



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



COMMUNITY HELPERS TO THE RESCUE!

BY MRS. MELINDA EBERLE

Kids love superheroes. Ordinary people with the desire to help, wearing special uniforms and working to make our world a better place. For young children, some of the most important heroes they'll meet live right in their own communities. They are called Community Helpers and they are people who make our lives easier, every day by keeping our neighborhoods safe, clean, and orderly. Children can be inspired by these helpers who act as role models and often go unseen by the people they serve. Listed below are some Community Helpers you can find in most any community...

- Teachers and Librarians who help us learn new things
- Police Officers, Firefighters, and Emergency Workers who help keep us safe
- Farmers and Chefs who provide us with food
- Doctors, Dentists, and Nurses who help us stay healthy
- Custodians and Garbage Collectors who keep neighborhoods clean
- Road Construction workers and Crossing Guards who help us travel
- Construction Workers, Plumbers, Mail Delivery workers, and Utility Workers who help build and maintain our homes and businesses
- Veterinarians and Game Wardens who care for animals

As a parent or caregiver, make sure to point out Community Helpers when you and your child come in contact with them. This helps children understand that there are important people who help keep our neighborhoods safe, clean, maintained, and cared for.

Identifying these role models may even encourage your child to think about what they may want to be when they grow up and how they can make the world a better place. Everyone can be a helper! Honor these Community Superheros by extending gratitude for all they do and then explore with your child how they can be a helper at home, too!

Tips of the month

By: Mrs. Nebby Sanchez

Why Is Finger Play Important for Kids?

Fingerplay is hand movements coordinated with a song, rhyme, or occasionally a short story. The movements may be gross motor, meaning they involve the entire hand in a large motion such as waving. Or they could be fine, where they involve smaller, more detailed movements of the fingers.

Finger Play Song helps Develop Fine Motor Skills and is critical for kids because it boosts:

- **Oral language skills:** When singing the same songs, sounds, and words, your child is expanding their oral language skills by "working out" their mouth muscles.
- **Imagination:** When a child engages with finger play they have to create images in their mind to accompany the songs.
- **Brain development:** Research tells us that memorizing songs and rhymes promotes healthy brain development.
- **Social skills:** When a child learns finger play at home, they are in a good position to enjoy those same songs and actions in a social setting at preschool or daycare.
- **Engagement:** For children who find it difficult to engage with others, fingerplay is a low-intensity way to interact.
- **Understanding:** New concepts such as colors, shapes, movements, and more can be introduced through finger-play songs in a fun way.

HEALTHY TODDLERS

BY: MS. LILA OCASIO

IN MARCH, WHEN FOCUSING ON TODDLER HEALTH, PRIORITIZE OFFERING A VARIETY OF FRESH FRUITS AND VEGETABLES, ENSURING PROPER HYGIENE PRACTICES LIKE FREQUENT HANDWASHING, PROMOTING REGULAR PHYSICAL ACTIVITY, MAINTAINING A CONSISTENT SLEEP SCHEDULE, AND INVOLVING THE WHOLE FAMILY IN HEALTHY EATING HABITS TO SET A POSITIVE EXAMPLE.

BALANCED DIET:

OFFER A WIDE RANGE OF COLORFUL FRUITS AND VEGETABLES WITH EVERY MEAL.

HYGIENE PRACTICES:

TEACH YOUR TODDLER TO WASH HANDS THOROUGHLY BEFORE EATING AND AFTER USING THE BATHROOM.

PHYSICAL ACTIVITY:

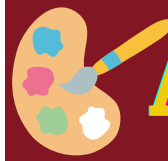
ENCOURAGE ACTIVE PLAY TIME OUTDOORS, LIKE RUNNING, JUMPING, AND PLAYING WITH BALLS.

SLEEP ROUTINE:

ESTABLISH A CONSISTENT BEDTIME ROUTINE WITH CALMING ACTIVITIES.

FAMILY INVOLVEMENT:

MAKE MEALTIMES A FAMILY AFFAIR, EATING HEALTHY FOODS TOGETHER.



Arts and Crafts



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FAMILY ACTIVITIES FOR MARCH 2025

- ST. PATRICK'S DAY WORKSHOP
CLICK HERE FOR MORE INFORMATION!
- WONDERFUL WORLD OF DISNEY
CLICK HERE FOR TICKETS!

