

# MILFORD FAMILY RESOURCE CENTER

## The Infant and Toddler Times

JUDY LOBDELL, EDITOR

August

### Dates to Remember

August

3rd - 8th. Last week of playgroup

The Milford Public Schools Family Resource Center will have a new home in September and will be located at Pumpkin Delight School beginning in September 2021. Our center will also have a satellite site at Calf Pen School. Please look for more information regarding the move and programming at both sites once we get situated.

The Milford Family Resource Center @Fannie Beach Community Center Milford, CT 06460 (203)783-3626 [mfrf@milforded.org](mailto:mfrf@milforded.org)

Milford Family Resource Center Staff:  
Program Coordinator:  
Elizabeth Gaffney  
Parent Educators:  
Kathy Aspinwall  
Judy Lobdell  
Anne Mundy

### 12 Strategies for Building Emotional Regulation and Empathy in Young Children

Emotional regulation and empathy are two of the most important social-emotional skills for young children to develop. Here are some tips from the Brookes Publishing website.

**Show them what emotions look like.** Using photos and illustrations of a variety of facial expressions, directly teach children what emotions look like. Set up a mirror and ask children to imitate the facial expressions they see in the photos. Ask children questions: *What might have made the person in the photo feel that way? What makes you feel the same way that this person feels?*

**Teach emotion vocabulary words.** Children need to know more than basic words like *happy*, *sad*, and *mad* to accurately label their emotions and the emotions of others. Focus on teaching them a wide variety of more specific words, such as *frustrated*, *disappointed*, and *proud*.

**Look for teachable moments.** Throughout your daily activities and routines, be on the lookout for moments when young children are displaying different emotions, and work with them to help label the emotion they're feeling. Listen nonjudgmentally to children and acknowledge the validity of their feelings

**Put up a feelings chart.** A colorful chart illustrating different emotions can be a great tool for helping children to identify what they're feeling at a specific time. Encourage them to identify if and when their emotions change throughout the day.

**Seek out books about feelings.** Use children's literature to teach kids a wider range of emotion vocabulary and talk about scenarios when children might feel different emotions: excited, gloomy, angry, proud, surprised, jealous, anxious. Encourage discussion about how the characters in the story might be feeling and why. You can also look for books (such as *When Sophie Gets Angry—Very, Very Angry* [Bang, 2004]) that feature characters who feel out of control and learn appropriate ways to deal with their feelings.

**Get crafty.** Create simple dolls out of popsicle sticks and add faces that express different feelings. Have children point to or hold up the appropriate dolls to identify how a character is feeling when you're reading a book or a social story

**Act it out.** Use role play to help the young learners in your classroom take the perspective of another child or a character in a book you're reading (a great way to boost empathy). Role play might also be way to assist children in identifying the times when they may feel angry or upset.

**Cultivate empathy during conflicts.** While you're overseeing conflict resolution discussions between two or more children, build empathy skills by encouraging children to label how a peer might be feeling.

*FYI: Here is a link to the Milford Community Connection at Pumpkin Delight.*  
<https://sites.google.com/milforded.org/mpscommunityresourcepage/home>

**Choose games that require control.** To help kids practice impulse control during play, incorporate games that help them develop this skill. Simon Says and Red Light, Green Light are two good examples of games that require children to manage impulses in order to play.

**Model calmness.** Show children how you keep calm during frustrating or disappointing experiences during the school day. Make sure you explicitly describe why you were frustrated and what strategy you're using to calm down. You might say something like: "I'm so disappointed it's raining today and we can't go outside! I'm going to take some deep breaths and think about the fun things we can do inside instead."

**Teach breathing techniques.** Model and practice deep breathing to help children manage emotions like anger and anxiety. Encourage children to take deep belly breaths and pretend they are blowing out birthday candles when they exhale.

Children who develop empathy and emotional regulation at a young age will be better prepared for the rigors of school—and on their way to becoming compassionate and considerate citizens.



A recipe for fun!  
Paint, books, bubbles  
and more!



Book Giveaways and  
fun with storyboard time.



*A very big*



*to our very special helpers  
Tessa and Annabelle*



*More ingredients for  
fun!  
Parachute, rockets,  
crafts, and circle time.*

**Kids Count of Milford Announces Preschool Scholarships:**

**Kids Count is pleased to offer the opportunity for Milford parents of 3- and 4-year-old preschoolers to apply for scholarships to attend private Milford preschools. The scholarships are available for the 9-month period (September 2021 through May 2022) in the amount of \$110 per month for 3-year-old and \$130 per month for 4-year-old children.**

**Families whose income is at or below the State of Connecticut median income are eligible to apply. Families experiencing financial challenges due to loss of employment or illness, may apply.**

**Please complete the Preschool Scholarship Application Form (one for each child) and mail to:**

**Kids Count of Milford  
167 Cherry Street, #169  
Milford, Connecticut 06460**

**We look forward to hearing from you!  
Peggy Kelly, Executive Director.**

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Last week of summer playgroup



12345 Kids Count of  
Milford  
Mission Statement

Our mission is to develop, enhance, and promote the educational, social and emotional well-being of children from birth to age five so that they enter kindergarten ready to learn. Recognizing the crucial importance of a successful start, Kids Count will make information and programs accessible to Milford families to ensure this mission.



