

# MILFORD FAMILY RESOURCE CENTER

## The Infant and Toddler Times

JUDY LOBDELL, EDITOR

October 2021

### Dates to Remember

#### October

**30th.** Hall-O-Weekend in Milford (see page 3)

**31st.** Happy Safe Halloween (see pg. 3)



Community Connection information (see pg. 3)

#### November

**2nd.** Election Day  
School closed

**25th-26th.**  
Thanksgiving Holiday



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## 12 Tips for Raising Confident Kids

Right from birth, kids [learn new skills](#) at a dizzying rate. And along with those new abilities, they also acquire the confidence to use them.

As children get older, that [confidence](#) can be as important as the skills themselves. To thrive, kids need to trust in their own capabilities while, at the same time, knowing that they can [handle it if they aren't successful](#) at something. It's by experiencing mastery and rebounding from failure that they develop healthy self-confidence.

Here are 12 ways you can set kids up to [feel capable](#) and get the most mileage out of their skills and talents.

### 1. Model confidence yourself

Even if you're not quite feeling it! Seeing you tackle new tasks with optimism and lots of preparation sets a good example for kids. That doesn't mean you have to pretend to be perfect. Do [acknowledge your anxiety](#), but don't focus on it—focus on the positive things you are doing to get ready.

### 2. Don't get upset about mistakes

Help kids see that everyone makes mistakes and the important thing is to learn from them, not dwell on them. Confident people don't let fear of failure get in their way—not because they're sure they won't ever fail, but because they know how to take setbacks in stride.

### 3. Encourage them to try new things

Instead of focusing all their energy on what they already excel at, it's good for kids to diversify. Attaining new skills makes kids feel capable and confident that they can tackle whatever comes their way.

### 4. Allow kids to fail

It's natural to want to protect your child from failure, but trial and error is how kids learn, and falling short on a goal helps kids find out that it's not fatal. It can also spur kids to greater effort, which will serve them well as adults.

### 5. Praise Perseverance

Learning not to give up at the first frustration or bail after one setback is an important life skill. Confidence and self-esteem are not about succeeding at everything all the time, they're about being resilient enough to keep trying, and not being distressed if you're not the best.

(continued on page 2)

## 6. Helping Kids Find Their Passion

[Exploring their own interests](#) can help kids develop a sense of identity, which is essential to building confidence. Of course, seeing their talents grow will also give a huge boost to their self-esteem.

## 7. Set Goals

Articulating goals, large and small, and achieving them makes kids feel strong. Help your child turn desires and dreams into actionable goals by encouraging them to make a list of things they'd like to accomplish. Then, practice breaking down longer-term goals into realistic benchmarks. You'll be validating their interests and helping them learn the skills they'll need to attain their goals throughout life.

## Celebrate Effort

[Praising kids](#) for their accomplishments is great, but it's also important to let them know you're proud of their efforts regardless of the outcome. It takes hard work to develop new skills, and results aren't always immediate. Let kids know you value the work they're doing, whether they're toddlers building with blocks or teenagers teaching themselves to play the guitar.

## 9. Expect them to pitch in

They might complain, but kids feel more connected and valued when they're counted on to do age-appropriate jobs, from picking up toys to doing dishes to picking up younger siblings from a play date. [Homework](#) and after-school activities are great, but being needed by your family is invaluable.

## 10. Embrace imperfection

As grown-ups we know perfection is unrealistic, and it's important for kids to get that message as early as possible. Help kids see that whether it's on TV, in a magazine, or on a friend's [social media feed](#), the idea that others are always happy, successful, and perfectly dressed is a fantasy, and a destructive one. Instead, remind them that being less than perfect is human and totally okay.

## 11. Set them up for success

Challenges are good for kids, but they should also have opportunities where they can be sure to find success. Help your child get involved with activities that make him feel comfortable and confident enough to tackle a bigger challenge.

## 12. Show your love

Let your child know you love him no matter what. Win or lose the big game, good grades or bad. Even when you're mad at him. Making sure your child knows that you think they're great — and not just when they does great things — will bolster their self worth even when they're not feeling good about themselves.

*(From Childmind.org)*





## MPS Community Connection Center



Are you looking for the best places to view the stunning fall foliage or to go apple picking? Need assistance with your utility bills? Looking for information on food pantries or a Farmer's Market near you? You will find links to these & other resources' on the [CCC website](#) .

All the CCC weekly newsletters can be found within the CCC Webpage by clicking on the dropdown arrow located in the upper right hand corner of the webpage. In this week's CCC Newsletter you will find information about the Center for Children's Advocacy and great places in CT to pick your own fall produce! Click [here](#) for the October 1, 2021 news.

