



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



Summer

It has been yet another fantastic year with the New Britain FRC. We have enjoyed spending each week with your children learning, playing and reaching new milestones. This summer we want you to have fun and enjoy all the outdoors have to offer. In the midst of that, remember how important your child's nutrition is, especially with the warm weather.

Each day it is important your child has a balanced diet with breakfast, lunch, dinner and healthy snacks. Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Avoid foods and beverages with added sugars and choose those with lower sodium.

With the hot weather, it is super important to keep your little ones hydrated. Did you know the only beverages your toddler needs are water, milk, and, if available, breastmilk? Avoid drinks with added sugars like soda, flavored milks, juice drinks, and sports drinks.

As always thank you for reading and taking all of our tips and tricks with you along your parenting journey. We wish you the best fun filled summer.

What are the safest swimsuit colors?

By: Mrs. Nebby Sánchez

The weather is getting warmer, and we are starting to see colorful cute children's swimsuits fill the stores. It's easy to see various designs and want to choose the most aesthetically pleasing pick, however, the color of your child's swimsuit is something that can potentially save their life. Yellow, neon green and orange are the most visible under the water, no matter the location. To help avoid accidents and injuries this summer when kids are near any swimming pool: Never leave a child unattended in or near water. Stay close and keep your eyes on them at all times. Stay free of distractions like cell phone use. Teach children how to swim. Be smart, be safe, and enjoy the summer!

<https://www.akronchildrens.org/inside/2022/05/27/what-are-the-safest-swimsuit-colors/>

June Health

By: Ms. Emily Sirois

Here are some of the ways that playing outside during the summer has a positive effect on kids:

SUNSHINE:

It helps make vitamin D which plays an important role in bone development and keeping your immune system strong.

Exercise:

Young children should be active for an hour every day and playing outside is a great way to reach that goal!

Executive function:

This includes skills that help us prioritize, troubleshoot, negotiate and multitask. Alone time outside with other children making up games, figuring things out and entertaining themselves outside will give your child ample opportunities to practice.

Taking Risks:

As parents and guardians, risk-taking behaviors can be anxiety provoking. But if we keep our kids in a bubble and never allow for risk-taking, our children will never know what they can do themselves and may end up lacking the confidence and bravery needed to take other risks. Yes, there may be injuries and embarrassment. That doesn't mean kids shouldn't try! The lessons learned from taking risks are just as important as those learned from success.

Socialization:

Children need to learn how to work together. They need to make new friends, how to share, cooperate and especially how to treat others.

So let's think about getting back to doing what our parents did with us over the summer months. Get your kids outside and feel free to join them! Whatever age you are, wherever your interests lie, there are no negatives with nature in the summertime!



Crafts & Fun



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