

# MILFORD FAMILY RESOURCE CENTER

## The Infant and Toddler Times

JUDY LOBDELL, EDITOR

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### Dates to Remember

#### July

**10th.** Summer Days program begins.



**Please see page 6 for information on the Children's Law Line**

#### August

**2nd.** Summer Days program ends.

**27th.** 1st day of school,



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### The Importance of Music in the Lives of Young Children



A 2016 study at the University of Southern California's Brain and Creativity Institute found that musical experiences in childhood can actually accelerate brain development, particularly in the areas of language acquisition and reading skills. But academic achievement isn't the only benefit of music education and exposure.

Music ignites all areas of child development and skills for school readiness: intellectual, social and emotional, motor, language, and overall literacy. It helps the body and the mind work together. Exposing children to music during early development helps them learn the sounds and meanings of words. Dancing to music helps children build motor skills while allowing them to practice self-expression. For children and adults, music helps strengthen memory skills.

In addition to the developmental benefits of music, why is music important? Simply put, it provides us with joy. Just think about listening to a good song on the car radio with the window down on a beautiful day. That's joy.

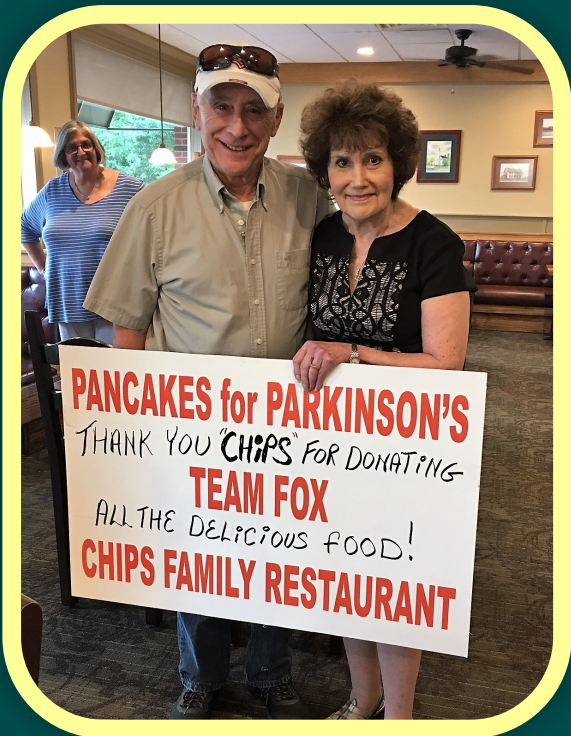
**Here are some ways you can incorporate music and rhythm into your child's life:**

- \* Provide instruments such as egg shakers, maracas, and bells.
- \* Help young children move their bodies when listening to music.
- \* Make associations between songs and activities, such as "Clean Up." well-known songs to work on vocabulary and memory by singing, for example, Shoulders, Knees and Toes," and "Row, Row, Row Your Boat.
- \* Use songs and sing-song voices to tell stories and to ease transitions into new activities, such as nap-time and snack-time.

Perhaps the most important aspect of using music to enhance development is that it provides children with sustained, focused attention from adults. Parents should not leave their child playing alone with music in the background and assume that this will automatically stimulate development. Interaction is crucial. Engagement with music can better a child's self-perception only if it provides a positive, rewarding learning experience. Research has shown that the effects of these experiences can last a lifetime. It's worth the investment.

<https://dornsife.usc.edu/bci/brain-and-music/>





Jody and Vince Culmone with their family and supporters celebrate the Team Fox final Pancakes for Parkinson's on June 26.





Over the past 10 years, Jody and Vince raised over \$100,000 for the Michael J. Fox Foundation...all funds raised are used for Research!

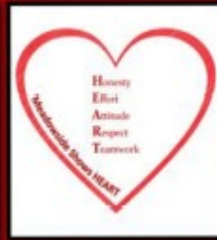




Jody , volunteers, supporters and top raffle winner's







The Milford Hospital Auxiliary contributed funds to the Special Education Program to purchase a Glockenspiel and Drum for the Special Education Students at Meadowside School. Pictured are students, members of the Auxiliary and staff members .



