

# MILFORD FAMILY RESOURCE CENTER

## The Infant and Toddler Times

JUDY LOBDELL, EDITOR

December 2019

### Dates to Remember

#### November

27th-29th.

Thanksgiving recess



#### December

7th. Holiday Concert  
(see page 4)

13th. Last Day of  
playgroups

23rd - Jan. 1st.  
Holiday Recess



**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

## The Development of Self Regulation

Self regulation and emotional control are a complex mixture dependent on age, temperament, learned behavior, and situational context. (Kochanka and Askan 2006) This requires a set of skills that involve the development of focus, cognitive flexibility, working memory, and self control. In young children this is a work in progress requiring the support of caring adults in their lives. Ida Florez, assistant professor of early childhood at Arizona State University, notes that regulating behavior and emotions are key to success in school, work and life. (Galinsky, *Mind in the Making*, 2010) Florez goes on to state that, "Children learn to regulate thoughts, feelings, behavior, and emotion by watching and responding to adults' self-regulation". (NAEYC, 2015) Yes, the power of modeling! With that thought in mind, it is important for parents, caregivers and educators to provide the needed guidance that offers the right amount of support for the child's developmental level. Obviously, expectations should be age appropriate; a two year old, for instance, will need much more support and direction than a four year old in learning to wait for a turn or transition from playtime to snack time. Interestingly, research has shown that the part of the brain that regulates emotion and controls social behavior, namely the prefrontal cortex, matures at a slow rate in very young children. In fact, it is one of the last areas of the brain to develop and has only begun to mature by age four. (Brown, 2012) Parents and caregivers have the unique opportunity to guide the learning experience so that children can learn new skills for self-regulation at their own pace. The following are some suggestions from Ross Thompson from *Zero-Three* to help foster the development of these skills:

- Provide a structured and predictable daily routine and schedule
- Change the environment by eliminating distractions: turn off the tv, dim lights, or provide a soothing object (like a teddy bear or photo of Mom) when you sense a child is becoming upset.
- Role play with the child about how to act or what to say in certain situations.
- Teach and talk about feelings and review home/classroom rules regularly.
- Allow children to let off steam by creating a quiet corner with a small tent or pile of pillows.
- Encourage pretend play scenarios among preschoolers.
- Stay calm and firm in your voice and actions even when a child is "out of control".
- Anticipate transitions and provide ample warning to the child or use picture schedules or a timer to warn of transitions.
- Re-direct inappropriate words or actions when needed.
- In the classroom or at play groups pair children with limited self-regulatory skills with those who have good self-regulatory skills as a peer model.
- Take a break yourself when needed, as children with limited self-regulatory skills can try an adult's patience.

NAEYC 2015

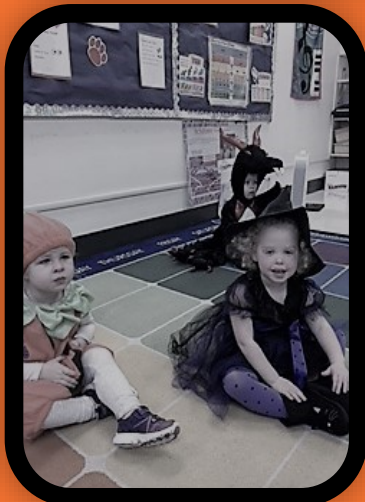




Halloween

Fun

2019







More 2019 Halloween Fun





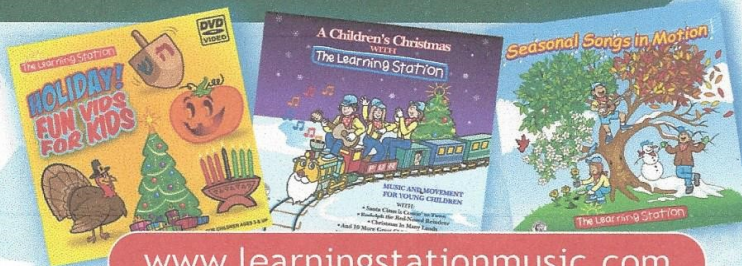
**HEALTHY MUSIC FOR A  
CHILD'S HEART, BODY & MIND!**

# The Learning Station<sup>®</sup> **LIVE** In Concert! **A CHILDREN'S HOLIDAY JOURNEY**

The Learning Station is a multi award-winning, children's recording and performing company that has rocked the world of children's music with their internationally acclaimed HIT songs including, **Tony Chestnut, Get Funky and Singin' In the Rain.** They've toured the nation with over 5,000 performances and have been described as, "Magical humans at work!" by Nickelodeon's Joe Piasek.

