



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



FALL FUN FOR OUR LITTLE LEARNERS!

By: Melinda Eberle

As the leaves begin to change and the air temperature turns cooler, Fall offers a fantastic opportunity for young children to explore and learn. Raking leaves and jumping in the pile, creating leaf rubbings, and decorating pumpkins with various art supplies are great ways to engage preschoolers in seasonal fun while developing fine motor skills and creativity. Sensory activities, such as fall sensory bins with different textures and exploring nature through scavenger hunts, also provide valuable learning experiences. Here are some specific Fall activities for families to enjoy together:

- **Leaf Sensory Bin**
 - Fill a large container with colorful artificial leaves
 - Hide small toys or objects for toddlers to find
 - Encourage sensory exploration and fine motor skills
- **Pumpkin Painting**
 - Provide small pumpkins and washable paints
 - Let toddlers create colorful masterpieces
 - Develops creativity and hand-eye coordination
- **Apple Stamping**
 - Cut apples in half and dip in paint
 - Stamp on paper to create fall-themed art
 - Introduces cause and effect
- **Autumn Scavenger Hunt**
 - Create a list of fall items to find outdoors
 - Go on a nature walk to collect items
 - Encourages observation skills and nature appreciation
- **Leaf Sorting and Counting**
 - Collect various leaves
 - Sort by color, size, or shape
 - Count and graph results
 - Develops math and classification skills
- **Fall-Themed Dramatic Play**
 - Set up a pretend farmer's market or pumpkin patch
 - Provide play fruits, vegetables, and dress-up items
 - Enhances social skills and imagination

Hello autumn



Tips of the month

By: Mrs. Nebby Sanchez

5 Ways to Promote Positive Communication between You and Your Toddler

1. **Use Positive Phrasing:** Try explaining what *to do* instead of what *not to do*.
2. **Praise Positive Behavior:** Kids love attention, so praising them for following directions or playing appropriately will increase those positive behaviors/interactions.
3. **Give Choices:** Toddlers often want to seek control in their environment, and to help them, you can offer them choices throughout the day. Ex. "Would you like to use crayons or markers?"
4. **Prompt Communication:** Encourage your child to use their signs or words when they want or don't want something, instead of whining. Ex. if your child starts whining while reaching for a toy car, say, "I want a car" and provide them with positive reinforcement if they imitate you and give them the car.
5. **Give transition warnings:** When there are changes to your routine or you want to move on to a new task, provide your child with 2 to 1 minute warnings before moving onto a new activity or try using "first and then" language to help them understand what's coming next. Ex. "First, we are going to have lunch, then we will play outside."

STAYING HEALTHY IN FALL! 🍁🍏

By: Lila Ocasio

🍷 HEALTHY HABIT OF THE MONTH: WASH THOSE HANDS!

- After using the bathroom 🚽
- Before eating 🍴
- After playing outside 🌿

Tips: Sing the ABCs while washing to make sure they wash long enough!

🥬 SNACK SPOTLIGHT: CRUNCHY VEGGIE STICKS

- Carrot sticks 🥕
- Red pepper slices
- Apple slices 🍏

Dip idea: Hummus or yogurt makes a tasty and healthy dips!

🏃 MOVE & GROOVE: FALL FUN ACTIVITIES KEEP LITTLE BODIES MOVING WITH:

- Leaf jumping 🍂
- Nature walks 🍁
- Pumpkin rolling races 🎃

🛌 HEALTHY SLEEP REMINDER AS THE DAYS GET SHORTER, REMEMBER:

- Stick to a bedtime routine 🛏
- Keep screens off before bed 📵
- Make the room cozy and calm 😴

PRESCHOOLERS NEED ABOUT 10-13 HOURS OF SLEEP EACH NIGHT!

🎨 Arts and Crafts



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FAMILY ACTIVITIES FOR OCTOBER 2025

- [PUMPKIN AND APPLE PICKING](#)
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- [HALLOWEEN FUN AT LAKE COMPOUNCE](#)
[CLICK HERE FOR TICKETS!](#)
- [CT FALL GUIDE](#)
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