

# Family Resource Center newsletter

September/October 2019

CREATING A PARTNERSHIP BETWEEN THE SCHOOL, FAMILY AND COMMUNITY.



## IMPORTANT DATES:

### September

16 Grandparents Support Group

24 Circle of Security Begins

### Week of Sept 16

Playgroup Open Houses

### Week of Sept 30

Fall Playgroups Begin

\$20 registration fee per family

\$25 registration fee per family

for out-of-town families

### October:

3 Circle of Security Begins

4 Fall Festival at Shaker Farm

11 Costume Dance Party

18 Fire Station Visit

21 Grandparents Support Group

25 Rain date: Fall Festival

### FRC Closed:

9/2: Labor Day

10/14: Columbus 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, September 16th & October 21st

5:30 - 7:00pm

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

11:00am to 12:00pm

#### Wednesdays

1:30pm-2:30pm

#### Thursdays

9:15am to 10:15am OR

11:00am to 12:00pm



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

## FRIDAY BIRTH-5 EVENTS



### FALL FESTIVAL AT SHAKER FARMS

Friday, October 4th

Rain date: Friday, October 25th

10:00am to 11:00am

Meet at Henry Barnard Family Resource Center and walk to Shaker Farms next door

Join us on a fun fall fieldtrip to Shaker Farms in Enfield! We will enjoy a sing-a-long with Farmer Rick, pick a pumpkin, have a snack and even try some cider! There will be animals to see and even time to play on their playscape!



### COSTUME DANCE PARTY

Friday, October 11th

10:00am to 10:45am OR

11:00am to 11:45am

Stowe Family Resource Center

Take a costume test run and dance your way into the end of the month with special guest Renee Coro! You won't want to miss it!

### NORTH THOMPSONVILLE FIRE STATION VISIT

Friday, October 18th

10:00am

439 Enfield Street



Join us for a trip to see the Enfield Fire Station and meet some firefighter friends during fire prevention month!

**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\*\*



## COMMUNITY EVENTS

### FAMILY DAY ON THE GREEN

Sunday, September 15th  
11:30am to 4:00pm  
Enfield Town Green



The Family Resource Center will again participate in Family Day on the Green. We will sponsor a table with family activities. Please stop by and visit us. Hope to see you there!

### PARENT WORKSHOP: UNDERSTANDING AND REDEFINING CHALLENGING BEHAVIOR IN CHILDREN

Tuesday, October 15th  
6:00pm  
Henry Barnard School  
27 Shaker Road



Challenging behaviors can be important signals from children expressing needs that they cannot put into words. Parents must know and be ready to decipher the messages in behaviors, and understand their potential causes in order to lessen these disruptions. Learn about executive function skills, including self-regulation, and how they impact child behavior as well as the caregiver's own ability to cope and deal with challenging behaviors.

#### In this workshop you will:

- Learn the neuroscience behind a meltdown
- Learn how trauma impacts the brain and behavior
- Learn how to read child behavior as messages for unmet social emotional needs

\*FREE childcare, advance registration required for childcare.

Call or register online (860) 253-6502,  
<https://parentbehaviorworkshop.eventbrite.com>

### CHEF 'A LA' DAD

Saturday, September 21st  
10:00am to 11:00am  
Stowe Early Learning Center



Dads come make a delicious meal with your kids, learn easy habits to stay healthy and the best part— you get to take your meal and slow cooker home for FREE! Cooking demo, healthy eating and resources will be provided by Shop Rite's Dietician, Michelle Mattia. Space is limited. Registration is required for this event. Please email Erin Grimes at [egrimes@enfield.org](mailto:egrimes@enfield.org) to sign up!

\*This event is brought to you by the KITE Fatherhood Initiative in partnership with:



## FAMILY FOCUSED NEWS



### CIRCLE OF SECURITY

Presented by: The Family Resource Center  
Eight Thursdays: October 3rd – December 5th  
4:00pm to 5:30pm

Stowe Early Learning Center  
117 Post Office Road

To register please contact:  
Erin Grimes at 860-253-6580 or email  
[egrimes@enfield.org](mailto:egrimes@enfield.org).

- OR -

Eight Tuesdays: September 24th–November 12th  
6:00pm to 7:30pm

Henry Barnard School  
27 Shaker Road

To register please contact:  
Amy Morales at 860-253-4721 or email  
[amorales@enfield.org](mailto:amorales@enfield.org).

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 light refreshments. Space is limited so please reserve your spot today!

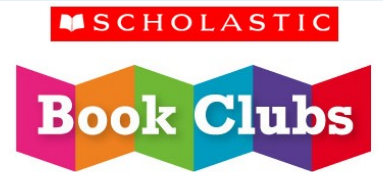
### PARENTS AS TEACHERS PROGRAM

Are you expecting a baby or do you have a child ages birth to five?

Parenting is the hardest job you will ever have and comes with lots of questions! Are you looking for some more individualized information about your child's development? Through our Parents as Teachers program, our Parent Educators can offer you and your child a regularly scheduled personal visit, either at your home or at the FRC, which will consist of our Ages and Stages Questionnaire to assess your child's development, an interactive activity, and information on what to expect as your child grows. We can also connect you with other resources and work with you to set goals for your children and your family. It is like having your own personal parenting coach and partner!

For more information, please contact Miss Erin or Miss Lisa at 860-253-6580 or [egrimes@enfield.org](mailto:egrimes@enfield.org) or [lcarriere@enfield.org](mailto:lcarriere@enfield.org)

## SCHOLASTIC



Every Child Deserves a Good Book

Share the many joys of reading with your child! The Family Resource Center is offering a variety of Scholastic Book Order forms every month this year! Begin such an important skill in an inexpensive, exciting and helpful way! Every time you order books you are directly helping us earn FREE book points that allow us to buy books and educational materials! Don't miss out on this incredible chance to make memories and create a special time with your child!

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

**Due Date**  
Friday, October 18th

*Ask your parent educator for more details!*

## APPLE PIE PLAYDOUGH RECIPE

### Ingredients:

- 1 cup flour
- 1/4 cup salt
- 1/2 Tbsp. vegetable oil
- 1 tsp. cream of tartar
- 1/2 tsp. nutmeg
- 1 tsp. cinnamon
- 1 tsp. red food color
- 1 cup water



### Instructions

1. In a large pot, combine all dry ingredients and mix well.
2. Add in vegetable oil, food color, and water, stir.
3. Cook over medium heat until the dough pulls away from pot and starts to become dry.
4. Turn off heat, let cool, and knead.

*\*If the dough feels too sticky, knead in a tablespoon of flour.*

## 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](mailto:amorales@enfield.org) or visit [www.gofundme.com/stowefrc](http://www.gofundme.com/stowefrc)