

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

2017

Dates to
Remember
October
31st. Happy Halloween



November
4th. Preschool
Showcase 11-1
(see p. 4)
5th. Time to turn
the clocks back.



7th. Election Day
Center closed.

22nd—24th.
Thanksgiving break.



Center closed.

Save the Date for
our annual

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

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The Power of Routines

Family life can be hectic when you are trying to get out the door, get dinner on the table, or get the kids ready for bed. Because these tasks happen pretty much daily, establishing a routine can help by putting the process on automatic pilot. According to Michael McCullough, a professor of psychology at the University of Miami, “Routines are like mental butlers. Once you have a routine in place, then the mental processes that make the behavior happen take place automatically.” Once a routine is in place you no longer have to think about it and this makes it much easier to get the task done. Routines set up a framework that allows you to manage your time more efficiently. This, in turn, can make these daily tasks go a little smoother, creating more time and energy for making decisions that can enrich other areas in your life.



Here are some ideas from *Best Health Magazine* for making routines work for you:

1. **Start small** Dr. Rawkins of Toronto’s Mount Sinai Hospital, suggests adding small routines and building on your successes.
2. **Be specific** Make the goal tangible, such as “I want us to eat dinner together three times a week” rather than “I want us to have more family time.”
3. **Get support** Ask for help, whether it’s getting a teacher’s help in creating new homework routines for your child, or getting a friend to join you for walks.
5. **Plan for success** Think through what you’ll do if confronted with challenges. Psychologist Peter Gollwitzer at New York University calls these “implementation intentions” (if x happens, I will do y.) He studied this kind of mental preparation and found that for those trying to stick to a diet or exercise routine, this thinking boosted the likelihood of success.
6. **Be flexible** It may seem counterintuitive, but make sure your routines are flexible. Rigid routines are more likely to fail; flexible ones are more likely to last. “Healthy routines are flexible,” Rawkins says. “They can be adapted to fit your needs.”

* For more information on establishing routines visit <http://www.besthealthmag.ca/best-you/home-and-family/the-power-of-routines/>

New Kids Count of Milford Website

Kids Count of Milford is pleased to announce that it has a new website:
kidscountofmilford.com

Here you will find information about the ***Susan Henschman Pavelko Memorial
Preschool Scholarship Program***, upcoming workshops for parents and
preschool staff, the annual Preschool Showcase, the Legislative Breakfast,
Harborlight Happening and how to access information
about Milford's preschools.

**October News from
Milford Public Library, Children's Department
203-783-3312; milfordlibrary.org**



Preschool Storytime Tuesdays and Wednesdays at 10:30am. Come to the library and enjoy stories, a craft and new friends. For ages 3 and up with a caregiver.

Toddler Time Every Thursday at 10am and 11am Let's all share fingerplays, songs and stories together. Come and meet new friends at the library! For ages 2 and under with a caregiver.

Chess Club Tuesday October 10 from 6:30pm-7:30pm Sponsored by Milford's Promise and The Milford Police Union, for players in grades K-12 of all skill levels. Sets will be provided or you may bring your own. A presentation on the fundamentals of chess will be shown. The Chess Club at the Library meets the second Tuesday of every month. Registration required.

Starry Night Stories Wednesday October 18 at 6:30pm An evening storytime for ages 3 and up. Siblings always welcome. Make sure to come dressed in your pajamas. Starry Night Storytimes will be held the third Wednesday of the month from September-December.

Music Together Tuesday October 24 at 6:15pm. Ages 0-5. This is an opportunity for caregivers and children to share music, instruments and movement together. Children of all abilities are welcome. Space is limited. Registration required.

HALF-DAY CRAFT DAY: Autumn Family Paint-In Wednesday October 25 at 2:30pm For ages 5 and up with a caregiver. Create artwork together and celebrate the colors of autumn with popular local artist, Gayle Caro. Registration required.



can be found at the following website:

Have a Happy, Safe Halloween!

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Halloween-Safety-Tips.aspx>

Preschool Showcase

Sponsored by

Kids Count of Milford

Kids Count is pleased to announce that the Annual Preschool Showcase will be held on **Saturday, November 4, 2017** from 11:00 a.m. to 1:00 p.m. at the Milford Library on New Haven Avenue.

Preschools from Milford will be there to share information about their programs which will include the school's philosophy, curriculum, registration information and fees. Parents will have the opportunity to meet the staff and ask questions that will be helpful to them as a beginning step in deciding which preschool they will enroll their child.

Kids Count of Milford will provide information on the importance of preschool and how to choose a preschool

Staff from the Milford Family Resource Center will be on hand to discuss how to prepare your child for preschool.

If you have questions about this event, please feel free to call Peggy Kelly, Executive Director, at 203-783-3627 or email at pkelly@milforded.org.

Children are welcome!!





LIVE IN CONCERT
"A CHILDREN'S HOLIDAY JOURNEY"
featuring:



Hosted by the Milford Family Resource Center
Saturday, December 2nd, 2017 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





Keeping **MILFORD** **Warm**

5TH Annual Holiday Benefit and Silent Auction
Sponsored by The Milford Kiwanis Club

\$60.00 per person

Dinner, 2 Hour open bar, silent auction,
Live auction, LIVE MUSIC , Door prizes & much more

www.keepingmilfordwarm.com

LETS HELP OUR CITY STAY WARM THIS HOLIDAY SEASON!

December 9th 2017
6:30PM - 11:00PM

Grassy Hill Country Club
441 Clark Lane
Milford, CT 06460





Parent Leadership Training Institute (PLTI)

It's amazing what one person can do! If you want to make a real difference, The Parent Leadership Training Institute is a **free** educational experience that will prepare you to become an effective advocate and an agent of change for all children – in schools, communities and government.

A new session of PLTI is set to begin in Milford in January, 2018. Parents, grandparents and other adults who wish to improve the lives of children and families in our community are encouraged to participate. Applications are now being accepted for a class that will be limited to 25 participants. For more information please contact Lesley Darling at the Milford Health Department. Phone: [203-783-3383](tel:203-783-3383)

Email: ldarling@ci.milford.ct.us

You can also register at the following link: <http://www.ci.milford.ct.us/health-department/webforms/plti-online-registration>

"I had a great experience with Milford's PLTI program. There are few programs as uniquely designed to put people in touch with their communities. It was an extremely empowering experience."

--Augie Harrigan, Milford PLTI Class of 2012



The Amazon Smile program offers the opportunity to donate to a favorite charity. If you have an Amazon account you can type **smile.amazon.com** in place of amazon.com, and if you would like to donate to a local charity, **12345 kidscount of Milford** is eligible to accept donations under this program. Most purchases qualify for a donation, and while it is not tax deductible, there is no cost to the donor.

