

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

April 2018

Dates to Remember

April

4th. Legislative Breakfast. (see page 4)

16th.-20th. Spring Break. Center closed

22nd. Celebrate Earth Day



May

10th. Harborlight

Happening (see pg 5)

13th.



23rd.- 27th. Play-ground Safety week.

28th. Memorial Day



The Milford Family Resource Center
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(203)783-3626
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Help your child cope with difficult experiences

We live in an uncertain world. As hard as we try, we can't always protect our young children from experiencing sad or traumatic events. Natural disasters, being in need, death of a loved one, and long separations from a parent can be stressful for children and for the adults who love them.



When a young child experiences loss and trauma, he may show signs of stress such as fussiness or clinginess. He may go back to doing things you think he's outgrown. We may think children don't understand or notice difficult times, but even very young infants pick up on the stress that is around them. No matter what, your child needs your love and support to feel secure. As a parent you will have a lot on your mind during tough times, and you may feel sad and worried about the future. You may find it hard to be there for your child but she continues growing and developing. She needs you every day. Early childhood is a time crucial to lifelong success.

Here are some ways to help your young child through stress and trauma:

- > Tell your child that you love him. Even if your baby is small, talk to him and reassure him with hugs and kisses.
- > Keep your child's life as normal as you can. Try to stick to his familiar routines.
- > Relax and stay calm. This will help your child feel that way, too. Believe that things will get better.
- > Read to your child every day, and play with him. Sing and clap together. Find things to laugh about.
- > Do the same things over and over. Read the same book, sing the same songs and play the same games. Familiar things reassure young children.
- > If your child is clingy, let him stay by you and cuddle. Don't be afraid you'll spoil your baby if you hold him and comfort him.
- > Understand if your child is fussy, whiny, or throws tantrums. Your child is not being "bad." He is just overwhelmed.
- > Allow your child to pretend play about the event unless it seems to upset him. Seek a professional evaluation if your child doesn't show improvement after a few months.
- > Take care of yourself, too. Do not be afraid to ask for help for yourself or for your child.

From the Parents as Teachers Parent Page

If you have an Amazon Prime account, you can go to **smile.amazon.com** and place your orders there. You simply choose a charity such as Kids Count of Milford and Amazon will donate 0.5% to the charity of your choice for all eligible purchases.

Milford Family Resource Center Staff::
Program Manager:
Peggy Kelly
Parent Educators:
Kathy Aspinwall
Judy Lobdell
Anne Mundy

National Playground Safety Week 2018 is April 23-27.

Playground Safety Week is a time to focus on children's outdoor play environments. A time to pledge to use good judgment when playing. A time for gratitude for all the adults

A Quick Checklist for Parents

Place this list in a prominent area of your home for quick reference. Then, before your children head out the door for the playground, check that:

Supervision is present, but strings and ropes aren't.

Adult presence is needed to watch for potential hazards, observe, intercede and facilitate play when necessary. Strings on clothing or ropes used for play can cause accidental strangulation if caught on equipment.

Falls to surface are cushioned.

Nearly 70 percent of all playground injuries are related to falls to the surface. Acceptable surfaces include hardwood fiber/mulch, pea gravel, sand and synthetic materials such as poured-in-place, rubber mats or tiles. Playground surfaces should not be concrete, asphalt, grass, blacktop, packed dirt or rocks.

Equipment is safe.

Check to make sure the equipment is anchored safely in the ground, all equipment pieces are in good working order, S-hooks are entirely closed, bolts are not protruding, there are no exposed footings, etc.

From the **National Program for Playground Safety.org** website



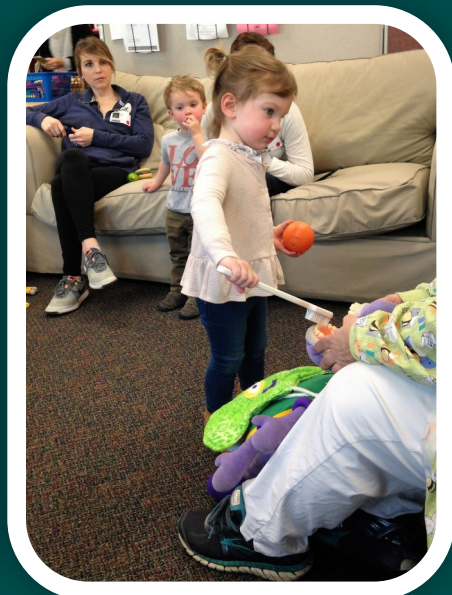
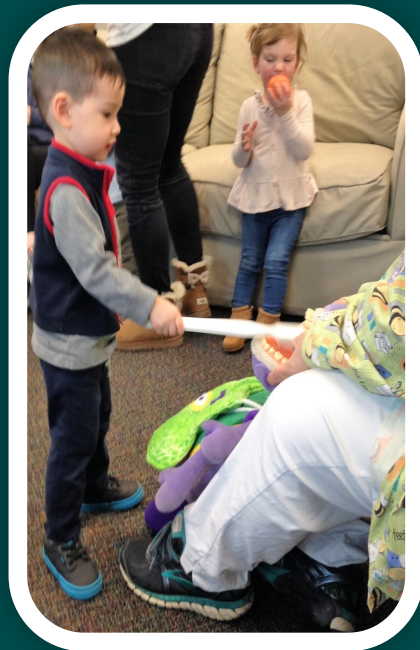
Celebrate Earth Day April 22nd