Join us for this delightfully festive and multicultural holiday production. Music becomes the universal language as everyone joins together to recognize Christmas, Kwanzaa and Hanukkah. The spirit of the holiday season comes alive as children's imaginations are sparked with a delightful combination of classic and original melodies combined with entertaining, interactive skits.

**CONNECTING CHILDREN & FAMILIES THROUGH  
CONTEMPORARY, INTERACTIVE MUSIC!**



[www.learningstationmusic.com](http://www.learningstationmusic.com)



**Date:** December 7<sup>th</sup> 2019

**Time:** Concert 11:00 am to Noon

**Location:** Doors open at 10:00 am Mathewson Elementary

**Admission:** \$5.00 School (under 2 free)

**Contact:** 203 783-3626

**BRING HOME SOME OF THE FUN!**

Award-winning Learning Station music will be available to purchase at this performance.



## Playgroup Fun



Preschool  
Showcase  
November 2, 2019  
at  
Mathewson  
Elementary  
School







# THE FORAN CHILD LEARNING CENTER

**Our caring and creative staff** is committed to providing a safe, nurturing, and stimulating environment to support the intellectual, physical, emotional and social development of each unique child.

**The consistent daily routine** includes free play, circle time, snack, art, music, outdoor play, lunch, rest and a final opportunity for free play. The schedule includes time for teacher directed activities as well as time for your child to pursue activities based on their interests.

**During free play your child can explore** the various centers including the block area, the dramatic play area, the arts and crafts area, small manipulatives area, the writing center and the sensory and science tables.

**Hands on discovery is fun and productive!** Our program provides an environment that fosters problem solving, preliteracy, prenumeracy, language development, creative expression, imagination, and curiosity. Classroom activities and materials promote fine and gross motor skills.

**Emphasis on self-help skills and independence** encourages the development of a healthy self-esteem. The children grow socially as they share, take turns, and solve differences. Most importantly, the children learn respect, cooperation, kindness and consideration for their peers.

**Staff uses the Connecticut Preschool Assessment Framework** along with the New Connecticut Early Learning and Development Standards as a guide when planning curriculum.

Since 1991 Foran High School students enrolled in advanced Child Development courses have worked in small groups to assist the teachers in the Child Learning Center in creating this rich learning environment.

*High quality,  
developmentally  
appropriate program  
for 3 year old  
and 4 year old  
children*

*Maximum enrollment:  
10 children*

*7:00 AM to 4:00 PM  
Monday through Friday  
Aligned with school  
calendar: Sept - June*

*Tuition: \$40 a day  
paid monthly*

**For more information  
please contact:  
SUSAN TUMMINS  
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**7th Annual Holiday Benefit Dinner  
Silent Auction & Live Auction**

**TO BENEFIT**

**Keeping Milford Warm's  
EMERGENCY FUEL & ELECTRICITY PROGRAM**

**SATURDAY, DECEMBER 7, 2019  
6:30- 11:00 P.M.**

**GRASSY HILL COUNTRY CLUB  
441 CLARK LN, ORANGE, CONNECTICUT**

**SILENT AUCTION- LIVE AUCTION- LIVE MUSIC  
DOOR PRIZES- RAFFLES**

**TWO HOUR OPEN BAR FROM 6:30 P.M. - 8:30 P.M.**

**TICKETS TO THIS EVENT ARE \$65.00 PER PERSON  
SURF AND TURF DINNER TO BE SERVED**

**KINDLY REPLY  
BY: NOVEMBER 28 ,2019  
WITH ENCLOSED CARD OR  
KEEPINGMILFORDWARM@GMAIL.COM  
203-876-7289**

**SPONSORSHIP AND DONATION OPPORTUNITIES AVAILABLE**

# Free Flu Shots

The Milford Health Department will be offering free flu shots on December 10<sup>th</sup> to :

- children 6-59 months of age
- children without health insurance or who are underinsured
- children enrolled in Medicaid or Husky B.

For those with private insurance, the cost is \$20.00.

By CT law, preschoolers must receive one dose of influenza vaccine between August 1<sup>st</sup> and December 31<sup>st</sup> . Children who have not received the influenza vaccine by December 31<sup>st</sup> must be excluded from school for the duration of influenza season (through March 31<sup>st</sup>) or until they receive one dose of the influenza vaccine.

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