



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



HEALTHY COMMUNITIES, HEALTHY KIDS!

By Melinda Eberle

This month, we're excited to share how our amazing community helpers work together to keep us all healthy, safe, and thriving. Just like superheroes, our community is filled with everyday heroes who work tirelessly to maintain our health and well-being. These special people wear uniforms, use important tools, and dedicate their lives to making our world a better, healthier place.

Our Health and Safety Champions Include:

Healthcare Heroes:

- Doctors, nurses, and dentists who help us stay healthy and treat us when we're sick
- Pharmacists who provide important medicines
- Emergency medical workers who respond quickly when help is needed

Safety Guardians:

- Police officers and firefighters who protect our community
- Crossing guards who keep us safe on our way to school
- School nurses who care for us during the school day

Nutrition Providers:

- Farmers who grow fresh, healthy foods
- School cafeteria workers who prepare nutritious meals
- Grocery store workers who make sure we have access to good food

Clean Environment Keepers:

- Custodians who keep our schools and buildings clean
- Garbage collectors who remove waste to prevent illness
- Water treatment workers who ensure we have clean drinking water

Tips of the month

By: Mrs. Nebby Sanchez

Why Is Finger Play Important for Kids?

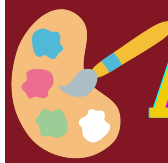
Fingerplay is hand movements coordinated with a song, rhyme, or occasionally a short story. The movements may be gross motor, meaning they involve the entire hand in a large motion such as waving. Or they could be fine, where they involve smaller, more detailed movements of the fingers.

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



Arts and Crafts

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.



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 MARCH 2026

- ST. PATRICK'S DAY WORKSHOP
CLICK HERE FOR MORE INFORMATION!
- ST. PATRICK'S DAY FAMILY EVENT FOR TODDLERS & PRESCHOOLERS
CLICK HERE FOR TICKETS!
- FROZEN: THE MUSICAL AT NEW BRITAIN HIGH SCHOOL
Click here For more information!

