

# Family Resource Center newsletter

March/April 2020

## CREATING A PARTNERSHIP BETWEEN THE SCHOOL, FAMILY AND COMMUNITY.



### IMPORTANT DATES:

#### March:

- 3 Dad's Evening Playgroup
- 13 Big Y Fieldtrip
- 16 Grandparents Support Group
- 20 Children's Museum at Holyoke
- 23 FRC Shirt Kickoff Week
- 27 Come Meet Pete

#### April:

- 3 Trinity Farm Fieldtrip
- 6 Sensory Bin Workshop
- 16 Evening Playgroup
- 20 Grandparents Support Group
- 23 Circle of Security Begins
- 24 Bikes & Trikes Event

#### No Daytime FRC Programs:

4/13-4/17: School Spring Break

#### FRC Closed:

4/10: 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 16th & April 20th  
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  
11:00am to 12:00pm

#### Wednesdays

1:30-2:30pm

#### Thursdays

9:15am to 10:15am OR  
10:30am to 11:30am



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

### DAD'S EVENING PLAYGROUP

Tuesday, March 3rd

5:30pm to 6:30pm

Stowe Early Learning Center-Play Lab



Fathers, grandfathers, uncles, any family men join us for an opportunity to bond and play with your child at an interactive playgroup in the Play Lab! You and your children will have fun playing and exploring this fun space!



### BIG Y FIELDTRIP

Friday, March 13th

11:00am to 12:00pm

Big Y of Enfield

Join us for a special event at the Big Y Supermarket of Enfield. We will get a chance to see all the different departments of the store! We will get to see how the workers prepare food, we will play a game and even try some food along the way!

\*This event is geared more towards preschool age children.

### CHILDREN'S MUSEUM AT HOLYOKE

Friday, March 20th

10:00am-11:30am

444 Dwight St. Holyoke, MA



Come explore and learn through play in all the different areas at the Children's Museum! There are so many fun things to see and do! Families are welcome to pack a lunch to eat before heading home!



### COME MEET PETE

Friday, March 27th

9:45am to 10:45am

Stowe Early Learning Center-Gym

Join us for this totally groovy event with Pete the Cat and also Renee Coro as we sing and dance to all of our favorite Pete the Cat books! There will be Pete the Cat themed activities and a special snack to go!

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

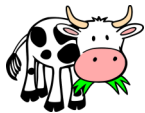
**\*\* Please contact Erin Grimes to register for all events!  
You may email egrimes@enfield.org or call 860-253-6580\*\***



## APRIL BIRTH-5 EVENTS

### SMYTH'S TRINITY FARM FIELDTRIP

Friday, April 3rd  
10:45am to 11:45am  
Smyth's Trinity Farm  
4 Oliver Road, Enfield



Join us for a fun and educational tour of Smyth's Trinity Farm right here in Enfield! We will visit with the cows and see where milk comes from and then get a chance to sample some yogurt and different flavored milk!



### SENSORY BIN WORKSHOP

Monday, April 6th  
10:00am to 11:00am  
Stowe Family Resource Center

Parents/caregivers, join us for an interactive workshop where you will learn about the importance of sensory play for children of all ages. In this workshop you will make and take away 4 sensory bins that you can use at home with your children.

\*Children are welcome to come and play while parents are making their kits!

### EVENING PLAYGROUP

Thursday, April 16th  
5:30pm to 6:30pm  
Stowe 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!

### BIKES & TRIKES

Friday, April 24th  
10:00am to 11:00am



Stowe Early Learning Center Parking Lot

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!

**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](mailto:egrimes@enfield.org) or call 860-253-6580\*



## FAMILY FOCUSED NEWS

Circle of Security  
INTERNATIONAL  
Early Intervention Program for Parents & Children



### CIRCLE OF SECURITY

Eight Thursdays: April 23rd—June 11th, 2020  
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 a light dinner to take home. Space is limited so please reserve your spot today!

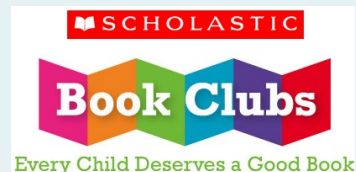
To register please contact Erin Grimes at 860-253-6580 or email [egrimes@enfield.org](mailto:egrimes@enfield.org).



### FRC T-SHIRT KICK-OFF WEEK

The Week of March 23rd  
During all playgroup sessions  
Family Resource Centers

Loving the Family Resource Center? Want to help us spread the word even more? Come check out The Family Resource Center's shirt fundraiser! During this week families can take a look at the shirts and place an order during their playgroup session. All proceeds of this fundraiser will directly benefit the FRC programming!



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 20  
Friday, April 24

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