

# MILFORD FAMILY RESOURCE CENTER

## The Infant and Toddler Times

JUDY LOBDELL, EDITOR

November 2020

### Dates to Remember

#### November

**13th.-15th.** Thanks for Giving Scout Food Drive @ Wasson Field (see page 3)

**16th.** Contact deadline to sponsor a family for Christmas. (See p.6)

**25th-27th..**  
Thanksgiving break



**The Milford Family Resource Center @**  
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## Nurturing Kindness



In her fall newsletter, Hedda Sharapan, from the Fred Roger's Institute, references the idea that when people talk about Fred Rogers now, one word often comes up - KINDNESS! Perhaps more than ever this world is in need of this scarce practice.

Sharapan goes on to explain that "we want our children to be kind - to be considerate, respectful, neighborly". Certainly, in these times of social distancing and virtual learning, it is, particularly for young children, challenging to instill these values.

Sharapan feels that Fred's strength lies in the fact that he 'helped us learn' by "*showing us what it looks like to be a caring neighbor*". His welcoming song included everyone and reflected his genuine acceptance of all. Through his Land of Make-Believe he was able help children explore everyday real-life conflicts and dilemmas in the context of a caring and kind neighborhood.

Here are some ways we can nurture kindness in today's challenging times:

### Modeling

One of Fred's favorite quotes was the Quaker saying, "Attitudes are caught, not taught." Children want to be like the important adults in their lives. They're watching and listening. That's why it's so helpful for children to see us being kind, like saying "thank you for..." to a child or parent or anyone on staff, like someone who delivers lunch... showing appreciation for a simple gift of a child's drawing or a family's treat...saying "I'm sorry"...warmly welcoming a new child into a group.

### Noticing

Kindness usually happens quietly or in a little moment, so to notice it, we sometimes have to be detectives and intentionally look for it. In a

virtual learning situation, you might see a sibling handing child a pencil or a tissue. In the classroom you might see a child do something helpful, like pick up some papers that fell on the floor after an art activity or offer to give a hand to another child who's trying to move a heavy block. Think about what it can mean when you say to children, "That was kind of you," when you notice their caring or helpful acts or gestures. We call that "catching them doing something right." And that's the kind of behavior we want to reinforce.

### **Finding ways to say thank you**

Fred believed that, "Thank you [represents] two of the best words we can ever learn!" And yet we've all been in situations where a parent or teacher tells a child to say "thank-you," and the child doesn't respond. Children need our help in understanding *why* we say "thank you" -- that it gives someone "such a good feeling" to hear those words. It's a way of letting someone know that you like what they did, what they said, or what they made or bought for you.

Through your nurturing care, you're helping them in their journey of developing one of the core aspects of social behavior – empathy – being able to see something from someone else's point of view.

*Excerpted from <https://mailchi.mp/stvincent/a-love-of-learning-voqn7y1tgh-657230?e=54edccd60e> Hedda Sharapan*

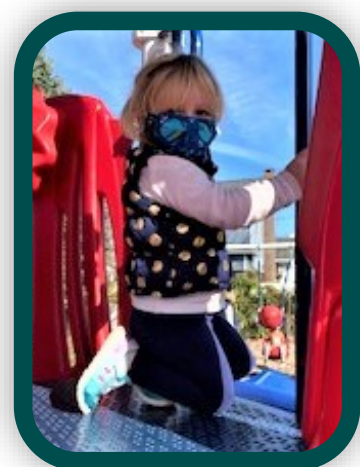
*This is an interesting interview that also highlights the need for kindness and understanding. Introduction to the Interview with Lady Gaga and the Dalai Lama on Peace, Kindness and Humanity  
<https://www.youtube.com/watch?v=d3gaYQ4e4c4>*



*We are now hosting outdoor playgroups weather permitting. If you are interested in signing up, please email us at [mfrc@milforded.org](mailto:mfrc@milforded.org).*

*With winter approaching, we are also hoping to set up virtual playgroups and will let you know when we have more information around dates and times.*

### **Thursday Outdoor Playgroup**





### **Protocol for Donations to Families in Need**

We know that there are many families within our community who may be in need and that we have many generous individuals and community agencies that are interested in providing resources and support to those families. It is important for our school system to have an established protocol for accepting support and donations from individuals and community agencies and to also ensure that there is an established protocol to ensure the privacy of our families who may receive such donations.

