



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



Vegetable Gardens For Picky Eaters

By: Ms. Nebby Sanchez

Starting a small vegetable garden can be just the exciting "push" that encourages picky eaters to try and eat those healthy foods. Things such as cucumbers, beans, carrots, lettuce, and spinach are all plants that will yield more than one crop per season and are beginner-friendly!

The big key for this to be effective is to get your child involved! From germination, to planting, to harvest; get them involved in every step and they will be all the more interested in eating the final product!

This Garden activity inspires creativity, allows children to practice their fine motor skills, and introduces or brings awareness to children on the seasons changing around them and taking care of a Vegetable garden. Dirt, seeds, plants, water, air, sunlight, cleaning and picking up the vegetables.

- Promote new Language, conversation skills, and new vocabulary words to identify vegetables.
- Try again: Wait a couple of days before offering the food again. It can take more than 10 times before your toddler might like it.
- Ask your child: Have you seen any flowers bloom yet? Have you noticed more leaves on the trees and bushes? Does the sun stay out for more or less time? What do we call this vegetable and what shape and color is it?

Hello Families

By: Ms. Marsha Michaud

WARMER WEATHER IS QUICKLY APPROACHING, IT'S A GREAT TIME TO GET OUTSIDE AND HAVE SOME FUN UNDER THE SUN! WITH SPRINGTIME COMES A RENEWED SENSE OF FOCUS, A RENEWED JOY, AND THE PROMISE OF SUNSHINE AND LAUGHTER.

I WOULD LIKE TO THANK ALL NEW BRITAIN FAMILIES WHO HAVE BEEN JOINING THE CSDNB PLAY & LEARN GROUPS. IT'S SUCH A GREAT OPPORTUNITY FOR YOU AND YOUR CHILD TO BE IN A SOCIAL SETTING. PLAY IS CRUCIAL AND ONE OF THE MAIN WAYS THAT CHILDREN REALLY CONSOLIDATE THEIR LEARNING. PLAY IMPROVES CHILDREN'S COGNITIVE, PHYSICAL, SOCIAL, AND EMOTIONAL WELL-BEING. DURING OUR PLAYGROUPS, CHILDREN GET TO INTERACT WITH PEERS FROM DIVERSE BACKGROUNDS. EXPOSURE TO DIFFERENT PERSONALITIES AND CULTURES AT AN EARLY AGE FOSTERS OPEN-MINDEDNESS AND ACCEPTANCE. IT SETS THE STAGE FOR RESPECTING DIVERSITY AS THEY GROW.

I HOPE YOU ENJOYED BROWSING THIS NEWSLETTER. AS ALWAYS, PLEASE DO NOT HESITATE TO REACH OUT TO ONE OF OUR FRC STAFF REGARDING ANY QUESTIONS OR CONCERNS.

Move It, Move It!

By: Ms. Emily Sirois

WITH THE WEATHER FINALLY GETTING WARMER, YOUNG CHILDREN SHOULD NOT BE INACTIVE FOR LONG PERIODS OF TIME. TODDLERS SHOULD GET AT LEAST ONE HOUR OF PHYSICAL ACTIVITY AND THE RECOMMENDATION FOR PRESCHOOLERS IS TO DOUBLE THAT AMOUNT OF TIME. THIS SHOULD INCLUDE PLANNED, ADULT-LED PHYSICAL ACTIVITY AS WELL AS UNSTRUCTURED FREE PLAY. IN ADDITION, LIMITING THE AMOUNT OF TIME YOUR CHILD SPENDS IN FRONT OF A SCREEN IS IMPORTANT. THIS INCLUDES TV, TABLETS, SMARTPHONES, AND COMPUTERS.

WHILE EVERYONE CAN BENEFIT FROM EXERCISE, ACTIVE CHILDREN WILL HAVE STRONGER MUSCLES AND BONES, BE LESS AT RISK FOR BEING OVERWEIGHT, AND HAVE A REDUCED CHANCE OF GETTING TYPE 2 DIABETES. EXERCISE CAN ALSO WORK WONDERS FOR CREATING A CONSISTENT SLEEP SCHEDULE. EXERCISE AND PHYSICAL ACTIVITY ARE GREAT OUTLETS FOR REDUCING STRESS AND ARE ENCOURAGED AS HEALTHY OUTLETS DURING TIMES OF ANXIETY AND DEPRESSION FOR ADULTS.

SOME GREAT STRATEGIES THAT WE RECOMMEND TRYING AT HOME ARE CREATING AN OBSTACLE COURSE IN YOUR BACKYARD OR LOCAL PARK FROM ITEMS THAT YOU HAVE AT HOME. IN THE WARMER MONTHS, SET UP THE SPRINKLER OUTSIDE AND LET YOUR KIDS RUN THROUGH IT. USE SIDEWALK CHALK TO CREATE SHAPES SO THAT YOUR CHILD CAN JUMP FROM ONE TO THE OTHER. TURN ON YOUR FAVORITE TUNES AND HAVE A SILLY DANCE PARTY AROUND YOUR HOUSE. WHATEVER ACTIVITIES YOU DECIDE TO DO, WE ENCOURAGE YOU TO DO IT ALONGSIDE YOUR CHILD. AFTER ALL, YOU ARE THEIR FIRST TEACHER AND THE LESSONS THAT THEY LEARN FROM YOU ARE GOING TO GUIDE THEIR PATH FORWARD, SO WHY NOT BE HEALTHY TOGETHER?



Crafts & Fun



STAFF CORNER

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

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

SMITH ELEMENTARY SCHOOL FRC
142 RUTHERFORD ST. NEW BRITAIN 06051
EMILY SIROIS, FSL 860-223-8819
SIROISE@CSDNB.ORG
NEBBY SÁNCHEZ, FSL 860-225-8647
SANCHEZN@CSDNB.ORG



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