There are still spots open in our Raising Readers Family Book Club & the Circle of Security Parenting program. Sign up today! See below for program descriptions.



### **The Circle of Security Parenting Class (COS)**

For a short video introduction about the program click: [COSP website](#)

**COS** is a parenting program designed to support and strengthen a secure parent-child relationship. Mrs. Williams & Melissa Kennedy will work with parents to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor the innate wisdom and desire for their child to be secure



**The Raising Readers Parent Book Club** provides parents a book to add to your family library, activities to go and tips on how to engage your child in becoming a lifelong reader. Through participation in a Raising Readers Parent Club, you will:

- Learn how to help your children become enthusiastic lifelong readers
- Begin to build a home library for your family as you receive a new children's book at each session
- Discover how to choose engaging, age-appropriate books that your children will love
- Learn how home reading prepares your children for success in school
- Share your experiences with other parents in a supportive, conversational atmosphere
- Get advice & resources about child development from professionals in the field of early literacy
- Get ideas for easy, inexpensive & fun activities you can do at home to help support your children's development, creativity and love of books
- Find out about community resources that are available to support your efforts.

Contact Mrs. Williams by phone 203-882-6094 or email: [mwilliams@milforded.org](mailto:mwilliams@milforded.org) for registration & information.



*Becoming fast friends*



*Our principal enjoying a playful moment!*



*Enjoying the take home craft*



Be sure to visit this site that is chock full of information on what to do and see for families !  
<https://mommypoppins.com/connecticut-family/fall-activities/fall-fun-guide-for-connecticut-kids>

For tips on a safe and healthy Halloween visit <https://blogs.cdc.gov/publichealthmatters/2019/10/halloweentips/>

Visit <http://www.pumpkinsonthepier.org/> for more information about Pumpkins on the Green (page 6) and information on Boo Boxes.

## A Family Halloween Trick or Treat Event in Downtown Milford

The Downtown Milford Business Association is hosting their annual Hall-O-Weekend and invites families and children to come make memories and enjoy some not-so-scary fun in charming downtown Milford on **Saturday, October 30th** from 12 noon to 3PM in **Downtown Milford!**

Participating shop windows downtown will receive a ghoulish makeover and will open their doors to trick-or-treaters.

This family-friendly day features a fall photo session at The Milford Historical Society. Reserve your family photo with A.G. Productions [here](#).

On the green, we will be hosting a socially-distanced not-so-scary story time with the Milford Public Library, vendors, and more!

The shops downtown are opening their doors to all the little ghouls and goblins looking to have a bit of Halloween fun for a trick-or-treat! See you there!



# **STRONG FAMILIES CREATE STRONG MINDS**



## **A POSITIVE STRATEGY**

### **ONLINE WEBINAR SERIES**

**September 28, 2021  
6:00-7:00PM**

**Jennifer Ju M.D.  
Mindfulness and Other Wellness  
Strategies to Start Strong**

Link to register:

[https://zoom.us/j/96750449890?  
pwd=ZGFEBGNqMVhscXo1N2tidytDSmh2UT  
09](https://zoom.us/j/96750449890?pwd=ZGFEBGNqMVhscXo1N2tidytDSmh2UT09)

Learn skills to practice self-care, healthy  
decision-making & forming meaningful  
connections with others.

**October 19, 2021  
6:30-7:30PM**

**Alicia Farrell PH.D.  
Back to the Future: Becoming  
Stronger Together**

Link to register:

[https://us06web.zoom.us/webinar/register/  
WN\\_FGI9cu06ToKhFEfYPP08GQ](https://us06web.zoom.us/webinar/register/WN_FGI9cu06ToKhFEfYPP08GQ)

Tune in to learn some practical skills to  
support your kids and learn something about  
yourself!

For questions please contact Lesley Darling 203-783-3383 or [LDarling@milfordct.gov](mailto:LDarling@milfordct.gov).

Brought to you by Milford Health Department and Milford Department of Human Services.



**BOYS & GIRLS CLUB OF MILFORD, CT**

# PUMPKINS ON THE GREEN RETURNS!

**Monday, October 11 - Monday, November 1**

**[www.pumpkinsonthepier.org](http://www.pumpkinsonthepier.org)**

**Become a Sponsor Today!**





**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*



@juniorwomansclubmld



@juniorwomansclubofmilford



You can click on this link to secure tickets in advance.

<https://docs.google.com/forms/d/e/1FAIpQLSeu9ivQUz5DWuKQyUaMaPQZWcSWepHn3ZtgmF3cci5MA7zGw/viewform>