

# MILFORD FAMILY RESOURCE CENTER

## The Infant and Toddler Times

JUDY LOBDELL, EDITOR

December 2021

### Dates to Remember

#### December

21st. Winter Solstice



23rd-31st.  
Holiday Recess.  
School closed



#### January

1st. Welcome  
2022.



CCC Resource Page  
<https://sites.google.com/milforded.org/mpscommunityresourcepage/>

The Milford Family Resource Center  
@Pumpkin Delight School  
24 Art Street  
and  
Calf Pen Meadow School  
395 Welch's Point Rd.  
Milford, CT 0640  
(203)783-3626  
[mfrc@milforded.org](mailto:mfrc@milforded.org)

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

## The Milford Family Resource Center staff and families support the 13th Annual Milford Scouts Thanks For Giving Food Drive



A rafter of turkeys waiting for the MFRC Circle Time at the Pumpkin Delight School Preschool Playground. Apparently they ignored the sign, 'PETS PROHIBITED', but, alas, they are wild!



Wishing you a joyful winter holiday and peace in the New Year!

## POSITIVELY STRESSED FOR THE HOLIDAYS AND BEYOND

It's the day before the holiday. There are 30 guests arriving at your house tomorrow! There are gifts to be wrapped, menus to be prepared, rooms to be cleaned, and on top of that lives to be lived! Stop, breathe and listen—and you might hear the pounding of your heart as your adrenaline surges through your body, raising your blood pressure as it prepares your body for yet another fight or flight episode.

Such is the MO of the stress reaction, and if frequent enough and launched on an unprepared subject, it can wreck havoc on the mind and body. Stress is with us everyday, but during the holidays and in times of crisis it can be harder to manage. It is important to keep in mind that without stress we would not be able to accomplish the many things we do. It is when we become unbalanced by too much stress that we get into trouble. So what can we do to prevent that 'burn-out' syndrome?

Here are seven ways from Claire McCarthy, MD at [www.health.harvard.edu](http://www.health.harvard.edu) to prevent and reduce holiday stress this season.

- 1. Manage your own stress.** Not only are you setting an example, there's just no way to stop your children from sensing your stress and being affected by it. It's kind of like the safety message we hear every time we get on an airplane: if you are flying with a child and the oxygen masks drop, you should put yours on first and then put on the child's. You're no good to anyone if you can't function. Try to be self-aware. Set aside time for yourself. Create code words that your partner and friends can use to let you know when you are starting to act like a snippy, crazy person. Practice self-care. Get enough sleep. Speaking of sleep...
- 2. As much as possible, keep routines the same.** Kids do best when routines are predictable — and healthy. This is particularly true for sleep. As tempting as it may be to let kids stay up late and sleep late throughout the holidays, try to stay within an hour of usual times, except for special occasions (like New Year's Eve). We all do better when we stick to our sleep routines. Same goes for mealtimes (be sure your kids get three healthy meals a day, preferably with you and not in front of the television). As you think about how your children will spend the holidays...
- 3. Manage expectations. Young children have** a way of getting incredibly excited for Christmas, expecting that that incredibly expensive and hard-to-find Lego set, and that you will spend every day of vacation visiting museums and doing other activities, preferably with their friends — and then getting sad when they get something slightly different and have to amuse themselves some days. This is true for lots of kids, and it is very preventable. Up front, let kids know what they can and can't expect. You don't have to give away the surprise, but you could, as a family, say that everyone gets one big but not break-the-bank gift (and otherwise set parameters on gifts). And you can sit together, look at the calendar, and let your kids know what you can and cannot pull off when it comes to vacation activities. As you think about activities...
- 4. Keep kids active.** Speaking of television, sitting in front of it (or a gaming console or an iPad or phone) all day isn't good for anyone, and exercise is a known stress-buster. Get them outside. Go to the park. Take advantage of free swim time at the local Y. Go for walks together. That together part is key.
- 5. Spend some time together.** Real time, where you are sharing an activity. Going to the movies or having a family movie night is fine (and a nice way to end a crazy day), but try to do things that involve actual interaction. Play games together. Visit a museum together. Bake cookies. This is a good example of how you can...
- 6. Build some family holiday rituals, if you don't have them already.** Whether it's holiday baking, or making homemade gifts together, or a particular concert you always attend, or some friends you invite every year, create things you can do together every year that are meaningful and fun. There are plenty of things you *have* to do. Make your family rituals things you *want* to do. And as you build your rituals...
- 7. Choose something to do as a family that helps others.** Choose toys for a toy drive. Go through clothes in the closet and bring gently used ones to a shelter or clothing drive. Donating money to causes is always great, but look for things that your children can actively participate in, preferably that you can do as a family. Try not to think of it as another family chore. Instead, think of it as a way to not only teach kindness, but to keep perspective on the holidays — and on what's way more important than presents or parties. That's a perspective we all need — and the perspective that could save all of us a lot of stress.

