

MILFORD FAMILY RESOURCE CENTER

The Early Childhood Times

JUDY LOBDELL, EDITOR

November 2022

Dates to Remember

November

6th. DST ends.



8th. Election Day
School is closed.



11th. Veteran's Day



24th.-25th.
Thanksgiving break



Milford Public Schools Community Connection Center is a bridge between families and available community services. For information about services and resources, contact Mary Kate Williams at 203-882-6090 or email mwilliams@milforded.org



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
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Simple Thanksgiving Ideas by Jessica Efird (from PBS.org)

In the chaos between Halloween and the winter holidays, Thanksgiving often becomes an afterthought, a "How did this sneak up on me?" sort of holiday. It is easy to understand why; as soon as the candy has been passed out on October 31, the holiday music, advertisements and store decorations come out in full force.

But gratitude and pausing to focus on the blessings of life are important! This year, consider adding a new emphasis to your Thanksgiving Day celebration. Begin your own family tradition to give Thanksgiving its well-deserved and special meaning.

Create a Thanksgiving centerpiece. Julie Fraley, a mother to two elementary-aged children in North Olmsted, Ohio, was looking for an inexpensive centerpiece years ago when she decided to "make a centerpiece by getting a branch from the yard and putting it in a vase. Then I cut out leaves from colored construction paper and put string on each one." Fraley shares that this centerpiece has become an annual tradition in which each person at the table "has to take a few leaves, write their name and date on one side and what they are thankful for on the other side, then hang them on our 'Tree of Thankfulness' in the center of the table." Fraley then saves the leaves each year and reads ones from prior years during the meal. The tree also serves as a way to record your children's growth. As Fraley recalls, "I used to write for them when they were little. Then (there are) the years when they first started writing on their own—barely legible, but totally precious. Now they are getting older and their leaves are growing with them—more thought out and expressive."

Record blessings from year to year. Use an inexpensive plain tablecloth and a few permanent markers to record your family's blessings each Thanksgiving. Begin by lining your table with either butcher paper or newspaper to protect the tabletop and then drape the tablecloth on top. Pass around a permanent marker during the meal. Guests can either write or draw a picture of that for which they are thankful, along with their name and the year. Be sure to assist little ones, so that their marker drawings stay on the tablecloth.

Use colorful markers to make the tablecloth look festive and be sure to instruct everyone to only write over a small portion of the fabric. After the Thanksgiving meal is over, you can use the tablecloth during family gatherings as a way to remind yourselves of gratitude. Then, when Thanksgiving rolls around again, bring out the tablecloth and add a new year's worth of blessings. By making it an annual tradition, you'll have a very special tablecloth to use each year.

Serve those less fortunate. Perhaps there is no better way to feel truly blessed than to serve someone else in need. Whitney Ingram, a mom to three young children in Levi, Utah, explains, "When I was younger, my mom would talk to someone at church who was in charge of humanitarian projects and service projects. She would get a project for us to do before and after Thanksgiving dinner." Even small children can grasp the concept of helping others and perform simple tasks with your family. Ingram recalls that even as a young child, "I always liked the concept of us giving back after we [had] been given so much."

Get active before the meal! Consider participating in a "Turkey Trot" or create your own Thanksgiving morning run or walk together as a family. Many towns and cities host family-friendly races on Thanksgiving morning that often include "Tot Trots" or one-mile walks that are fun for the whole family, usually supporting a nonprofit or charitable cause. Getting up and being active together as a family can help remind you to be thankful for just being healthy. It also can help start the biggest day of eating of the year on a healthful note. As you walk or run, you can even reflect on the year and express gratitude. No matter what tradition your family chooses for your Thanksgiving Day celebration, anything small or large can help create a sense of community and belonging among your Thanksgiving guests. Ingram remembers about the service projects she and her family completed, "that they always had us sitting around the living room together, chatting and laughing and having a good time. Isn't that always how service goes?"

