summer Wellness

By: Ms. Emily Sirois

Let's face it, kids these days are growing up very differently from the way that we did way back when. Electronic devices are at the top of most kids preferred activities list and because of such a strong reliance on technology kids, as well as adults, are spending less and less time outside. Playing outside is a simple way to improve your child's health now and in the future. Here are some of the ways that playing outside during the summer has a positive effect on kids :

Sunshine:

Our bodies need sunshine! It helps make vitamin D which plays an important role in bone development and keeping our immune system strong.

Exercise:

Young children should be active for an hour everyday and playing outside is a great way to reach that goal!

Executive function:

This includes skills that help us prioritize, troubleshoot, negotiate and multitask. Executive functioning is crucial to our future success and these skills must be practiced - alone time outside with other children making up games, figuring things out and entertaining themselves outside will give your child ample opportunities to practice

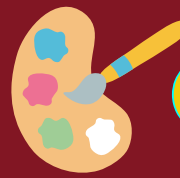
Taking Risks:

As parents and guardians, risk taking behaviors can be anxiety provoking. But if we keep our kids in a bubble and never allow for risk taking, our children will never know what they can do themselves and may end up lacking the confidence and bravery needed to take other risks. Yes, there may be injuries and embarrassment. That doesn't mean kids shouldn't try! The lessons learned from taking risks are just as important as those learned from success

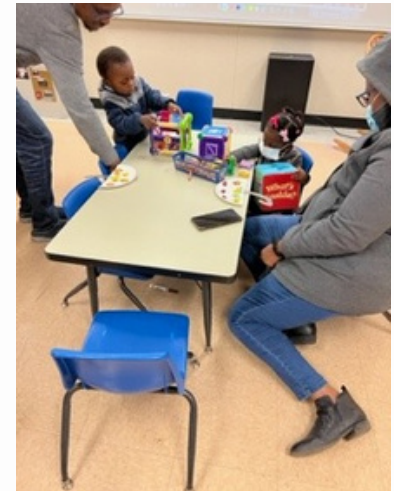
Socialization:

Children need to learn how to work together. They need to make new friends, how to share, cooperate and especially how to treat others. If they only interact in very structured settings (i.e. school) they won't - and can't - learn everything they need to know about interacting with others in the real world

So let's think about getting back to doing what our parents did with us over the summer months. Get your kids outside and feel free to join them! Whatever age you are, wherever your interests lie, there are no negatives with nature in the summer time!



Crafts & Fun



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TOP CT FAMILY ACTIVITIES FOR JUNE 2023'



• SOUTHWINGTON DRIVE-IN!
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• NEW BRITAIN CONCERTS IN THE PARK!
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• STRAWBERRY FESTIVAL!
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