

Family Resource Center newsletter

March/April 2019

CREATING A PARTNERSHIP BETWEEN THE SCHOOL, FAMILY AND COMMUNITY.



IMPORTANT DATES:

March:

- 1 Dr. Seuss Birthday Party
- 12 Evening Playgroup
- 15 Drop-N-Learn
- 18 FRC Shirt Kickoff Event
- 18 Grandparents Support Group
- 22 Musical Babies
- 25 Circle of Security Begins
- 29 ShopRite Fieldtrip

April:

- 5 Music at Collins Farm
- 16 Dad's Evening Playgroup
- 18 Circle of Security Begins
- 22 Grandparents Support Group
- 26 Bikes & Trikes Event

No FRC Programs:

4/8-4/12: School Spring Break

FRC Closed:

4/19: Good Friday



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, March 18th & April 22nd
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

MARCH BIRTH-5 EVENTS



HAPPY BIRTHDAY DR. SEUSS!

Friday, March 1st
11:00am to 12:00pm

Stowe Family Resource Center

Birthdays come around only once a year, so open up those listening ears! Let's celebrate the Cat in the Hat by making an event out of that! Books, crafts, snacks, and more! We are going to have some fun down to the core!

EVENING PLAYGROUP

Tuesday, March 12th

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!



DROP-N-LEARN

Friday, March 15th
9:00am to 12:00pm

Stowe Family Resource Center

During this fun filled time at the FRC, your child(ren) will be working on skills for preschool, playing, having snack/ lunch, and reading stories! This is a wonderful opportunity for your children to not only learn separation skills, but to learn important skills for school! Children do not have to be potty trained. **Fee: \$25 per child** **Must be a registered playgroup family to sign up!**

MUSICAL BABIES

Friday, March 22nd

10:00am to 11:00am

Stowe Family Resource Center

This is a fun music group for children birth to age 1. Renee Coro will lead us in engaging musical activities with props, actions and puppets to promote learning, communication and listening skills to stimulate your baby!



TRYING NEW THINGS

Friday, March 29th

10:00am to 10:30am OR

10:45am to 11:15am

ShopRite of Enfield, 40 Hazard Ave.

Join us for a special event at ShopRite of Enfield. We will be reading the book "Hungry Bird," then sampling a few fun foods that attract birds like berries, seeds and sesame sticks! Everyone will get a chance to make a birdseed feeder to bring home and watch the birds enjoy!

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**

CONTINUED MARCH BIRTH-5 EVENTS

FRC SHIRT KICK-OFF

Monday, March 18th

9:30am to 11:30am

Stowe Family Resource Center



Loving the Family Resource Center? Want to help us spread the word even more? Come check out The Family Resource Center's shirt fundraiser event! On this day we will be allowing families to come in and look at the shirts and place an order! There will be snacks and time for the kids to play! All proceeds of this fundraiser will directly benefit the FRC programming!

Let's get fundraising!

APRIL BIRTH-5 EVENTS

MUSIC AT THE FARM

Friday, April 5th

10:30am to 12:00pm

Collins Farm

9 Powder Hill Rd.



Join us for a fun and educational tour of Collins Farm right here in Enfield! We will visit with the cows and see where milk comes from and then finish off the morning singing and dancing with Renee Coro! Bring a picnic lunch and after you can visit the Creamery to purchase an ice cream.

BIKES & TRIKES

Friday, April 26th

10:00am to 11:00am

Stowe Early Learning Center

Parking Lot

Rain Date: Friday, May 3rd

Start those engines and get your motor pedaling! We will have a fun filled morning of bikes & trikes EVERYTHING! Obstacle courses, bike washing station and even a drive-thru snack station! All sizes of bikes are welcome!



DAD'S EVENING PLAYGROUP

Tuesday, April 16th

5:30pm to 6:30pm

Stowe Family Resource Center

Fathers, grandfathers, uncles, any family men join us for an opportunity to bond and play with your child at an interactive playgroup! You and your children will have fun playing, exploring, singing and reading together! We will also provide a pizza dinner!



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: The Family Resource Center

Eight Mondays: March 25-May 20

10:00am to 11:30am

Angelo Lamagna Center-19 N. Main St.

- OR -

Eight Thursdays: April 18-June 6

6:00pm to 7:30pm

Henry Barnard School

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!**

To register please contact:

Amy Morales at 860-253-4721 or email amorales@enfield.org.



EXECUTIVE FUNCTION FOCUS

Dear Families,

As we discussed at our parent workshops last month, we will be sharing tips for you each week on how to strengthen your child's Executive Functions skills at home. These will be simple things you can easily fit into your daily routine and will enhance what you are already doing! We will also have cards with these activities available at playgroup for you to take and collect as a visual reminder and to help you become familiar with the terminology. We will be talking about this and giving you tips at playgroup as well so you can take these ideas home with you. Remember, you are your child's first and most important teachers!



SCHOLASTIC

Book Clubs

Every Child Deserves a Good Book

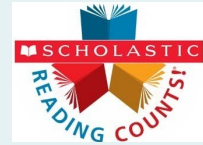
Pick up a catalog at your Family Resource Center! You can do the order online or we can submit the order for you!

Due Dates

Friday, March 22

Friday, April 26

Ask your parent educator for more details!



SOCIAL-EMOTIONAL DEVELOPMENT IS THE FOCUS OF OUR PLAY GROUPS FOR MARCH AND APRIL

Social-emotional development includes the child's experience, expression, and management of emotions and the ability to establish positive relationships with others. Here are some tips to encourage social-emotional development:

Infants

- Talk, hum, sing and read to your baby often, especially during daily routines such as feeding and diaper changing.
- Recognize, name, and respect their feelings and talk about what they seem to be "saying."

Toddlers

- Give choices whenever possible. For example, "Do you want to wear the blue shirt or the red shirt?" This will help them feel in control.
- Model sharing and turn-taking. Small amounts of waiting help children to learn self control and recognize that others have needs, too.

Preschoolers

- Acknowledge children's feelings and give them the words to express emotions appropriately. For example, "I can see that you are feeling sad."
- Read books about people and animals who express different emotions in a variety of settings.



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