Even simple things like an annual breaking of the turkey wishbone or verbally sharing your blessings, when done in a mindful way, will help make Thanksgiving a special moment on your holiday calendar.

Election day is Tuesday November 8th



9 Skill-Building Activities to Do with Young Kids This Winter

During the cold winter months ahead, when young children may fall back on the common “there’s nothing to do!” refrain, parents need all the at-home activities they can get. Fun, easy, and inexpensive, the 9 activities in today’s blog post will help keep active young children busy and boost key skills essential to healthy development. Share these with the families you know, and keep them handy for those long winter days at home when young minds and bodies need something new to engage them.

Create a snow scene from whipped cream or another nontoxic material (*fine motor skills, communication skills*). With these materials, children can safely fingerprint on a tray without making too much of a mess. As you observe your child or fingerprint with her, describe the shifting patterns you see and encourage her to do the same: “Someone’s walking in the snow. Here come some footprints.” “Here comes a bunny—hop, hop, hop through the snow.”

Make a winter mobile (*fine motor skills, communication skills*). Help the child cut winter-themed pictures from old greeting cards, magazines, catalogs, calendars, and ads. Supervise pasting them onto construction paper or index cards and then using string or ribbon to hang the cards from a coat hanger. Talk with the child about the images he selected, and help him find others that he would like to add. Hang the mobile in a place of honor in your home.

Give favorite books as special presents (*social skills, early literacy skills*). If holiday [or any occasion] gift-giving is a tradition in your family, you can give books as gifts to children and help them give books to their friends. Each gift should include a personal note about why the book is special to the donor or why it was chosen or created for the recipient. To make the gift even more special, include a recording of the donor(s) reading the story.

Invent your own board game (*motor skills, problem-solving skills, early math skills*). Begin by asking the child to choose a theme (a holiday-themed game might be fun, or a game based on the child’s favorite winter storybook). Sketch out a path and divide it into squares. Label the start and finish. The child can then illustrate the rest of the board and label a few of the squares as special theme-related places. You can also write directions, such as “Go ahead 2,” “Go back 1,” “Take a card,” or “Take a short cut to the Snow Castle” on some of the individual squares. Make a deck of index cards with theme-related directions, such as “Take a ride on the sled” or “You got lost in the woods. Miss one turn.” Players can use a die, spinner, or a flipped penny (e.g., heads for advance one square, tails for advance two squares) to move around the board.

Make Jell-O together (*language and problem-solving skills, early science concepts*). Read the directions one step at a time and talk about each step. Talk about what happens as the powder dissolves and as the Jell-O cools and begins to set. Try making different colors and using winter-themed cookie cutters to cut out different shapes: snowmen, stars, pine trees. Make up names for your creations together.

Set up an indoor snowball game (*gross motor skills*). Cut a few 8- to 9-inch holes in a big piece of cardboard and decorate the cardboard to look like a tree or a snowman. Give your child some “indoor snowballs” (beanbags or soft foam balls) and encourage your child to throw the snowballs through the holes on the target. Have your child start very close to the target and then move back a few feet to make it a little more challenging. Show your child how to throw both underhand and overhand, and be sure to cheer when the snowballs hit their target!

Write a winter storybook together (*early literacy skills, fine motor skills*). Invite your child to make her own book about a favorite winter activity or memory. Fasten a few pieces of paper together with staples or yarn. Ask your child to draw pictures or paste magazine photos to illustrate a story. Encourage her to tell you in her own words about the event she remembers or enjoys, and help her write the words on each page.

Have an outdoor adventure day (*motor skills*). Outdoor activities are the perfect way to give your child’s motor skills a pick-me-up. Bundle up for activities that involve both gross motor skills (running, hopping, sledding, throwing and catching snowballs) and fine motor skills (grasping tools, digging in snow, stacking stones or small snowballs). You might try making an outdoor adventure path or obstacle course for children to follow, or going on a neighborhood nature walk or scavenger hunt.

