

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

March 2019

Dates to Remember

March

1st. *Read Across America celebrated.*



9th. *Milford St. Patrick's Day Parade. 1:00 PM*

10th. *DST. Turn the clocks ahead one hour.*

10th. *Leprechaun Leap (see page 5)*

17th. 
Happy St. Patrick's Day!



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5 Benefits of Building Emotional Intelligence in Young Children

Emotional intelligence (or EQ) skill-building programs help individuals to build their own personal emotional awareness. This includes regulating personal emotions as well as responding to peer emotions. Developing EQ can help children today and later in life by giving kids the skills they need to manage their feelings, solve problems, and function well, later translating into a successful adulthood. Here are 5 ways that emotional intelligence skill-building can benefit kids later in life:

Benefit #1 Stronger Interpersonal Relationships

Strong emotional intelligence helps children to develop stronger interpersonal relationships by building empathy. Children who are able to see problems from another point of view grow up to be adults who are flexible, kind, and likeable. People respond well to empathy, and this helps build tighter relationships throughout the child's life, whether romantic, platonic, or familial relationships.

Benefit #2. Better Problem Solving Skills

Learning emotional intelligence can help a child to effectively analyze situations. Emotional intelligence programs will equip your child with the tools that they need to effectively work with other people. The more accurately that a person can understand people and analyze a situation, the more effectively that he can choose the right tools to solve a problem. Ultimately, this can translate to better performance at work.

Benefit #3: Higher Life Satisfaction

Everyone experiences life upsets, but having high emotional intelligence helps your child to manage their emotions and deal with their problems successfully, make better decisions, and set achievable goals. People who have a solid handle on every aspect of their life as an adult tend to be happy with their situation as a whole. All of these sub-skills set your child up for higher life satisfaction as an adult.

Benefit #4: Better Ability to Deal with Stress

Emotional intelligence skill-building can help your child's future mental health by reducing stress. Studies show that in a high stress environment, high emotional intelligence actually creates a buffer. This buffer helps strengthen the brain so that it can handle psychological stressors. If your child grows up to have a career in nursing or another stressful job after a lifetime of building emotional intelligence, then she is likely to be more resilient and capable of handling the stress of the job's daily routine.

Benefit #5: Higher Job Performance

Statistics have shown a 90% correlation between high emotional intelligence and high performance. By helping your child to develop higher emotional intelligence, you are helping them to increase their future job performance. Emotional intelligence impacts your child's future career potential, job progression, and pay by helping them to understand and work well with their future supervisors and employees. **from <https://bigeqcampaign.org>**



Check out the strategies for promoting young children's mental health on the next two pages.

How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices




Be present



Set and respect boundaries



HOW TO SUPPORT *YOUR CHILD'S* MENTAL HEALTH

 @BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive



***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

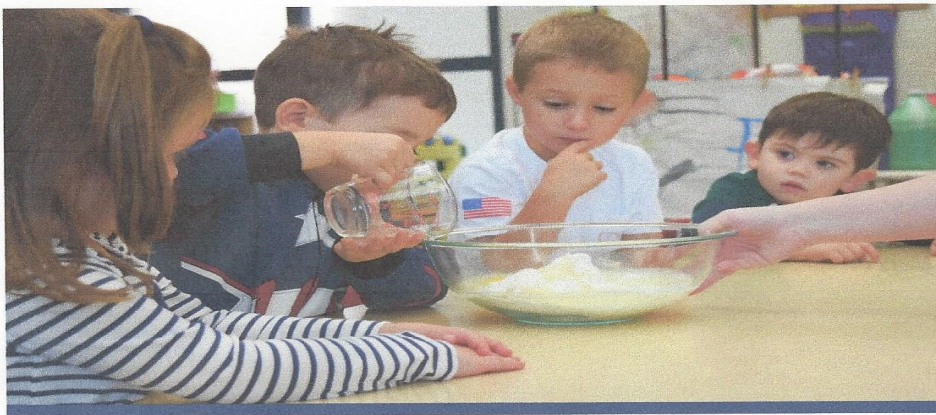
Please RSVP to Peggy Kelly @ 203-783-3627 or email at pkelly@milforded.org by March 22, 2019