12345 Milford Kids Count  
is an agency of  
The United Way of Milford

MILFORD KIDS COUNT

Board of Directors  
Officers

Lesley Darling  
President  
Sheri Flanagan  
Secretary

AnnMarie Lenart  
Treasurer

Staff

Margaret E. Kelly  
Executive Director  
METKelly43@gmail.com

Complete application and mail it with  
verification of income to:

Kids Count of Milford  
167 Cherry Street, #169  
Milford, Connecticut 06460

Questions: email Peggy Kelly at  
METKelly43@gmail.com



Preschool  
Scholarship  
Application



The Susan H. Pavelko Memorial  
Preschool Scholarship Program

The Susan H. Pavelko Memorial Preschool  
Scholarship Program, sponsored by 12345 Milford  
Kids Count, provides scholarships to  
Milford families.

Parents with children who are 2 years, 9 months to  
age 4 years, 9 months in September and have not  
reached kindergarten age are eligible to apply.

Scholarships are provided to families who can  
demonstrate financial need based on their income.

Awards are determined by using the  
State's Median Income Guidelines.

Families who are experiencing a temporary hardship  
may be eligible for a short term scholarship.

Milford  
Kids Count

Application for Preschool Scholarship

I am interested in applying for a preschool  
Scholarship sponsored by Milford Kids Count.

I have attached a copy of my  
**income tax or 4 recent pay stubs** to verify my income.

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_

Total number of dependents claimed on your income tax:  
\_\_\_\_\_

Number of children claimed on your income  
Tax: \_\_\_\_\_

Is your child currently in a preschool program?  
Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, which preschool program?  
\_\_\_\_\_  
\_\_\_\_\_

How long has your child been in preschool/child care?  
\_\_\_\_\_  
\_\_\_\_\_

Where do you intend to enroll your child?  
\_\_\_\_\_  
\_\_\_\_\_

Application, continued:

Do you have any concerns about your child?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please check areas of concern:

Physical/Medical: \_\_\_\_\_  
Language: \_\_\_\_\_  
Social/Emotional: \_\_\_\_\_  
Behavioral: \_\_\_\_\_

Please specify areas of concern:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When you have completed this application,  
please return it with the appropriate  
documentation including four most recent pay  
stubs or your most recent income tax form to:

Peggy Kelly, Executive Director  
Kids Count of Milford  
167 Cherry Street, PMB #169  
Milford, Connecticut 06460

To reach Peggy Kelly, email  
METKelly43@gmail.com

2021

THE CITY OF MILFORD PRESENTS A

# SUMMER KIDS SERIES AT THE GAZEBO

THURSDAY MORNINGS | JULY 29 - AUGUST 26

## UPCOMING EVENTS

7.29 MILFORD PUBLIC LIBRARY

8.5 BRING THE HOOPLA

8.12 JUST BE YOGA

8.19 GCA

8.26 MILFORD POLICE DEPARTMENT



MILFORD  
CONNECTICUT

**HALLOWEEN THEMED!**

The Junior Woman's Club of Milford Presents its...



# ANNUAL TOUCH A TRUCK



**Save the Date:**

**Sunday October 10th @ Eisenhower Park  
in Milford from 11am-2pm**

**We are looking for ALL types & sizes of trucks and  
vehicles!**

Please email: [jwcmilford@gmail.com](mailto:jwcmilford@gmail.com)  
if you are interested



Junior Woman's Club of Milford, CT



@juniorwomansclubmifd



@juniorwomansclubofmilford





As youth sports start back up, many kids may not return to play because of costs. The DICK'S Sporting Goods Foundation is proud to announce a \$5,000,000 Sports Matter grant to Every Kid Sports, a 501(c)3 nonprofit, to provide income restricted families financial assistance to cover registration fees and help ensure every kid has a chance to play. \*Parents or guardians can apply for assistance below.

APPLY FOR REGISTRATION FEE SUPPORT <https://everykidsports.org/the-eks-pass/application/>

#### TIMING

Applications are taken throughout the year. Approved applications are granted on average, within 7-14 days

#### ELIGIBILITY REQUIREMENTS

Must be for a child, 4-18 years of age, who is currently enrolled in SNAP, Medicaid, WIC, or Foster Care system.

Must be registering for participation in a recreation-level sport hosted by a youth sports organization or school.

Must be registering for an upcoming sport season

Learn more or see details visit: [everykidsports.org](https://everykidsports.org)

Some restrictions apply. Every Kid Sports does not cover:

Club, travel or elite program

Personal training or gym memberships

Programs costing over our \$500 every 3 months

Camps lasting less than 6 weeks

Reimbursements for previously played sports or outstanding dues

*In partnership with*



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