Snuggle up with a book every night (*communication and early literacy skills*). Chilly winter nights are made for cozy shared reading sessions—one of the single most important activities you can do with a young child. Not only is it a wonderful way to bond and relax together, it also strengthens your child’s communication and language skills and sets the stage for early literacy development. Choose some winter-themed books and engage your child while you read: ask them what happened at the beginning, middle, and end of the story, or have the child act out the story with you and pretend to be different characters.

From : <https://blog.brookespublishing.com/>



See page 4 for a
homemade playdough
recipe.



Connecticut Foodshare Mobile Pantry



at Kingdom Life Christian Church



Every other Tuesday
October 25 – December 20
11:00 am – 12:00 pm

Kingdom Life Christian Church
1455 Naugatuck Ave
Milford, CT 06461

For weather cancelations,
visit ctfoodshare.org
or call (203) 668-6297.

CT Foodshare in partnership with the Storehouse Project, Kingdom Life Christian Center, and Cornerstone Christian Center will distribute a variety of FREE, fresh, and nutritious food to individuals and families every other Tuesday.

**Dates: October 25, November 8,
November 22, December 6,
December 20**



Playdough Recipe:

1 cup flour
1 cup of water
1/2 cup of salt (scant: I use a bit less, it makes it less grainy, try 1/3 cup, experiment)
1 T oil
2 tsps. cream of tartar
Food coloring

Spray a large frying pan with oil. Mix all the dry ingredients together and mix all the wet ingredients separately, water, oil, food coloring into the pan over medium heat, stirring constantly (about 4 mins. or until it becomes dough like). Place it on a surface where it can cool and then work the dough.

You can then add essential oils like lemon, peppermint.



Playdough Triple Recipe:

3 cups flour
3 cups of water
1.5 cups of salt (I use less, it makes it less grainy, try 1.25 cups , experiment)
3 T oil
2T cream of tartar
Food coloring

Spray a large frying pan with oil. Mix all the dry ingredients together and mix all the wet ingredients separately, water, oil, food coloring into the pan over medium heat, stirring constantly (about 4 mins. or until it becomes dough like). Place it on a surface where it can cool and then work the dough.

You can then add essential oils like lemon, peppermint.





THE THANKS-4-GIVING FOOD DRIVE WILL TAKE PLACE FROM NOV 11-13TH.



With the challenges of Covid and the increased need, the Milford Boy Scouts and Girl Scouts are coordinating with the Milford Health Department to expand support to 350 local families and local food banks this year.

Please join us in helping us in continuing this worthy cause by donating nonperishable goods or food gift cards.

Over the past 17 years, the Thanks for Giving Food drive has provided Food to more than 3800 Milford families and provided support to more than a dozen different food distribution charities. Sponsored by area Scouts the principal beneficiaries of the drive include the Milford Food Bank, John Rigley Food Pantry, Cornerstone Food Pantry and Food2Kids. More than 130,000 pounds of food and 5,251 turkeys; and \$43,000 has been raised to help feed those in need.

For questions or further information, you can contact:

Tom Mercaldo | Co-Chairman | Thanks for Giving Food Drive
203-876-2822 office | 203-556-8061 cell | tmercaldo@aquinasconsulting.com

MORE DETAILS WILL BE AVAILABLE AS WE GET CLOSER TO THE EVENT.

Veterans Day Parade 2022

The City of Milford will be hosting their **Veteran's Day Parade on Sunday November 6, 2022, at 2pm.** All units and marchers are asked to assemble at the **Daniel Wasson Field parking lot at 1pm.** 70 West River St Milford Ct 06460

The Milford Concert Band will perform on the Green prior to the Parade

Milford's Veterans Day Events 2022

The City of Milford's Veterans Day Wreath Laying Ceremony will be held on **Friday, November 11, 2022 in front of City Hall at 10:45am.**

Come join us in celebrating all those who served and are serving in the Armed Forces.

If your organization would like to participate, please email **Tom Jackson Chairman VCPC** at



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