\$25.00 per person. Please make checks payable to Kids Count of Milford

Mail to: Kids Count of Milford

167 Cherry Street, Milford, Connecticut 06460

Payment accepted at door (RSVP)



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: \$39 a day
paid monthly*

**For more information
please contact:
SUSAN TUMMINS
stummins@milforded.org**



TAKE THE LEPRECHAUN LEAP FOR LITERACY

**Sunday, March 10, 2019.
Register 1:30 – 2:20. LEAP at 2:30 SHARP**

Join the many other brave, warm-hearted souls who will “take the leap” for Literacy Volunteers! “Leapers” from around the area will collect donations from family members, co-workers and friends, and run, jump or dive into the icy cold waters at Walnut Beach.

All proceeds collected by the “leapers” will benefit Literacy Volunteers of Southern Connecticut.

Visit their website for further information: <http://lvsct.org/community/fundraiser-events/leprechaun-leap/>

Save the Date:

Kids Count of Milford's Harborlight Happening

Wednesday, May 30, 2019

6:00 to 9:30 pm

Milford Yacht Club

Cocktails, Dinner, Dessert

Silent and Live Auction and so much more!

\$55.00 per person



Members of the Milford Oyster Festival Committee invited Milford Non Profit Agency representatives to the Milford Chamber of Commerce to acknowledge \$17,415 contributed to the agencies.

Photo by Ray Carissimi

SAVE THE DATE



JUNE 1, 2019

Stay tuned for more information!

**Two great organizations
working together to
help people!**



**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 has 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 no later than March 15, 2019.

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 by March 15, 2019. Local Requests for Proposals must be submitted electronically and are due on March 15, 2019.

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

Date of Publication: January 31, 2019

CITY OF MILFORD
Community Development Block Grant (CDBG)
NOFA, Public Hearing & Amendment

With this Notice of Funding Availability (NOFA), the City of Milford, Department of Economic and Community Development (ECD) requests public participation in preparing its Program Year 45 Community Development Block Grant (CDBG) Consolidated Annual Action Plan. The Annual Action Plan process is designed to assess Milford's housing and community needs and create a framework to assist in improving public facilities, housing, and public services that support households of low to moderate income in the community.

The U.S. Department of Housing and Urban Development (HUD) has not announced the 2019-20 Entitlement Grant award. The City of Milford will proceed with its public planning process based on an estimate award of \$515,000, similar to its 2018-19 grant award. HUD announces the Entitlement Grant awards Milford will adjust any funding allocations based on the percentage in which the actual award increases or decreases from the estimated award amount.

The ECD invites non-profit organizations and local agencies to submit a 2019-20 CDBG funding application and is available to discuss grant proposals, program and HUD requirements. The CDBG application and program guideline, forms and a public participation schedule are available on the EDC webpage of the City's website <http://www.ci.milford.ct.us/economic-and-community-development/pages/community-development-block-grant-cdbg-program>. The CDBG application is due on or before March 15 2019 at 5:00 p.m. in the Department of Economic and Community Development, Parsons Government Complex, 70 W. River Street, 2nd floor, Milford, CT.

The Department of Economic and Community Development will hold a public hearing on Wednesday, March 27, 2019 at 6:00 pm, in Conference Room B, Parsons Government Complex, 70 West River Street, 2nd floor, Milford, CT. The ECD staff and Housing Partnership Committee will hear public comment and applicant proposals, this comment is included in the Plan. The 2019-20 Annual Action Plan and proposed budget will be available for review during 30-day public comment period prior to the Board of Alderman review in July and its submittal to HUD on or before August 16, 2020.

An substantial amendment will reprogram the funds from the following Action Plan years to 2015 Waste Water Pump Station project funded to install and elevate new generator equipment: 2015-16 \$25,000, 2017 \$77,533 and 2018 \$77,533. The project upgrade will ensure it remains running when the area experiences flooding and will be completed Spring 2019.

Given reasonable notice, an individual with a disability may request assistance to participate in the public hearing by contacting the ECD at (203)783-3230.