

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

September 2019

Dates to Remember

September

9th. Playgroups begin

9th - October - 3rd
Diaper drive
(see page 5)

23rd. First day of fall.



30th. Rosh Hashanah
observed.
Center closed.

October

9th. Yom Kippur
observed. Center closed.

13th. Touch A Truck
(see page 3)

31st. Halloween



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The Importance of Making Mistakes and What This Can Teach Us

It has been said that we learn more by our mistakes than by our successes. Although we are taught to get the right answers, perhaps it is important to take a closer look at what those mistakes have to offer us. Our successes may make us feel good, but our mistakes hold the potential for learning and problem solving. In the June 2015 Mister Rogers newsletter, Hedda Sharapan, Child Development Specialist, wrote an article entitled, *Mistakes – Opportunities for Learning*. She notes that Fred Rogers felt so strongly about this important message that he made it a point on several occasions to intentionally keep a mistake on his show rather than retaping (like the time he zippered his sweater the wrong way). He did this because he believed that as a role model it is important to show children everyone makes mistakes – even Mister Rogers! In his own words he states his belief that, “If we grow up fearing mistakes, we may become afraid to try new things. Making mistakes is a natural part of being human and a natural part of the way to learn. It's an important lesson, at any time of life, but certainly the earlier the better. We all make mistakes as we grow, and not only is there nothing wrong with that, there's everything right about it.”

Research continues to reaffirm this gentle wisdom put forth by Mister Rogers with many psychologists and educators exploring what mistakes have to offer in the arena of learning.

Here are some suggestions from Hedda Sharapan to keep in mind as you're helping children develop a more positive attitude towards mistakes:

Comment on the process, not the product.

Learning from mistakes takes persistence, and one of the best ways to encourage that is to comment on HOW children are doing something, not just WHAT they're making. Think about how helpful it is when you say things like, "I saw that you were upset when the blocks fell over, but you built them up again!" or "I noticed how you kept on trying." When you applaud their trying, they're more likely to keep trying the next time things go wrong.

Help children refuel so they can try again.

Haven't you found, too, that you aren't always ready to try again? Mistakes can be upsetting, making us feel frustrated and angry. That's true for children, too. You can help them refuel by providing comfort, letting them know you understand if they're upset, and encouraging them to stomp or pound play dough or use other healthy ways to express their frustration. After a bit of time, they may have the emotional energy to try again.

(from the July Fred Rogers Newsletter,)

Further evidence for giving children the opportunity to learn from their challenges is referenced in a *Psychology Today* article by Marilyn Price-Mitchell noting Carol Dweck's research. Dweck, a professor at Stanford University, studies the importance of challenging children, even if they get things wrong. Her research shows that praising children for their intelligence can actually make them less likely to persist in the face of challenge. She and her colleagues followed hundreds

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5th grade children in New York City schools. One group was praised for their intelligence while the other group was praised for their effort. When the 5th graders were challenged with an extremely difficult test designed for 8th graders, a surprising result occurred. The students who had been praised for their effort worked very hard, even though they made a lot of mistakes. The kids praised for being smart became discouraged and saw their mistakes as a sign of failure. Intelligence testing for the kids praised for their effort increased by 30% while the kids praised for their intelligence dropped by 20%.

In her book, *Mindset: The New Psychology of Success*, Dweck's work reminds parents that glowing, unconditional praise that masks errors and mistakes is harmful to children's development".

"mindset" {noun}

a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.

In acknowledging the importance of allowing children to learn from their mistakes, Price-Mitchell offers these suggestions:

- Let your children know that you don't expect them to be perfect.
- Let them know your love is unconditional, regardless of their mistakes or lapses in judgment.
- Don't rescue children from their mistakes. Instead, help them focus on the solution.
- Provide examples of your own mistakes, the consequences, and how you learned from them.
- Encourage them to take responsibility for their mistakes and not blame others.
- Avoid pointing out their past mistakes. Instead, focus on the one at hand.
- Praise them for their ability to admit their mistakes.
- Praise them for their efforts and courage to overcome setbacks.
- Mentor them on how to apologize when their mistakes have hurt others.
- Help them look at the good side of getting things wrong!

*Marilyn Price-Mitchell, PhD, is a developmental psychologist
(from Psychology Today, Mistakes Improve Children's Learning)*

For further information and exploration of this important concept in creating reflective self-direct learners check out this link: www.ted.com/talks/diana_laufenberg_3_ways_to_teach

Its that time of year again. If you are looking for some fun fall things to do, these orchards offer a variety of fruits and vegetables to pick.

**Silverman's Farms
Easton, Ct.**

**Bishop's Orchard
Guilford, Ct.**

**Lyman's Orchards
Middlefield, Ct.**

**Beardsley Cider Mill
Shelton, Ct**

<http://beardsleyscidermill.com/>



The Milford Junior Women's Club

presents our Annual Event of the Year



Jr. Women's Club of Milford, CT

~~TRICK~~ Touch A Truck



Jr. Women's Club of Milford, CT

Halloween Themed!

Eisenhower Park
780 North Street-Milford

October 13th (Rain or Shine)
11am-2pm 'Quiet Hour' 11-12pm

PRE-SALE

\$5 each; under 2 yrs old FREE

AT GATE

\$7 each; under 2 yrs old FREE

Purchase tickets on Facebook @juniorwomensclubofmilford



First 200 kids receive a FREE reusable candy tote bag



Milford' Legislative Delegation, in cooperation with the United Way of Milford and Team, INC is Hosting a Diaper Drive for families in need. Collection continuing through October 3rd.

Please visit www.unitedwayofmilford.org/diaperdrive for more information and a list of drop-off locations.

Please .note that open packages cannot be accepted!



Milford Trick or Trot 5K Run/Walk

The 8th Annual Milford Trick or Trot 5K Run/Walk to benefit the Beth-El Center will take place on Saturday, October 26, 2019 beginning at Lisman Landing (37 Helwig St. in Milford) at 9:00am. Run or walk a 3.2 mile scenic route through Milford. Kids Fun Run starts at 8:45

New: pet costume contest.



Fee is \$27.00 per person for advanced registration/\$35 same day. Price Includes bib, t-shirt and post race breakfast and entertainment. Register at www.milfordtrickortrot.com.

Preschool Showcase

Sponsored by

Kids Count of Milford

SPECIAL ANNOUNCEMENT

Kids Count is pleased to announce that the Annual Preschool Showcase will be held on **Saturday, November 2, 2019** from 11:00 a.m. to 1:00 p.m. at the

Mathewson Elementary School
466 West River Street, Milford

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

15th Annual

THANKS
FOR
GIVING

FOOD COLLECT-A-THON

Nov. 15th – 17th

Wasson Field (Parson's Complex
Parking Lot)

Scouts will be at Wasson Field around the clock collecting non-perishable foods as well as frozen turkeys to help distribute to over 250 local families. Non-perishable foods may also be dropped off before November 15th at collections boxes in the lobby of City Hall, the Parsons Government Center, Aquinas Consulting, and other locations.

Want to help out: Email us at
fooddrive@aquinasconsulting.com