

MILFORD FAMILY RESOURCE CENTER

The Infant and Toddler Times

JUDY LOBDELL, EDITOR

September 2021

Dates to Remember

September

16th. Yom Kippur
observed. Center closed

21st. Playgroups begin.
(See page 1)

22nd. First day of
Autumn



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
mfrc@milforded.org

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

Playgroups are Resuming!

Greetings from the Milford Family Resource Center at Pumpkin Delight Elementary School, 24 Art Street.

We are planning outdoor playgroups open to all Milford residents starting the week of September 20th at 10:00a.m., weather permitting. It will include free play, an activity, and circle time.

Tuesday	Young Toddlers 1 to 2 years olds
Wednesday	Toddlers 2 -3 years old
Thursday	Toddlers 2 -3 years old
Friday	Preschoolers 3 & 4 year olds.

Let us know if you are interested in attending and what day works best for your family. Masks are required, as well as safe social distancing.

Please respond to us if you plan to attend at mfrc@milforded.org or call us at 203-783-3626 if you need further information.

We look forward to seeing you soon!



Milford Public Schools Community Connection Center (CCC) is a bridge between families and available social services.

This year we are happy to be partnering with the FRC at PDS & Calf Pen to provide more families with resources. One of the two programs that will be offered starting in Sept is a Family Book Club called **Raising Readers**. Parents who enroll in Raising Readers Parent Club meet weekly.

The other program is, **Circle of Security Parenting** which equips parents and caregivers with some basic relationship capacities that help them provide quality relationships with their children.

For information about services and resources, contact Mrs. Williams at 203-882-6094 or email : mwilliams@milforded.org or go to our [CCC Website](#) for many links to different community resources.

*COVID-19 pandemic: Helping young children and parents transition back to school

Many early care and education programs stayed open during the COVID-19 pandemic to provide needed care. But for many families, the pandemic meant keeping their children at home. With more programs and schools opening up for in-person learning, this means more children will be away from home again after a long break. And many babies who were born just before or during the COVID-19 pandemic may have stayed home rather than starting an early care and education program¹. For these children and their parents—including caregivers who have the role of parent—an early care and education program will be a brand new experience.

Transition in a time of physical distancing, masks, and extra stress is extra hard.

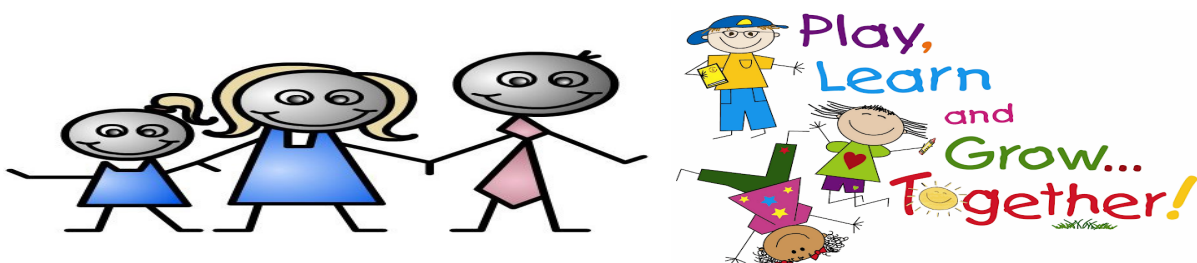
- Children are generally flexible and can adapt, but strategies to protect children's health may make transitions to new situations and new people harder. .
- In addition, the COVID-19 pandemic has increased stress, fear, and worry for many families. Worries about sickness, finances, and isolation, coping with grief from loss, and having less outside help has made parenting more stressful. Many families report increased behavior problems in their children, including anxiety and acting out. Schools can help children and families by promoting social and emotional learning.

And parents can help by;

- Try to stay calm and reassuring during transition—using a calm voice, with a relaxed face and body to let their child know that they wouldn't leave them if the child were not safe and protected.
- Take care of themselves during stressful times so they can be better equipped to take care of others.
- Find resources to learn how to promote resilience and reduce anxiety.
Make sure their child has a daily, predictable routine, with regular times for healthy meals, naps, and night sleep at home. Having a rested body and knowing what to expect at home helps children cope.
- Monitor their child's developmental milestones and learn what to do if there are concerns.

**excerpted from <https://www.cdc.gov/childrensmentalhealth/features/COVID-19-helping-children-transition-back-to-school.html>*

For more information please visit the above website



From Milford Police: Need a car seat installed? Call 203-874-2366 to make an appointment today. The next installation day is September 14, 2021

ADHD and Behavior Problems

“Why are tantrums, outbursts and defiance so common in kids with the disorder?
And how can we help them behave better?”

Caroline Miller

For many children that may have trouble paying attention, behavior often can be a big problem as well. But why do children with ADHD act out? According to Dr. David Anderson, a psychologist and director of the ADHD and Behavior Disorders Center at the Child Mind Institute, “Kids with ADHD are wired to be attracted by things that are outside the bounds of what we want them to be doing, he explains, which leads to conflict with parents [and teachers] from a very young age. “There’s no malicious intent on the part of these young kids,” he adds. “Because of the hyperactive and impulsive symptoms of ADHD, they don’t want to stay in their seat. They want to explore the entire restaurant. They want to run away from you at the park to check something out that looks cool. That can result in pretty stressed out parents pretty quickly.”

So, what to do for a child with ADHD to help them handle their behavior and minimize tantrums and noncompliance? Experts agree that it’s important that the adult in the room remains calm. Yelling may let off some steam for the adult, but it will quickly become ineffective and a kid will learn to ignore it. Likewise, “Dr. Anderson explains, punishment loses its effectiveness. “If kids get punished a lot, punishments stop mattering because, after all, they’re living in a perpetual state of punishment. How much is it really going to matter if they get punished a little bit more?”

But even when medication is used, experts recommend that it be paired with parent training for the best results.

From <https://childmind.org/>

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 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,