

Family Resource Center newsletter

January/February 2019

CREATING A PARTNERSHIP BETWEEN THE SCHOOL, FAMILY AND COMMUNITY.



IMPORTANT DATES:

January:

- 11 Fitness Friday
- 13 Circle of Security Begins
- 14 Grandparents Support Group
- 17 Evening Playgroup
- 18 Books With Babies
- 25 Music & Movement

February:

- 1 Library Visit
- 8 Buona Vita Fieldtrip
- 11 Grandparents Support Group
- 12 Evening Playgroup
- 22 Music & Movement

FRC Closed:

- 01/1: New Year's Day
- 1/21: Martin Luther King Jr. Day
- 2/18: Presidents Day



Enfield Family Resource Centers

Henry Barnard School

27 Shaker Road
Enfield, CT 06082
860-253-5144
Monday - Friday
8:30am to 4:30pm

Stowe Early Learning Center

117 Post Office Road
Enfield, CT 06082
860-253-6580
Monday - Friday
8:30am to 3:00pm

www.enfield-ct.gov/frc

*Support for this work is provided in part by the LEGO® Community Fund U.S.

English:

Interpretation services now available for families in many languages

Spanish:

Los servicios de interpretación ahora están disponibles en muchos idiomas para las familias.

Arabic:

خدمات الترجمة الشفوية متوفرة الآن للأسر، في العديد من اللغات



We are on Facebook! Like "Enfield Family Resource Center" for more information, articles and events!



SUPPORT GROUP

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Monday, January 14th & February 11th
6:00pm - 7:30pm

Stowe Early Learning Center FRC
117 Post Office Road, Enfield

To Register: Call 860-253-5214 or email Heather Benyak: hbenyak@enfield.org

Are you a grandparent raising grandchildren or other relative children? This monthly group offers a chance to learn about the resources available while gaining strength from each other. *Thanks to a new grant from the North Central Area Agency on Aging, children who attend will have the chance to participate in guided discussions with FRC staff about their experiences being raised by their grandparents.*

PLAYGROUPS

LEARNING THROUGH PLAYGROUPS FOR ENFIELD FAMILIES

Henry Barnard School
27 Shaker Road

Mondays

1:45pm to 2:45pm

Wednesdays

9:15am to 10:15am OR
10:45am to 11:45am



Stowe Early Learning Center
117 Post Office Road

Tuesdays

9:15am to 10:15am OR
10:45am to 11:45am

Wednesdays

1:45-2:45pm

Thursdays

9:15am to 10:15am OR
10:45am to 11:45am



Come and join us for songs, stories, play and activities. This is an interactive and educational playgroup for Moms, Dads, Grandparents, caregivers and their children. Bring your children ages birth to five. **You must register to attend.**

For more information on our playgroups, please contact:

Henry Barnard School:

Lisa Carriere at 860-253-4769 or
Email: lcarriere@enfield.org

Stowe Early Learning Center:

Erin Grimes at 860-253-6580 or
Email: egrimes@enfield.org

JANUARY BIRTH-5 EVENTS

FITNESS FRIDAY

Friday, January 11th
10:00am to 10:30am OR
10:45am to 11:15am

Stowe Early Learning Center Gym

Get up and get moving! My Gym will be joining us for a fun morning with lots of gross motor activities! Come ready to run, jump and tumble with friends!



EVENING PLAYGROUP

Thursday, January 17th
5:30pm to 6:30pm
Family Resource Center at Stowe

Join us for an evening playgroup where the whole room will be open to explore and play! We will end the night with a story, songs and a tasty snack! Children are encouraged to wear their jammies!

BOOKS WITH BABIES

Friday, January 18th
10:00am to 11:00am
Stowe Family Resource Center

Join us for another books with babies program! This is a "lap sit" story time for children ages birth to age 1. Listen and interact with your baby through books, songs, rhymes and other activities! All babies will receive brand new books to take home! *Childcare will be available for older siblings.



MUSIC AND MOVEMENT IN THE PLAY LAB

Friday, January 25th
10:00am to 11:00am
Stowe Early Learning Center Play Lab

Come ready to have fun exploring the different areas within the play lab! There is science, art, building and more! Renee Coro will be joining us in the music area for singing, dancing, and playing instruments!



Space is limited and you must be an FRC Member to register for each event.

**** Please contact Erin Grimes to register for all events!
You may email egrimes@enfield.org
or call 860-253-6580****



FEBRUARY BIRTH-5 EVENTS

LOVE YOUR LIBRARY

Friday, February 1st
10:00am to 11:00am

Enfield Public Library -104 Middle Road

Celebrate 'Bring your child to the Library Day' a day early this year! Come enjoy toys, stories and even get your own library card at this fun library playgroup!



