

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

November 2021

Dates to Remember

November

2nd. Election Day
Center closed

7th. Daylight savings ends



11th. Veteran's Day



15th. Parent seminar.
10AM Topic: The
Healing Value of Play

25th. - 26th.
Thanksgiving
holiday.



29th. Parent Seminar.
10AM Topic:
Toilet Learning

Community
Connection website:
[https://
sites.google.com/
milforded.org/
mpscommuni-
tyresourcepage/](https://sites.google.com/milforded.org/mpscommunityresourcepage/)

The Milford Family
Resource Center
@Pumpkin Delight
School
24 Art Street
Milford, CT 06461
and
Calf Pen Meadow
School
395 Welch's Point Rd.
(203) 783-3626
mfrfrc@milforded.org

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

Helping Young Children Develop An Attitude of Gratitude

What better time than the Thanksgiving season to turn our thoughts to thankfulness. While gratitude is not necessarily something that comes naturally to young children, it can be cultivated. Before the age of seven, young children have trouble understanding other people's feelings and anyone who has lived with a young child knows that some days can often be fraught with what seems to be an endless stream of frustrating demands, often without a 'please' or a 'thank you'. While it is important to teach young children to say *please* and *thank you*, gratitude goes beyond simple etiquette and politeness and can up the happiness quotient by 25%. Research from the Greater Good Science Center shows that the attitude of gratitude blocks toxic emotions, thus allowing us to enjoy the present moment.

So how can we instill the expression of appreciation in young children? One important way we can do this is by modeling. Modeling may take the longest time to change a behavior, but it is the most effective way. Telling your child that the hug she gave you made you feel good shows that her efforts are appreciated. Your children are listening to what you say to others, as well, so words of appreciation spoken to others are important words to hear from the adults in their lives.

*Here are some suggestions from Amy McCreedy, founder of Positive Parenting Solutions:

1. **Create a thank-you.** When your young kids receive gifts, they should be expected to create and send a thank-you picture or short note within one day (or at the rate of one or two thank-you's per day).
2. **Be polite to Mr. Bear.** Role-play using good manners and saying "thank you" using stuffed animals and action figures.
3. **Pick your top 3.** At dinner or bedtime, take turns sharing the three best things about your day.
4. **Commit it to memory.** Find and memorize thank-you prayers, songs or poems.
5. **Make a different kind of gift list.** Write down the things (preferably handmade) your preschoolers would like to give friends and family as holiday gifts.

* excerpts from www.positiveparentingsolutions.com

In this age of the pandemic, research has shown that it is even more important to be reminded that cultivating an attitude of gratitude "can help you solve problems, be more creative, build resilience, strengthen your immune system and boost your mood along the way." (www.verywellmind.com)

With these thoughts in mind, adopting an attitude of gratitude is a worthwhile addition to your toolbox of coping skills that will serve you well!





Thanks For Giving Food Drive



13th Annual Milford Scouts Thanks-for-Giving Food Drive
on Friday, November 10th at noon through Sunday, November 12th at noon.

Milford scouts have been running this unique food drive for 13 years. Over 48 hours, scouts will camp at Wasson Field over 2 days, collecting, sorting and delivering food donated by generous residents and staffing tables at local supermarkets to local families. They are collecting frozen turkeys, non-perishable food items and monetary donations with all proceeds going to the cause. This past year 388 volunteers played a role in making this event a success including Cub Scouts, Boy Scouts, Girl Scouts, Venturers, and their family members.
This is an amazing effort! Let's support them!

Thanks for Giving food drive is generously supported by numerous local businesses. Individuals can drop off food or money now at early drop off points including:

- People Bank, downtown, and 636 Boston Post Road locations
 - YMCA, 631 Orange Ave
 - Give a Dog a Bath, 284 Post Rd
- Adams Supermarket, 1391 New Haven Ave
 - Aquinas Consulting, 601 Post Road
 - Colonial Toyota, 470 Post Road
 - City Hall, 110 River St
 - City Clerk's office, 70 W River St
 - Mathnasium, 201 Cherry St.

Otherwise visit us Nov 10 – 12 at Wasson Field, or one of Milford's Stop & Shop, ShopRite or Adams Supermarkets. Over the past 12 years, the drive has collected more than 85,000 pounds of food including over 3,300 turkeys, and \$21,000 to help feed local families. This year the food drive has been asked to support additional charities including Beth El Shelter, The Milford Food Bank, Cornerstone Food Pantry, the John Wrigley Food pantry and more.



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.

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



Join us for an evening where
YOU are the center of all the action!!!

DUELING PIANOS

Friday, November 12, 2021

6:30 p.m.

**Grassy Hill Country Club
441 Clark Lane, Orange CT**

Tickets: \$75 per person

**Tickets Include: Food Stations, Signature Drink
& Live Interactive Entertainment.**

Funds raised from Dueling Pianos will help
struggling Milford families with rent and mortgage,
grocery needs, and mental health services.



proudly presents New York, NY Dueling Pianos group.
You'll be singing, dancing & laughing
along from the first note!

