

# MILFORD FAMILY RESOURCE CENTER

## The Infant and Toddler Times

JUDY LOBDELL, EDITOR

April 2019

### Dates to Remember

#### April

**10th.** Legislative Breakfast (see page 3)

**15th-19th.** Spring break. Center closed.

*The Week of the Young Child sponsored by NAEYC is happening in April, the week of the 8th-12th. See page 3 for a link to their website.*

#### Happy Spring!



**The Milford Family Resource Center**  
@Mathewson School  
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**Milford Family Resource Center Staff:**  
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### Help Your Child Cope With Difficult Experiences Through Building Resiliency

*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 life long success.

### Here are some ways to foster resilience and 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.

*Excerpts from the Parents As Teachers Parents Pages  
(check out page 2 for further strategies that can help strengthen emotional intelligence)*

## Fostering Emotional Literacy in Young Children: Labeling Emotions

The ability to label emotions is a developmental skill that is not present at birth—it must be learned. And just as there is wide variation in the point at which children start to demonstrate appropriate use of books, begin writing, and recognize letters, some children's ability to identify, understand, and label their emotions develops at a slower rate than others.

Three variables can underlie a child's growing ability to label emotions: (1) the child's temperament and developmental status, (2) parental socialization and environmental support, and (3) the teacher and child care providers' emphasis on emotional literacy. Indeed, differences in the way adults talk to and teach children about feelings and problem solving are related to children's abilities to label emotions.

(From <https://www.hhs.gov/>)

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### Points to Remember

- Children who have a strong foundation in emotional literacy are healthier, have more friends, are less impulsive, remain more focused, and demonstrate greater academic achievement.
- The development of feeling words is considered to be of critical importance in a child's emotional development because it makes it possible for children to better understand their emotional experiences.
- The ability to name feelings allows children to discuss and reflect with others about their personal experiences of the world.
- The larger a child's emotional vocabulary, the finer discriminations he or she can make between feelings and the better he or she can communicate with others about his or her emotions and possible problems.
- While several underlying processes contribute to a child's ability to understand and regulate his emotions, parents and caregivers can make a meaningful difference by emphasizing emotions throughout daily routines.

### Things to Do

- Label your own feelings throughout the day in front of children.
- Observe children and label their feelings as they experience them.
- Talk about feelings displayed by characters in children's books, on television, or in videos.
- Allow children to feel a range of emotions, but teach them healthy ways to express them.
- Play games and sing songs involving feelings, such as "If you're happy and you know it."
- Reinforce children's efforts to express their feelings in healthy ways.

*This material was developed by the Center on the Social and Emotional Foundations for Early Learning with federal funds from the U.S. Department of Health and Human Services, Administration for Children and Families*



# Celebrate the Week of the Young Child

April 8-12

Visit their website for ideas on ways to celebrate.

<https://www.naeyc.org/events/woyc/overview>

**naeyc**

**National Association for the  
Education of Young Children**

## Fun times at Playgroup



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

***Milford Yacht Club***

*Wednesday, April 10, 2019*

*8:00 to 10:00 am*

***Special Guests: Mr. Andrew Magazine and his  
Third Grade Students***

*Mathewson Elementary School*

*Ms. Michelle D'Aiuto, Mathewson Music Teacher*

***Champion of Young Children Award Recipient:***

*Gary Johnson, President*

*United Way of Milford*

***Milford Salvation Army Service Unit***

*Acknowledgement of High School Students*

***Milford Legislators:***

*Senator James Maroney*

*Representative Kim Rose*

*Representative Kathy Kennedy*

*Representative Charles Ferraro*

*Sponsored by:*

*Kids Count of Milford*

***Please RSVP to Peggy Kelly @ 203-783-3627 or email at [pkelly@milforded.org](mailto:pkelly@milforded.org)***

*Payment accepted at door (please RSVP)*

*\$25.00 per person.*

*Please make checks payable to Kids Count of Milford*

Kids Count of Milford is pleased to announce a new adventure  
for

## Harborlight Happening.

The adventure begins with a mystery!  
A Murder Mystery hosted by Chester Hadlyme.

