

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

December 2018

Dates to Remember

December

1st. Holiday Concert

2nd. Hanukkah begins

2nd. Breakfast with Santa (page 3)

10th. - 14th. Last week of playgroups

24th.- Jan. 1st. Winter break. Center closed.



The Milford Family Resource Center
@Mathewson School
466 West River Street
Milford, CT 06461
(203)783-3626
mfrc@milforded.org

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



LIVE IN CONCERT

"A CHILDREN'S HOLIDAY JOURNEY"

featuring:



The Learning Station

Hosted by the Milford Family Resource Center
Saturday, December 1st, 2018 at
Mathewson Elementary School
466 West River Street Milford, CT

Schedule of Events:

10:00 - 11:00 AM. A VISIT FROM SANTA, FACE PAINTING, and A READING CORNER.

11:00 - Noon. **THE LEARNING STATION** Concert

Noon - 1:00 PM. A VISIT FROM SANTA, FACE PAINTING, A READING CORNER, and BAKE SALE
TICKETS: \$5.00 per person.
No charge for children under two.

Call 783-3626 or EMAIL the Milford Family Resource Center at MFRC@MILFORDED.ORG



POSITIVELY STRESSED FOR THE HOLIDAYS AND BEYOND

It's the day before the holiday. There are 30 guests arriving at your house tomorrow! There are gifts to be wrapped, menus to be prepared, rooms to be cleaned, and on top of that lives to be lived! Stop, breathe and listen—and you might hear the pounding of your heart as your adrenaline surges through your body, raising your blood pressure as it prepares your body for yet another fight or flight episode.

Such is the MO of the stress reaction, and if frequent enough and launched on an unprepared subject, it can wreck havoc on the mind and body. Stress is with us everyday, but during the holidays and in times of crisis it can be harder to manage. It is important to keep in mind that without stress we would not be able to accomplish the many things we do. It is when we become unbalanced by too much stress that we get into trouble. So what can we do to prevent that 'burned-out' syndrome?

Taking a holistic approach, it is important to identify various strategies to prevent or minimize stress. There are three dimensions of stress, and they are: body, situational, and mental stress.

In dealing with body stress, avoiding common stress-inducing substances such as caffeine, nicotine and alcohol and practicing deep breathing, getting regular exercise and adequate rest may be helpful. With situational stress, it might prove more helpful to make changes in your environment, learn time management tips, delegate responsibilities and learn to be more assertive, knowing when and how to say 'no'. For mind stress, perhaps visualization and mental imagery, positive self-talk, or meditation and/or prayer would be more productive.

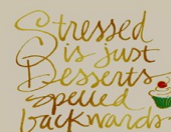
Whatever you do, it is important to know your needs and find something that works for you and fits into your lifestyle. Perhaps the most revealing aspects of stress management can be found in the research of psychologist Suzanne Kobasa.

Kobasa, in her late 70's - early 80's studies, found some people did not succumb to the negative effects, while others did. In her studies, she identified three common characteristics in stress-resistant individuals that she coined the '3 C's':

1. CHALLENGE. Depicted in people who see life events as opportunities rather than threats.
2. COMMITMENT. Depicted in people who find a 'raison d'être' in their deep commitment to work, family and personal life.
3. CONTROL. Depicted in people who feel either their actions or attitudes have an impact on their world. A 4th 'c' was added by ESSI Systems, an international stress research and consulting firm:
4. CENTEREDNESS. Depicted in people who value themselves regardless of outside influence, such as expectations or events that happen to you.*

In effect, our job is not to eliminate stress completely but view it in a different light, balance it, and use it constructively, not destructively.

**excerpts from Delicious Magazine*



Our next semester at the Milford Family Resource Center will start next year in mid January. If you are interested in more information about our programs you can call us at 203 783-3626. We are also linked to the milforded.org website.

Did you know that when you shop at smile.amazon.com by choosing a charity, such as 12345 Kids Count of Milford Inc, your purchases can generate a donation by Amazon of 0.5% to the organization? There is no cost to the purchaser (but of course it is not tax deductible) and is a convenient way to help your favorite organization bring some smiles to your local community. So as you are heading into the holiday season and shopping on Amazon remember to put smile.amazon.com into the url and choose a charity. (12345 Kids Count of Milford is a registered charity).

Milford Parent Leadership Training Institute (PLTI)



"There are few programs as uniquely designed to put people in touch with their communities."

It was extremely empowering."

-Augie Harrigan, Milford
PLTI Class of 2012

"PLTI empowers you as an effective parent and community leader, helping you to create positive change."

-Jezzabelle Noel, Milford PLT
Class of 2015

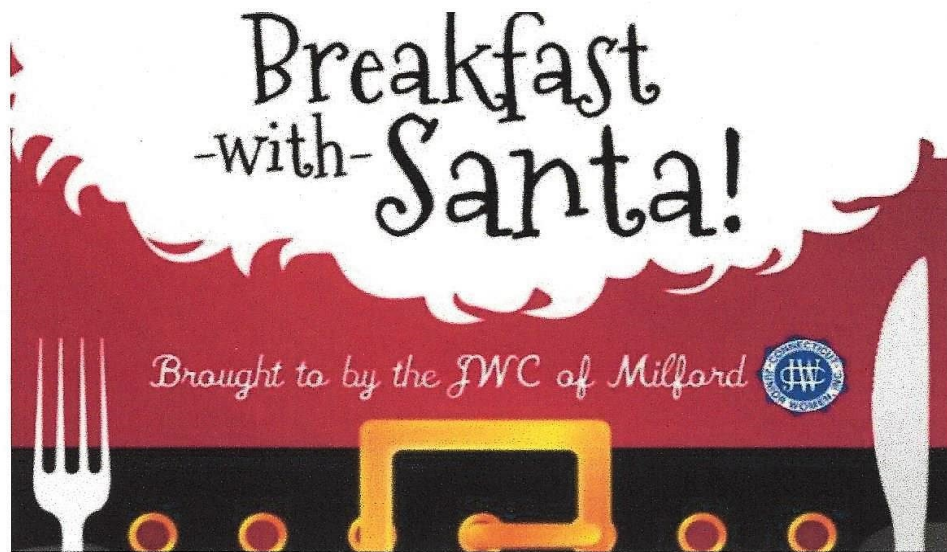
**Class is
enrolling
now
for January
2019**



"PLTI inspired me to be the change I wanted to see and provided the tools, support, and connections to help me along the way."

-Tori Lawlor, Milford PLTI
Class of 2012

**For applications or information, contact:
Lesley Darling at 203-783-3383 OR Ldarling@ci.milford.ct.us**



Join us for our Annual Pancake Breakfast
Sunday December 2nd 9am-12pm
185 Plains Road Milford, CT
(juice and coffee included)

***There will be carolers, Storytime with Mr. Elf, crafts, raffles and fun!!**

***Take your own picture with Santa or get a printed photo and craft your own frame for \$5.00**


Tickets:

Individual (12 months and over) \$7

Family (Max of 5) \$25

Under 12 months FREE

- **Free** activities include pancake breakfast, meet and greet Santa, and a small craft
- Printed photos with Santa *and* supplies for kids to craft their own frame: only \$5
- Raffles for kids and adults \$1 a ticket

****For more information and to purchase tickets please visit our  page at:**
@juniorwomansclubofmilford

Sponsored by: 