BUONA VITA FIELDTRIP

Friday, February 8th
10:00am to 11:00am

Buona Vita Restaurant
284 N. Maple Street

Calling all pizza lovers! Sauce, cheese, and dough. What a fun mess! Come get your hands a little messy and make your own yummy pizza with us at one of our locally owned restaurants for National Pizza Day!



EVENING PLAYGROUP

Tuesday, February 12th
5:30pm to 6:30pm

Henry Barnard Family Resource Center

Join us for an evening playgroup where the whole room will be open to explore and play! We will end the night with a story, songs and a tasty snack! Children are encouraged to wear their jammies!



VALENTINE'S DAY DANCE PARTY

Friday, February 22nd
10:00am to 11:00am

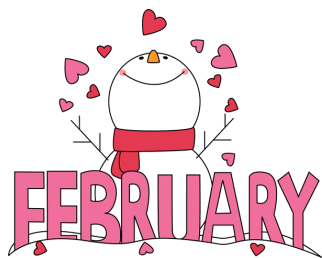
Stowe Family Resource Center

Let's continue celebrating Valentine's Day with music and friends! Renee Coro will lead us in singing, dancing and playing musical instruments! Then we will enjoy some tasty treats!



Space is limited and you must be an FRC Member to register for each event.

*** Please contact Erin Grimes to register for all events! You may email egrimes@enfield.org or call 860-253-6580***



FAMILY FOCUSED NEWS

Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children



CIRCLE OF SECURITY

Presented by: Enfield Child Development Ctr. & Family Resource Center

Eight Wednesdays: Feb. 13, 20, 27, Mar. 6, 13, 20, 27, April 3, 2019 (Snow date: April 10)
4:00pm to 5:30pm

Stowe Early Learning Center

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you! The Circle of Security Parenting® program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This series is geared towards children ages 4 months-six years. **Childcare will be available along with dinner to take home with you! Space is limited so please reserve your spot today!** To register please contact Karen Edelson at 860-763-7043 or email kedelson@enfield.org.



PARENT LEADERSHIP ACADEMY

Academy Orientation: Sat., Feb. 2nd, 9-3:30pm
Academy Workshops: Thursdays, for 12 weeks
5:30pm to 8:30pm

Enrollment is now open. Explore and develop your leadership potential! The Parent Leadership Academy (PLA) will teach you how to: run productive meetings, plan successful projects, network with key community leaders, understand and manage conflict and improve your ability to speak effectively to any group.

This program is **FREE** for any Enfield parent, grandparent or guardian. A light dinner will be provided at each gathering and childcare will be available for those who may need it. Enrollment is limited to 15 participants, so apply early by January, 30th! To receive your application and more details, please call Amy Witbro at 860-253-6552 or email her at awitbro@enfieldpublicschools.org OR call Lisa Rogers at 860-335-5208 or email her at mrogers03@snet.net.

Applications can also be found at:
www.enfieldkite.org and
<http://enfieldschools.org/> and
in The Family Resource Centers.

SCHOLASTIC

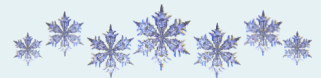
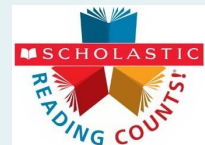
Book Clubs

Every Child Deserves a Good Book

Pick up a catalog at your Family Resource Center! You can do the order online or we can submit the order for you!

Due Dates
Friday, January 18th
Friday, February 22nd

Ask your parent educator for more details!



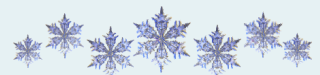
GROSS MOTOR ACTIVITY IDEAS FOR THE COLD!

Winter weather is upon us and sometimes it is hard to get outside for fresh air and exercise. Here are some fun indoor gross motor activities to try with your little ones!

Children under 12 months: Offer open spaces for your baby to explore, roll, crawl, pull up to standing and opportunities to experiment with toys through shaking, pushing, dropping, banging and throwing!

Children 12-24 months: Offer your child support and encouragement in walking, climbing, stooping, running, hopping on two feet, dancing, kicking balls and throwing!

Children 24-36 Months: Offer your child space to explore, run, use stairs, use riding toys, kick and throw balls, hop, skip, jump and practice balancing on one foot. Weather permitting, let your toddler run up a hill, swing, try a climber and a slide, all while supporting this new emerging independence!



Thank You to Our Business Sponsors!

LEGO® Community Fund U.S.

U.S.A. Hauling & Recycling

The Family Resource Center at Stowe is supported primarily by the generosity of the local business community, fundraising, and grants. Investing in early childhood programs is one of the best, most cost-effective choices communities can make to benefit the economy and develop the workforce. If you would like to support us or learn more, please contact Amy Morales at 860-253-4721 or amorales@enfield.org or visit www.gofundme.com/stowefrc