For some ideas on how to celebrate with young children you can visit
<http://tinkerlab.com/fifty-earth-day-activities/>
<https://www.thespruce.com/earth-day-activities-for-kids-1708828>



To help us celebrate Read Across America Day March 2nd, Fireman Hanson visited our classroom to share some time and read a story.





Elaine Colangelo, Dental Hygienist for the Milford Public Schools, helped us celebrate the February Children's Dental Health Month with a visit from her and her special friend Buggy. With a big toothbrush children were able to practice their brushing skills on Buggy's big teeth.

Thank you, Elaine, for a fun and informative talk about dental care for young children!



Having fun at playgroup

Check out page 6 for
a picture of our
generous donators
for the new vehicle.



The Junior Women's Club of Milford Presents



"Touch A Truck" June 3rd Eisenhower Park

11- 3PM (Quiet Hour 12-1)
\$5.00 per person/\$7.00 at gate
(visit Facebook page for presale tickets)
(under 2 free)

RAIN or SHINE

***Kids Count of Milford
invites you to attend the
Annual Legislative Breakfast***

Milford Yacht Club

Wednesday, April 4, 2018

8:00 to 10:00 am

***Special Guests: Ms. Rebecca Camperlengo and her
Third Grade Students
Mathewson Elementary School***

Champion of Young Children Award Recipient:

*Christine Kennedy, Supervisor
Preschool and Elementary Special Education
Office of Pupil Personnel
Milford Public Schools*

***Milford Salvation Army Service Unit
Acknowledgement of High School Students***

Milford Legislators:

*Senator Gayle Slossberg
Representative Kim Rose
Representative Pamela Staneski
Representative Charles Ferraro*

*Sponsored by:
Kids Count of Milford*

Please RSVP to Peggy Kelly @ 203-783-3627 or email at pkelly@milforded.org

*\$25.00 per person. Please make checks payable to Kids Count of Milford
Payment accepted at door*

Save the Date:

Kids Count of Milford's Harborlight Happening

Thursday, May 10, 2018

6:00 to 9:30 pm

Milford Yacht Club

Cocktails, Dinner, Dessert

Silent and Live Auction and so much more!

\$55.00 per person



SAVE THE DATE: Pancakes for Parkinson's

Tuesday, June 26, 2018

Chip's Family Restaurant

321 Boston Post Road, Orange

Tickets are \$12.00.

For further information, email Peggy Kelly: pkelly@milforded.org



A special thank you to Suzan and Cengiz Zankak who donated the well travelled car/library to the Milford Family Resource Center. It is well appreciated by all the FRC children. See page 4 for photos of "travelling" boys and girls.



Two great organizations
working together
to help people

present



Saturday
June 9 @ noon
(Pirate Weekend)

Downtown
Milford @
Memorial
Bridge



Sponsorship*

Platinum:	TBD
Gold:	\$1,000
Silver:	\$500
Lil' Quacker:	\$100

Prizes Values

Tier 1:	\$500-\$1000
Tier2:	\$25 - \$100

Deadline

Mar 23rd

www.milfordduckrace.com

The United Way of Milford and The Woodruff Family YMCA have joined forces to bring back this beloved Milford community event. The Steering Committee is optimistic about making this a wonderful event once again. At the same time, in this first year back we are also realistic and want to manage expectations.

Duck sales should begin in early April with a big push toward online purchases.
The most successful duck races across the country now use this same approach.

Our primary focus right now, however, is for sponsors and donated prizes (products, services, gift certificates, and even donated timeshares, etc.).
Any businesses or individuals who want to support this exciting event should email Mary D'Amato at mary@damatobrothers.com.

We also need volunteers as the event approaches and on race day. Until then, like us on Facebook (@milfordharborduckrace) or sign up for updates on the new website (www.milfordduckrace.com).

* Commensurate with level of support, sponsor names will appear on the widely distributed prize list, online (website, Facebook, etc. TBD) at Duck Adoption Sites and at the event.