

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

January 2022

Dates to Remember

December

23rd-January 2nd.
Holiday Break

25th. Merry Christmas



January

1st. Happy New Year



17th. Celebrate Martin Luther King Day. School closed.



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

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It is that time of year again when we put forth resolutions for the coming new year!

Here are some ideas from the Very Well Family website to set age-appropriate resolutions as a family for a healthier and happier year ahead:

Healthy New Year's Resolutions for Kids

by Vincent Iannelli, MD



Set SMART Goals

Instead of typical resolutions, try setting SMART goals, which are:

- **Specific:** List exactly what you want to achieve (instead of "running faster" think "run a 5k in under 30 minutes").
- **Measurable:** How will you keep track of your goal and determine whether you've been successful?
- **Achievable:** Your goals don't have to be easy, but they need to be possible. Do you have the means and ability to make your dream a reality?
- **Relevant:** Does this goal serve your greater focus and purpose in life?
- **Time-bound:** Give yourself a deadline. Aim to reach milestones by certain dates.

Resolution Ideas For Preschoolers

Thinking about a few small goals to work on each day is a good strategy for this age group. Set up a [sticker chart](#) on the refrigerator to help them keep track of their goals. You can even discuss planning a reward if they're successful.

- I will clean up my toys at the end of the day before bedtime.
- I will [brush my teeth](#) twice a day, once after breakfast and again before I go to sleep.

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- I will wash my hands after going to the bathroom and before eating.
- I will try all the food on my plate, even if it's just one bite.
- I will work on my letters and numbers for at least five minutes per day.

Family New Year's Resolutions

Try setting some New year's Resolutions to work on as a family that involve your kids in the process of setting goals to build healthy habits together.

Here are some ideas:

- We will limit fast food to twice per month or less.
- We will add at least one fresh fruit snack to our daily routine.
- We will spend 30 minutes outside playing together every weeknight. If the weather is bad, we'll play an active game indoors.
- We will pick a fun run/walk or 5K a few months away, sign up, train as a family, and participate in it together.
- We will share a meal (whether it's dinner or breakfast) together four days of the week. We won't use cell phones at the table.
- We will play a board game together every Sunday night to bond and enjoy quality time together

'Even well planned resolutions don't always work out. If this happens, turn disappointment into a teachable moment that can help children develop flexibility and resilience!'

* excerpted from Healthy New Year's Resolutions for Kids (verywellfamily.com)

For further information please visit their website.

**ASQ'S (AGES AND STAGES QUESTIONNAIRES) ARE AVAILABLE ON LINE
NOW AND OFFER A VARIETY OF ACTIVITIES
AND OTHER RESOURCES, AS WELL.**

**WE CAN OFFER THIS PROGRAM TO OUR FAMILIES THROUGH
THE MILFORD FAMILY RESOURCE CENTER.**

Sparkler's mobile app is free for Connecticut families to use in iOS or Android, on a smartphone or tablet. thanks to the CT Office of Early Childhood. The app has about 2,000 off-screen, playful activities that help parents and children play together from birth through kindergarten to develop their hearts, minds and bodies and allows parents and caregivers to:

Know: Understand your child's development with the mobile ASQ.

Play: Spark learning with fun, off-screen activities to play together and tips for parents

Grow: Follow your child's progress in your Sparkler scrapbook.

Connect: Get tips and answers from experts at 211 Child Development or your school/provider.

If you are interested in enrolling or would like further information, you can reach us at mfrf@milforded.org or by phone at 203 783-3636

How to Take the Stress Out of Family Gatherings

by Rachel Ehmke

Holidays are supposed to be happy family events, but a lot of times they can be very stressful.

Here are some things parents can do to help the holidays go more smoothly.

A lot of behavior problems can be avoided by telling your kids exactly what you expect of them at an aunt or grandparent's house. It's good to be as specific as possible. It's just as important to let your relatives and friends know what to expect of your child. And it's good to let them know that it's not up to them to criticize or fix your kid.

If your child is easily over-stimulated by noise and people, it's a good idea to find a place where they can go to just chill out and take a break. For kids with lots of extra energy, giving them plenty of activities to do in the car and taking breaks to let them run around can help.

Kids who don't like to be touched or hugged or don't like to talk around people they don't know shouldn't be made to do so. And relatives hosting gatherings should be told what a child's limits are and not demand more.

If you have a child who's a picky eater, you might want to bring some food they really like, especially if the holiday is centered around a meal. You can still encourage them to try something new, but that way you'll know they won't go hungry.

All parents would love it if their kids became best friends with cousins they see on holidays. But that doesn't happen just because kids are the same age. Parents can show kids that even if they don't really like a relative, they still need to be polite.

Know that no holiday is going to be perfect. If you and your child can come away with one or two good memories, you've done a good job.

For further information please visit: https://childmind.org/article/how-to-take-the-stress-out-of-family-gatherings/?utm_medium=email&utm_source=newsletter&utm_campaign=publ_ed_nl_2021-12-21&utm_content=cta3_how-to-take-the-stress-out-of-family-gatherings

Other websites from childmind with timely information:

<https://childmind.org/article/7-common-behavior-problems-at-formal-events-and-how-to-prevent-them/>

https://childmind.org/article/dealing-with-uncertainty-in-the-face-of-omicron/?utm_medium=email&utm_source=newsletter&utm_campaign=publ_ed_nl_2021-12-21&utm_content=cta1_dealing-with-uncertainty-in-the-face-of-omicron

https://childmind.org/article/dealing-with-uncertainty-in-the-face-of-omicron/?utm_medium=email&utm_source=newsletter&utm_campaign=publ_ed_nl_2021-12-21&utm_content=cta1_dealing-with-uncertainty-in-the-face-of-omicron



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). Please note that the Kids Count Scholarship has increased as follows: \$130.00 a month for 3 year old children. And \$150.00 a month for 4 year old children.

For further information, please contact Peggy Kelly, Executive Director at METKelly43@gmail.com

Kids Count of Milford

167 Cherry Street, PMB #169

Milford, Connecticut 06460

See page 5 for the application

DO NOT LET YOUR LIGHTS AND HEAT BE TURNED OFF

Protection from utility shut-off ends September 15, 2021.



Hardship or Winter Protection coding protects your service until May 1, 2022. Call your electric or gas company to see if you are eligible.



Ask About a Payment Plan:

For Heat: After Nov. 1 – ask about Below Budget Worksheet Program

\$50.00 per month if you are on state or federal benefits (SNAP, HUSKY, etc.) or Matching Payment Program

CT Natural Gas: (860) 524-8361 / Southern CT Gas: (800) 659-8299

For Electricity: Eversource: New Start – (860) 286-2000

UI: MaPP – (800) 722-5584

UniteCT (www.bit.ly/UniteCT): Money toward back rent, and light bill. No shut off while they work on your application

Energy Assistance: Money toward back heat bill. Call your utility company or local community action agency

Operation Fuel: (860) 243-2345 Emergency funds for some energy bills. Call to see if they can help

CT Public Utilities Regulatory Authority: (800) 382-4586 Ask for help getting an affordable payment plan.

Need Help?

Call Bonnie Roswig, Center for Children's Advocacy (860) 545-8581 / broswig@cca-ct.org



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?

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