Stressed is Desserts Spelled Backwards...hmm:)





MILFORD HEALTH DEPARTMENT

# COVID-19 CHILDREN'S VACCINE CLINIC

**WHO:** Children ages 5-11 years old

**WHAT:** Pfizer vaccine

**WHEN:** November 20, 2021 9am-2pm  
December 1, 2021 3pm-7pm

**WHERE:** 336 Sub Way  
Milford, CT 06460

**TO MAKE AN APPOINTMENT:  
[VAMS.CDC.GOV](https://vams.cdc.gov)**



WORKING TOGETHER FOR A HEALTHIER COMMUNITY



# Birth to Three Updates



# NO OUT-OF-POCKET COSTS FOR FAMILIES

Birth to Three has new updates that make it easier for families to access these important supports.

## Fee Updates

Birth to Three has no out-of-pocket costs for families!

The following supports are available:

- ◆ Developmental evaluations and assessments
- ◆ Individualized Family Service Plans
- ◆ Service coordination
- ◆ Early Intervention Service and Supports (EIS) visits to home and community locations
- ◆ Help planning transition to preschool special education or other community settings

Birth to Three supports are funded by Connecticut and federal budget allocations, as well as commercial insurance. Other than regular insurance premiums, there will be no cost to families for EIS.

## What is Birth To Three

Connecticut's Birth to Three System supports families to enhance their child's development through everyday learning opportunities and connect with their community.

Birth to Three's mission is to strengthen the abilities of families to meet the developmental and health-related needs of their infants and toddlers who have delays or disabilities.

## Why Birth To Three

Early intervention for a delay or disability can make a world of difference for children!

The five areas of development Birth to Three can assist with include:



Physical development (vision, hearing, movement, and health)



Communication skills (pointing, understanding your words, expressing thoughts)



Adaptive or self-help skills (feeding and dressing)



Cognitive skills (thinking, learning, and reasoning)



Social-emotional development (getting along with others, expressing feelings, developing relationships)

Parents, health care providers, and other caregivers or loved ones may be interested in a Birth to Three evaluation for the child in their care if they show concerns in one or more of these areas.

## Who Can Access Services

Families often get referred to Birth to Three through their health care or child care provider; but all Connecticut families (parents, guardians, foster parents, relatives, friends) can call 2-1-1 to request an evaluation if they have a concern about their child's development.



FOR MORE INFORMATION ABOUT BIRTH TO THREE, PLEASE VISIT [BIRTH23.ORG](http://BIRTH23.ORG).



Connecticut Office of Early Childhood



Helping Households Connect  
During the Pandemic



## Emergency Broadband Benefit

The Emergency Broadband Benefit is an [FCC program](#) to help families and households struggling to afford internet service during the COVID-19 pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and so much more.

### About the Emergency Broadband Benefit

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

For further information:

Contact a [participating broadband provider](#) directly to learn about their application process. If you are unable to apply through them directly, you will have to apply using option 2 or 3 below, and then contact a participating provider to select an eligible plan.

Go to [GetEmergencyBroadband.org](http://GetEmergencyBroadband.org) to apply online and to find participating providers near you. After you apply, you will have to contact a participating provider to select an eligible plan. Call 833-511-0311 for a mail-in application or [print a copy](#).

Visit <https://www.fcc.gov/broadbandbenefit> for current updates.

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## Keeping Milford Warm

### SAVE THE DATE

8th Annual Holiday Benefit Dinner and Silent Auction Fundraiser

Saturday, December 11, 2021

6:30pm-11:00pm

Grassy Hill Country Club

For more information please visit [www.keepingmilfordwarm.com](http://www.keepingmilfordwarm.com)



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### Kids Count of Milford 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 (Sept. 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  
(see next page for application)

## 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

Friday, November 26, 2021 Community Event

## Milford Annual Tree Lighting

The City of Milford will once again kick-off the holiday season with caroling, Ice sculptures, a bonfire, and more!

As always, Santa will arrive via Milford Fire Department.

**When:** Friday, November 26, 2021 6:00 PM thru 08:00 PM

**Where:** Milford Green



**19<sup>TH</sup> ANNUAL**  
**LAMPLIGHT STROLL**  
IN DOWNTOWN MILFORD  
FRIDAY, DECEMBER 3, 2021  
5PM-9PM

Presented by  
**METRO STAR**

**HORSE-DRAWN CARRIAGE RIDES**



# MILFORD BUOY TREE

*Sunday, December 12, 2021 Community Event*

***Buoy Tree Lighting***

***When: Sunday, December 12, 2021 5:15 PM thru 05:40 PM***

***Where: Milford Green***