



NEW BRITAIN FAMILY RESOURCE CENTER



The latest news and updates



Young Children & the Importance of Shape Exploration

By Melinda Eberle

I'm excited to share with you the wonderful world of shapes and how they play a crucial role in your child's development. Understanding shapes is one of the foundational building blocks for early learning, and there are so many fun ways we can explore them together both at school and at home. Shapes are everywhere around us, and learning to recognize and understand them helps children develop several important skills:

- **Visual Discrimination:** Identifying differences and similarities between objects
- **Mathematical Thinking:** Building early geometry concepts and spatial reasoning
- **Language Development:** Expanding vocabulary with descriptive words
- **Problem-Solving Skills:** Understanding how shapes fit together and relate to each other
- **Fine Motor Skills:** Drawing, tracing, and manipulating shape-based activities

Exciting ways your child can discover shapes in their everyday environment:

- **Shape Hunts:** Walk around your home looking for circles (clocks, plates), squares (windows, picture frames), triangles (roof peaks, pizza slices), and rectangles (doors, books)
- **Kitchen Shapes:** Notice the round pancakes, square crackers, triangular sandwiches, and rectangular cereal boxes
- **Nature Shapes:** Find circular flowers, triangular leaves, and rectangular tree trunks during outdoor walks
- **Building Shapes:** Point out rectangular buildings, triangular roofs, and circular windows
- **Transportation Shapes:** Observe round wheels, rectangular truck beds, and triangular yield signs
- **Playground Geometry:** Explore circular swings, square sandbox borders, and triangular climbing structures

Tips of the month

Fun Shape Activities to Try

- **Shape Collages:** Cut out shapes from magazines and create pictures
- **Shape Stamping:** Use household items like cups (circles) and blocks (squares) for painting
- **Play Dough Shapes:** Roll, cut, and mold different geometric forms
- **Shape Dancing:** Move your body to make different shapes
- **Shape Sorting Games:** Group toys and objects by their shapes
- **Shape Building:** Use blocks, LEGO®, or magnetic tiles to construct shape patterns

REMEMBER, LEARNING ABOUT SHAPES SHOULD BE JOYFUL AND NATURAL! EVERY MOMENT IS AN OPPORTUNITY TO EXPLORE THE GEOMETRIC WORLD AROUND US.



HEALTHY HABITS FOR GROWING KIDS

BY: MS. MARSHA MICHAUD

As your child grows, the small routines you build today help set the foundation for a lifetime of good health. Encourage plenty of active play, offer colorful fruits and vegetables at meals, and keep a consistent sleep schedule to support your child's development. Daily routines—like washing hands, brushing teeth, and limiting screen time—teach healthy habits that stick. Most importantly, make time to connect with your child each day. Feeling safe, loved, and supported is just as essential as nutrition and exercise.

The start of the new year is a great time to focus on improving you and your child's health. Prioritize healthy eating, stay active, manage stress, and prioritize sleep. Establishing a regular routine is beneficial to you and your child.

Stay hydrated: Drink plenty of water throughout the day.

Eat Healthy: Add fruits and veggies to you and your child's plate. Making the plate colorful can help with picky eaters.

Staying active: Find activities you and your child can enjoy together.

Freeze Dance, going for a walk, or deep breathing. Aim for at least 30 minutes of physical activity each day.

Prioritizing Sleep: Create a relaxing bedtime routine and stick with the same schedule every night. Consistency is key!



Arts and Crafts



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