Staff of the School Readiness Program met for a full day of Professional Development at the Orange Avenue School.



# The Children's LAW LINE

**We can answer questions about:**

Custody and Visitation  
Guardianship and Parental Rights  
Getting a Lawyer for Your Child  
Court Procedures  
Teen Rights and Emancipation  
Children and Domestic Violence  
Child Support  
Grandparents Rights  
Establishing Paternity

We can also refer you to additional agencies for help.

860 232 9993 or 1 888 LAW DOOR

# Did You Know?

- \* Many babies begin to suck their fingers or thumbs before they are born.
- \* • It is easier to wean a child from a pacifier than it is to wean a child from sucking their fingers or thumbs.

## Tips for Parents About Pacifier Use

If parents choose to give their baby a pacifier, here are some tips for using it safely:

- Wait until breastfeeding is going well (usually after about three to four weeks). If a pacifier is given to a baby before then, nipple confusion may occur and make breastfeeding hard to establish. After a pacifier is introduced, it should never be used to delay or replace regular feedings.
- \* Let a baby decide whether to use a pacifier. If a baby shows no interest in using a pacifier, do not force it. • Offer a pacifier at naptime and bedtime. If a baby uses a pacifier, the best times to offer it are at naptime and bedtime. Using a pacifier at these times may help lower a baby's risk for sudden infant death syndrome (SIDS).
- \* • Don't coat pacifiers. Sucking on a pacifier coated with anything, especially sugar, honey, or jam, increases a baby's risk for tooth decay.
- \* • Attach pacifiers with clips that have short ribbons to keep from falling. Never tie a pacifier to a baby's wrist or neck or to a baby's crib. The string can get tangled around the baby's neck and make the baby choke.
- \* • Clean pacifiers and replace them regularly. Wash a pacifier that has fallen on the ground or floor with soap and warm water before giving it back to a baby. Parents who clean pacifiers with their mouths pass bacteria that cause tooth decay to the baby. Carrying extra pacifiers is a good idea. • Check pacifiers for wear and tear. Over time, pacifiers can break down. Look at the rubber every now and then to see if it is discolored, cracked, or torn. If it is, replace it.
- \* • Do not share pacifiers. Each baby should have their own pacifier(s). Letting babies share a pacifier can pass bacteria that cause tooth decay and increases a baby's risk for tooth decay.

For further information and tips on weaning you can visit this site:

<https://mail.google.com/mail/u/0/#inbox/1646fdf45a84d83d>



Your sunscreen may have ingredients that are toxic to the environment and your body.

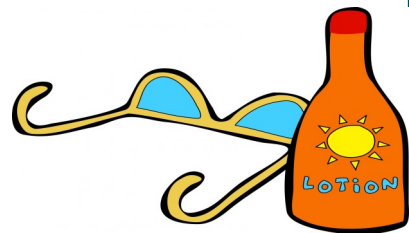
You can read more about what those ingredients are and what ones to look for in your sunscreen by visiting this website:

<https://wellnessmama.com/55366/sunscreen-is-harmful/>

Also here: <https://www.ewg.org/sunscreen/#.W09p4dJKjcs>

And a list of recommended sunscreen products: <https://www.reviews.com/sunscreen/>

Not only young children's skin, but also their eyes are more vulnerable to damage. Check out this website for some 'eye opening' facts: <https://www.under5s.co.nz/shop/Hot+Topics+Articles/Clothing/Importance+of+sunglasses+for+kids.html>







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WOODRUFF FAMILY YMCA



**LEARN  
GROW  
THRIVE**

### **Woodruff Family YMCA Early Learning Center**

We focus on literacy and learning through exploration. Your 3-5 year old will develop the social, emotional, physical and academic skills necessary to begin their academic career.

Our program includes: IXL Math, STEM, instructional swim lessons, computer time, language development, the value tree language arts curriculum and much more!

**REGISTER NOW!** Call for a tour to visit our classrooms and meet our teachers.

**Or join us for our OPEN HOUSE on Friday, July 20th from 5-7PM at the Woodruff Family YMCA.**

