



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



WINTER Clothing

Keeping Children Safe and Shielded from Cold Temperatures

By: Melinda Eberle

As December arrives and winter temperatures begin to drop, we want to ensure all our children stay warm, healthy, and ready to learn! This month's newsletter focuses on the importance of proper winter clothing and how we can work together to keep our children safe during the colder months. As parents and caregivers, our children's safety, health, and well-being are always our top priority. Proper winter clothing serves several critical purposes:

Temperature Regulation & Health

- Helps maintain healthy body temperature
- Supports a strong immune system
- Reduces susceptibility to winter illnesses

Preventing Hypothermia

- Protects against dangerous drops in body temperature
- Ensures children can safely enjoy outdoor activities
- Maintains proper circulation in extremities

Overall Well-being

- Promotes comfort and security
- Allows children to focus on learning rather than being cold
- Encourages active participation in outdoor play

Don't Forget the Extremities! Your child's head, hands, and feet lose heat the fastest, so please ensure they have:

- Warm hats or winter caps
- Mittens or insulated gloves
- Thick, warm socks
- Waterproof boots for snowy days



Tips of the month

By: Mrs. Nebby Sanchez

Fine Motor Skills

Using Play-Doh helps to strengthen the muscles in their hands and fingers, which will lead them to have a mature grasp of using writing utensils to print letters, draw pictures, use scissors to cut, put toys that link together to create objects, stack things/objects, and be able to feed themselves and get dressed.

Using Play-Doh helps strengthen the muscles in a child's hands and fingers, leading to a mature grasp. This grasp will help a child better use writing utensils to print letters, draw pictures, use scissors to cut, attach toys that link together to create objects, stack things/objects, feed themselves, and get dressed.

Practice at home

Play-Doh; Have your child squeeze, knead, and roll it. Try different cookie cutters to make recognizable shapes and to make letters.



TIPS TO KEEP YOUR CHILD HEALTHY THIS WINTER

BY: LILA OCASIO

- INCORPORATE IMMUNE BOOSTING FOODS THAT ARE HIGH IN VITAMIN C. EXAMPLES INCLUDE; LEMONS, LIMES, GRAPEFRUITS, RED PEPPERS AND SPINACH.
- ENFORCE BEDTIME AS THIS HELPS THEM GET PROPER SLEEP AND FIGHT OFF ANY VIRUSES.
- PRACTICE HANDWASHING AS OUR LITTLE ONES ARE ALWAYS TOUCHING AND SHARING THINGS. SING HAPPY BIRTHDAY WHILE DOING SO FOR THE PROPER TIME.
- LIMIT SUGAR AS IT CAN HAVE AN EFFECT ON YOUR LITTLE IMMUNE SYSTEM.
- CHANGE CLOTHES ONCE HOME AS THIS IS A GOOD HABIT TO STOP THE FLOW OF GERMS IN YOUR HOUSEHOLD.
- STAY UP TO DATE ON VACCINATIONS TO HELP YOUR LITTLE ONES STAY HEALTHY

THIS WINTER.



Arts and Crafts



STAFF CORNER

CHAMBERLAIN ELEMENTARY SCHOOL FRC
120 NEWINGTON AVE. NEW BRITAIN 06051

LILA OCASIO, FSL (860) 832-5691
OCASIO@CSDNB.ORG

NEBBY SÁNCHEZ, FSL 860-860-225-8647
SANCHEZN@CSDNB.ORG

JEFFERSON ELEMENTARY SCHOOL FRC
140 HORSEPLAIN RD. NEW BRITAIN 06053

MARSHA MICHAUD, FSL 860-224-3193
MICHAUMA@CSDNB.ORG

NEBBY SÁNCHEZ, FSL 860-225-8647
SANCHEZN@CSDNB.ORG

SMITH ELEMENTARY SCHOOL FRC
142 RUTHERFORD ST. NEW BRITAIN 06051

MELINDA EBERLE, FSL 860-223-8819
EBERLE@CSDNB.ORG

NEBBY SÁNCHEZ, FSL 860-225-8647
SANCHEZN@CSDNB.ORG

FAMILY ACTIVITIES FOR DECEMBER 2025

- WINTERFEST ICESKATING
HARTFORD [CLICK HERE FOR MORE INFORMATION!](#)
- HOLIDAY LIGHTS AT LAKE
COMPOUNCE [CLICK HERE FOR TICKETS!](#)
- WINTER LANTERN FESTIVAL
[CLICK HERE FOR MORE INFORMATION!](#)