When the school district or a school is approached by an individual or agency who is offering a donation to benefit families and individuals in need, social workers and/or school counselors will first reach out to the staff in their buildings to get names of families they believe are in need. Social workers/school counselors will then contact the families to assess their needs, and if they would like to accept the donation. The family (parent/guardian) should give permission for the social worker to provide their name to the agency who is making the donation. If the parent/guardian does not give permission or declines the offer the name should not be given to the agency.



# **Thanks For Giving Food Drive**



**School Collection Day: Nov. 12th ( at all Schools)**

**Scouts Drive: Nov. 13th – 15th @**

**Wasson Field**

**This is an amazing effort! Let's support them!**

Milford Scouts will again lend helping hands to collect and sort food over a 48-hour period so that Milford's less fortunate families can celebrate Thanksgiving this year. Troop 1 of Milford will host the event this year supported by more than a dozen other Boy Scout, Cub Scout and Girl Scout units.

The scouts will camp out at Milford's Wasson Field over 2 days, collecting and sorting food donations from residents and local supermarkets. They are collecting frozen turkeys, non-perishable food items and monetary donations with all proceeds going to the cause for the last eleven years, Milford scouts have collected more than 70,000 pounds of food and 1,600 turkeys.





## Milford Children's Library News



**Fall Take & Make Family Kits** will be available during library hours and curbside pick-up appointments. Our StoryCraft kit is for preschool-1<sup>st</sup> grade and our STEAM kit is for 2<sup>nd</sup>-5<sup>th</sup> grades. Kits will be available while supplies last, from November 9-November 20.

Visit the Children's page at [milfordlibrary.org](http://milfordlibrary.org) for more information about our Take & Makes. Check our website for updated open library hours and curbside pick-up appointments. This program is generously sponsored by the Friends of Milford Library. Questions? Email [mplchildren@milfordct.gov](mailto:mplchildren@milfordct.gov).

**Zoom Storytime Junior! Thursdays November 5, 12, and 19.** We miss you and want to see your smiling faces! Join us Thursdays on Zoom for an online program of stories, rhymes and songs. For children 5 and under with a caregiver to enjoy together. Visit [milfordlibrary.org](http://milfordlibrary.org) to register for the Zoom ID and password. For questions regarding this program, email [mplchildren@milfordct.gov](mailto:mplchildren@milfordct.gov).

**Inclusive Homeschooling Monday November 9 at 7pm.** Join the Connecticut Homeschool Alliance for a discussion on how to incorporate inclusive and anti-racist resources, books, and curricula into homeschooling. What to do when you find something problematic in curricula and books? What we can do to raise anti-racist kids? Join us for this conversation on how parents can take proactive steps to raising children who will shape a better future. Visit [milfordlibrary.org](http://milfordlibrary.org) to register for the Zoom ID and password. For questions regarding this program, email [mplchildren@milfordct.gov](mailto:mplchildren@milfordct.gov).

Suzanne Harrison-Thomas, Children's Librarian  
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## Milford Family Resource Center Playgroups at Fanny Beach Community Center

Wednesday

Outdoor

Playgroup





Tuesday  
Outdoor  
Playgroup



Thursday Outdoor Playgroup



MILFORD DEPARTMENT OF HUMAN SERVICES

# ADOPT-A-FAMILY

## Holiday Program



The Department of Human Services works closely with Milford families in need and then partners with donors like you to make their holiday wishes come true.

**\*Due to COVID 19 Pandemic, this year all donations will be in the form of Gift Cards. \***

**Donors will still be assigned a family and will be able to personalize their gift card donations.**



If you and/or your organization are interested in being a donor or if you know of a family in need, please contact us by **Tuesday, November 16, 2020** at **203-783-3253** or email Lesley Darling, Program Coordinator, at [ldarling@milfordct.gov](mailto:ldarling@milfordct.gov).