Cocktails will start at 5:30—6:30 pm  
Salad will be served at 6:30 pm  
Full Buffet will be at 7:00 pm  
The Mystery starts at 7:45 pm

The cast will circulate about the room  
dropping clues about the mystery.  
Watch for fights, encounters and exchanges  
as anything and everything might be a clue!  
Guests will be encouraged to interact,  
ask those tough questions  
and help Chester Hadlyme solve the Mystery.

When: Thursday, May 30, 2019

Where: The Milford Yacht Club

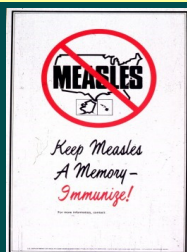
Evites and Invites to follow.





## Reasons to Protect Children Through Vaccination

- Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that. They protect children from serious illness and complications of vaccine-preventable diseases which can include amputation of an arm or leg, paralysis of limbs, hearing loss, convulsions, brain damage, and death.
- Vaccine-preventable diseases, such as measles, mumps, and whooping cough, are still a threat. They continue to infect U.S. children, resulting in hospitalizations and deaths every year.
- Though vaccination has led to a dramatic decline in the number of U.S. cases of several infectious diseases, some of these diseases are quite common in other countries and are brought to the U.S. by international travelers. If children are not vaccinated, they could easily get one of these diseases from a traveler or while traveling themselves.
- Outbreaks of preventable diseases occur when many parents decide not to vaccinate their children.
- Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe.
- Organizations such as the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention all strongly support protecting children with recommended vaccinations.
- Vaccination protects others you care about, including family members, friends, and grandparents.
- If children aren't vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term complications and even death for these vulnerable people.



<b>CDC Recommended Immunizations</b> for Children from Birth through 6 Years Old										
Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
HepB	HepB				HepB					
		RV	RV	RV						
		DTaP	DTaP	DTaP		DTaP				DTaP
		Hib	Hib	Hib	Hib					
		PCV	PCV	PCV	PCV					
		IPV	IPV		IPV					IPV
Areas shaded in blue indicate the vaccine can be given during shown age range. If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.										
					Influenza (yearly)*					
					MMR					MMR
					Varicella					Varicella
						HepA**				



### Is your family growing?

To protect your new baby and yourself against whooping cough, get a Tdap vaccination in the third trimester of each pregnancy. See your doctor for more details.

\* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

\*\* Two doses of Hep A vaccine are needed for lasting protection. The first should be given between 12 and 23 months of age, and the second 6-18 months later.

**Kids Count of Milford and the School Readiness Council  
announce the following:**

The Office of Early Childhood, the City of Milford, Milford Public Schools and the School Readiness Council have school readiness slots that will be administered by the Office of Early Childhood School Readiness Program. Therefore, programs in Milford and surrounding communities who are eligible may apply to the Milford School Readiness Council. Criteria includes: Accreditation—All programs must be accredited by the National Association for the Education of Young Children or become accredited within 3 years of the month this site began serving children. Teacher Education Requirement—Any program accepting state funds from the School Readiness Grant must have lead teaching staff who hold a bachelors' degree with an early childhood concentration. License—Each program site must hold a current license from the Department of Public Health. Programs requesting consideration by the Milford School Readiness Council are encouraged to contact Lesley Darling, the School Readiness Liaison, at 203-783-3383 or [ldarling@ci.milford.ct.us](mailto:ldarling@ci.milford.ct.us).

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**City of Milford School Readiness Grant – Quality Enhancement Program.**

The Quality Enhancement Program Local Request for Proposal is available for the July 1, 2019 - June 30, 2020 fiscal year. The purpose of the Quality Enhancement Grant is to provide funding for programs that focus on education and early care that address quality standards and or expand comprehensive services for children and families. The Milford School Readiness Council requests proposals from qualified individuals or agencies to implement training on the use of the Connecticut Early Learning and Development Standards (CT ELDS). Qualified individuals must have expertise with the CT ELDS, as well as demonstrating previous training engagements in the CT ELDS. Interested applicants are encouraged to call the School Readiness Director, Peggy Kelly, at 203-783-3627 or [pkelly@milforded.org](mailto:pkelly@milforded.org). Local Requests for Proposals must be submitted electronically.

**The Milford School Readiness Council retains the right to reject any or all bids.**