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NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



HELLO FAMILIES AND WELCOME!

By Mrs. Nebby Sánchez

Welcome back, and welcome to all our new families joining our "Play and Learn Groups"!

The Family Resource Center staff are so happy and delighted to see all of our returning families and all of the new faces joining us this school year. We hope you had a wonderful summer filled with sunshine, trips to the beach, visits to parks and zoos, and lots of fun family adventures. We cannot wait to hear about all the wonderful things you learned and experienced over the summer break!

We hope you are ready for a wonderful school year filled with learning, playing, exploring, and making new friends!

This year, we are gearing up to offer new adventures filled with cognitive play and hands-on learning experiences for your children. Our goal is to help prepare our little learners for preschool while having fun along the way! During our Play and Learn Groups, we will work on: Numbers, counting, Letters and early literacy, geometric shapes and colors. Social and emotional skills, fine and gross motor skills, cognitive and problem-solving skills. Socialization and learning through play. In the meantime, the FRC site at Smith School will be under construction, so our "Play and Learn Groups" will be held at the Chamberlain FRC Site. We look forward to continuing to provide a fun and welcoming space for children and families while the work at Smith School is underway.

As the leaves begin to change and the weather becomes cooler, October gives us many opportunities for learning through play! Together, we will have fun counting apples and pumpkins, identifying colors, exploring the changing leaves, and discovering shapes in the world around us. We encourage you to take a walk with your child and look for different colors, shapes, and things you see in nature. Remember, learning happens everywhere!

Hello
autumn



Tips of the month

By: Mrs. Nebby Sanchez

🍎 **Learning Through Play**
October is a wonderful time for children to explore, ask questions, and learn about the world around them. Try some of these simple activities at home:

- 🍁 **Leaf Hunt:** Take a walk together and collect leaves of different colors, shapes, and sizes.
- 🎃 **Pumpkin Learning:** Count pumpkin seeds, compare pumpkin sizes, or talk about shapes and colors.
- 📖 **Read Together:** Choose a fall-themed book and ask your child questions about the story.
- 🔍 **Nature Explorer:** Look for birds, insects, acorns, and other signs of fall.
- 🎨 **Fall Art:** Create a collage using leaves, paper, crayons, or other materials you have at home.

Most importantly, talk, play, read, and spend time together. These everyday moments help children build language, confidence, and social skills.

WELLNESS VISITS AND PEDIATRIC VACCINATIONS!

By: Mrs. Nebby Sánchez

As schools and daycares begin to reopen learning and care, it is especially important for parents of young children to work with their child's pediatrician to make sure they get caught up on missed wellness visits and vaccinations. Wellness visits and pediatric vaccinations are essential to ensure that children stay healthy and are protected from preventable illnesses.

Wellness visits with your child's pediatrician are important for several reasons. Most notably they are used to track your child's growth and developmental milestones. These visits can also provide you with an opportunity to discuss any concerns you may have regarding your child's health or development. Pediatric wellness visits should occur each year, usually around your child's birthday. If your child is due for a wellness visit, call their pediatrician's office as soon as possible to schedule an appointment! For more information on pediatric vaccination, please visit or reach out to New Britain's Community Health Center to schedule an appointment with providers nearby.
<https://www.chc1.com/locations/new-britain/>.

As a trusted partner, CSDNB offers medical services on-site at several of our school locations to any enrolled CSDNB students and their families. Appointments can be made directly with the school they are located in and include; New Britain High School, Smalley Elementary, and Roosevelt Early Learning School.  BEE HEALTHY! 

Arts and Crafts

LEARNING, GROWING & HAVING FUN TOGETHER!

1. Make Learning Fun

Children learn best when they are having fun! Look for opportunities to practice numbers, letters, colors, and shapes during everyday activities.

Try this: Count apples while grocery shopping, look for shapes around your home, or practice recognizing letters on signs.

2. Read Together Every Day

Set aside a few minutes each day to read with your child. Let your child choose a book and talk about the pictures and characters.

Ask: "What do you think will happen next?"

3. Explore the Outdoors

Fall is a wonderful time to explore nature together. Take a walk and talk about the changing leaves, weather, trees, and animals you see.

Try this: Ask your child to find three different-colored leaves.

4. Practice Counting

Use pumpkins, leaves, toys, or snacks to practice counting.

Try this: "Can you count how many pumpkins we see?" Encourage your child to touch each object as they count.

5. Build Social-Emotional Skills

Help your child identify and talk about their feelings.

Try saying: "I see that you are feeling frustrated. Can you tell me what happened?"

Teaching children that all feelings are okay helps them learn how to express themselves in healthy ways.

6. Strengthen Little Hands

Fine-motor activities help prepare children for writing and other preschool skills.

Try this: Let your child color, draw, use playdough, build with blocks, or practice using child-safe scissors.

7. Talk, Talk, Talk!

Every conversation is an opportunity to build your child's vocabulary.

Ask open-ended questions such as:

"What did you do today?" "Why do you think the leaves are changing?" "What was your favorite part of Play and Learn?"

"What would you like to do tomorrow?"

Spend 15 minutes each day playing, reading, talking, or exploring with your child—without phones or distractions. "Play together. Learn together. Grow together!" 

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FAMILY ACTIVITIES FOR OCTOBER 2026

- PUMPKIN AND APPLE PICKING CLICK HERE FOR MORE INFORMATION!
- HALLOWEEN FUN AT LAKE COMPOUNCE CLICK HERE FOR TICKETS!
- CT FALL GUIDE CLICK HERE FOR MORE INFORMATION!
- TERRIFIC TOTS - NEW BRITAIN PUBLIC LIBRARY- MONDAY @ 10 AM

THE FAMILY RESOURCE CENTER IS HERE TO SUPPORT CHILDREN AND FAMILIES THROUGHOUT THE SCHOOL YEAR. WE ENCOURAGE YOU TO TAKE ADVANTAGE OF THE RESOURCES, ACTIVITIES, FAMILY SUPPORTS, AND OPPORTUNITIES TO CONNECT THAT ARE AVAILABLE TO YOU.