

MILFORD FAMILY RESOURCE CENTER

The Early Childhood Times

JUDE LOBDELL, EDITOR

February 2023

Dates to
Remember

February is:



14th. Happy
Valentine's Day



17th. Winter Break
School closed

20th. President's Day
School closed

Celebrate Acts of
Kindness Day
(see page to for some
engaging ideas)

The Milford Family
Resource Center
@Pumpkin Delight
School
24 Art Street
and
Calf Pen Meadow
School
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Milford Family Resource
Center Staff:

Program Coordinator:
Terese Maguire
Parent Educators:
Kathy Aspinwall
Jude Lobdell



During the nation's biggest weekend of football, let's tackle hunger and homelessness!

Help the Beth-El Center continue to assist our neighbors in need by helping us raise \$9,500 for our Souper Bowl 2023 campaign.

The Souper Bowl 2023 campaign is focused on the weekend of Super Bowl Sunday, **February 11-12, 2023**, to raise awareness and collect funds for those in our community who are experiencing hunger and poverty.

Your generous donation directly supports our food and shelter programs that aid individuals and families in crisis.

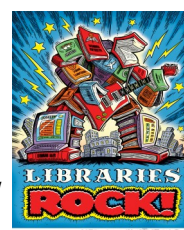
Practice Random Acts of Kindness

Random Acts of Kindness week is Feb. 14—20th and Random Acts of Kindness Day is Feb. 17. How will you mark this day, and take this moment to show children how small acts of kindness can help friends and family members, neighbors and our communities

See page 2 for some ideas from Sparkler — all available within Sparkler's mobile app for families — which families or educators can use this week..



The 12th annual Take Your Child to the Library Day! Come celebrate with the Milford Public Library at this **FREE** event! Al DeCant, the "singing principal" will kick off the day with his Music for Little Superstars musical performance. Decorate a star for our Children's Department window, create a reading rockstar bookmark, take pictures with fun photo props, and enter a raffle to win a kids karaoke microphone! Sign up for a new library card and receive a favor bag to personalize your own card holder.



#BEKIND

SPARK KIDS' LOVE WITH A WEEK OF KINDNESS
RANDOM ACTS OF KINDNESS WEEK (FEB. 13-19)

PLAY WITH BABIES

PLAY WITH TODDLERS

PLAY WITH LITTLES

BE KIND TO FAMILY MEMBERS

Cheek to Cheek

Hold your baby close as you listen to your favorite music together. Just listen to the sounds, or sway and dance.

Let Me Count the Ways!

There are so many reasons to love each other! Make a list of the reasons why, and then count how many lovable traits are on the list! Older children can illustrate their lists, or even turn them into a poem.

BE KIND TO YOUR FRIENDS

Goodnight Everyone!

At bedtime, tell the story of the day. Say "goodnight" to people, places, and pets who were part of the day!

Friendship Cookie

Make your own dough and then use those little finger muscles to shape the dough into a giant cookie to share with friends. Divide it up so everyone can have a piece! Learn about geometry and friendship.

BE KIND TO PETS & TOY ANIMALS

Animal Bath

It's bath time for the toy animals! Put warm, soapy water into the tub and give the toys a bath.

Tweety Snack/Feed the Birds

Bring a cereal snack on a walk to the park. Look for hungry birds, and share some cereal with them. Older children can make their own bird feeders to share a snack with neighborhood birds.

BE KIND WITH FOOD AND DRINKS

Taste Test

Let your baby sniff your food and describe the taste for him or her. If he or she is old enough, share a bite.

Love Salad

Shop for veggies and fruits that are red, pink, purple, and white. Work together to wash, peel, and chop everything up to create your own healthy "love salad."

BE KIND TO YOUR NEIGHBORS

Hello, Neighbor!

Go outside and walk around your neighborhood! Show your child how to wave "hello" to the neighbors.

Hello, Neighbor!

Go outside and walk around your neighborhood! Wave "hello" to neighbors and say "hi." Older children can introduce themselves and ask a few questions to get to know their neighbors.

BE KIND TO YOUR COMMUNITY

Who Needs It?

Look around home for clothes, toys, books, or other household items to donate to someone else. If you have a baby, be a role model — show your baby how you can help others by giving them things you're not using anymore. If you have an older child, he/she can help.

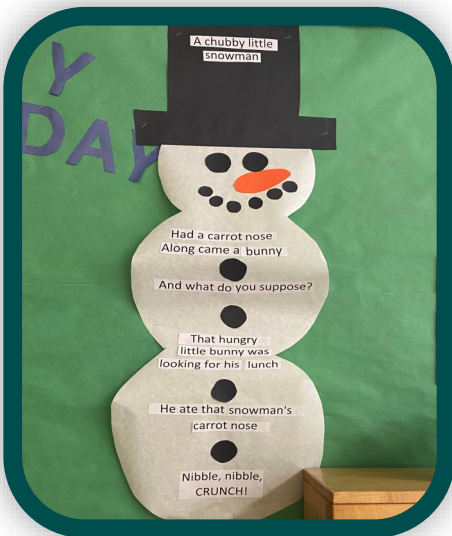
BE KIND BY TAKING CARE OF YOURSELF

Heart Yoga

Relieve your own tension or work with your child to learn an important calm-down skill. Rest heads on hands. Lift your heads, shoulders, and bellies off of the floor by pressing on your hands. Rest on your elbows and aim your hearts at one another. Send love to one another like beams of light shining from your hearts.



Thanks to the Milford Firemen's efforts in gathering and organizing toys, puzzles and games for Toys for Tots, local community organizations, including The Milford Family Resource Center and Community Connection Center were able to help bring a holiday spirit and gifts to Milford families this December!



*Our classroom winter snowman,
by Kathy Aspinwall*



Rick Arruzza is a local author who has written a series of books about the adventures of his rescue dogs, Sparky/Dexter.

You can find his books at:

<http://www.sparkyswalk.com/buybooks.php>

\$1 from the sale of each book goes to Adopt-A-Dog, the agency that rescued Sparky and Dexter from dog pounds in New York City and West Virginia



Community Connection Centers

A Milford Board of Education

Family Resource



About us

The Community Connection Center helps families find resources and provides support to families in need. One to one private consultations are available through email, phone or in person. This service is free to all Milford families with children in the Milford public schools.

Below are common requests from families:

Health care resources

Mental health providers

Heating/cooling

Housing

Food Insecurity

Child care resources

Career and resume support

Parenting resources/lending library

English as a Second Language/Translation support

We can help in many other areas as well...Please reach out to discuss.

Contact Info

SERVING ALL MILFORD ELEMENTARY FAMILIES

COORDINATOR:

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PUMPKIN DELIGHT

JOHN F KENNEDY

MATHEWSON

MEADOWSIDE

CALF PEN MEADOW

LIVE OAKS

ORANGE AVENUE

ORCHARD HILLS

The CCC honors all family inquiries as private and confidential unless parent permission is given or Connecticut mandated reporting.