



# NEW BRITAIN FAMILY RESOURCE CENTER

*The latest news and updates*



## Community Helpers

By: Ms. Lila Ocasio

Happy March FRC Families! Who serves us on a daily basis in our communities? Who helps protect us, feed us, and teach us? From firefighters to police officers, to dentists and teachers, it's important to remind our children to show honor and respect to the hometown heroes who epitomize community service.

Encourage your children to engage in dramatic play and dress up as their favorite community helpers. Teach them about the different roles and importance of these careers. Read a book about a dentist or a hairdresser. Below are a number of teachable books on all the fantastic community helpers that help our world go round.

1. A Day in the Life of a Dentist (Community Helpers at Work) By: Heather Adamson.

2. Walter the Baker By: Eric Carle

3. Firefighters A to Z By: Chris L. Demarest



## TIPS OF THE MONTH

By: Ms. Nebby Sanchez

HAPPY READING!

HERE ARE SOME HELPFUL TIPS TO ENSURE YOU ARE READING AS OFTEN AS POSSIBLE.

- KEEP BOOKS EVERYWHERE YOU SPEND TIME. PUT THEM IN THE CAR, IN EVERY ROOM OF THE HOUSE, AND TUCK THEM IN BACKPACKS AND PURSES. MAKE THEM EASILY ACCESSIBLE.
- VISIT THE LIBRARY OFTEN. KNOWING HOW TO USE THE LIBRARY AND LEARNING THE BENEFITS OF A LIBRARY FOSTERS A LOVE OF READING AS WELL AS GENUINE RESPECT FOR THE SERVICES LIBRARIES PROVIDE.
- OUR NEW BRITAIN PUBLIC LIBRARY WWW.NBPL.INFO IS ALSO A GREAT RESOURCE FOR TONS OF VIRTUAL EXPERIENCES; INCLUDING CT MUSEUMS, TIME FOR TOTS: STORIES, SONGS AND FINGERPLAYS, CHILDREN'S: SUPER KIDS - STORYTIME WITH MISS JOANN FOR CHILDREN AGES 3-5, AND AQUARIUMS.
- GET CAUGHT READING. CHILDREN IMITATE WHAT THEY SEE THE ADULTS AROUND THEM DO. WHETHER THEY SEE YOU READ A MAGAZINE, NEWSPAPER, OR NOVEL, LET THEM KNOW READING IS THE COOL THING TO DO.
- READ TO YOUR CHILDREN. NO MATTER THEIR AGE, READING ALOUD STRENGTHENS THEIR VOCABULARY AND LANGUAGE SKILLS. IT ALSO OPENS UP OPPORTUNITIES FOR DISCUSSION.
- HAVE YOUR CHILDREN READ TO YOU, TOO. YOU NEVER KNOW WHAT YOU MIGHT LEARN!



# Winter Illness Misconceptions

By: Ms. Emily Sirois

DID YOU KNOW THAT BEING EXPOSED TO COLD WEATHER IN GENERAL DOES NOT CAUSE ILLNESS? IT IS YOUR CHILD'S EXPOSURE (OR CONTACT) WITH VIRUSES THAT CAUSE FLU, COLD AND OTHER ILLNESSES. FREQUENT HAND WASHING IS A GREAT WAY TO PRACTICE HYGIENE SKILLS WITH YOUR CHILD AND IS PROVEN EFFECTIVE IN REDUCING ILLNESS. HOWEVER, TO PROTECT YOUR CHILD FURTHER, CONSIDER TAKING THEM TO THEIR PEDIATRICIAN OR A LOCAL WALK-IN CLINIC SO THAT THEY MAY RECEIVE A FLU VACCINE AT LITTLE TO NO COST. THERE IS PLENTY OF INFORMATION AVAILABLE THAT SHOWS THE SAFETY OF RECEIVING THE FLU VACCINE. HOWEVER, ONE COMMON MISCONCEPTION STILL LINGERS AND HAS MANY PARENTS WONDERING IF THE VACCINE WILL GIVE THEIR CHILD THE FLU. THE SHORT ANSWER IS NO, THE INJECTABLE FLU VACCINE IS AN INACTIVE (KILLED) VIRUS. THIS MEANS THAT YOUR CHILD WILL NOT GET THE FLU AFTER RECEIVING THE SHOT! THERE IS STILL PLENTY OF TIME TO PROTECT YOUR FAMILY FROM THE FLU AND THE FLU VACCINE IS THE BEST PROTECTION THAT MEDICINE AND SCIENCE CAN OFFER. FREE FLU VACCINES ARE AVAILABLE AT MOST MAJOR PHARMACIES AND CAN ALSO BE OBTAINED FROM THE COMMUNITY HEALTH CENTERS OF NEW BRITAIN. YOU CAN VISIT THEM ONLINE AT [HTTPS://WWW.CHC1.COM/LOCATIONS/NEW-BRITAIN](https://www.chc1.com/locations/new-britain) OR BY CALLING 860-224-3642 FOR MORE INFORMATION.



# Crafts & Fun



THIS MONTH WE ALSO CELEBRATE DR. SEUSS DAY AND ST. PATRICK'S DAY!

## 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

## TOP CT FAMILY ACTIVITIES FOR MARCH 2024'



- ANNUAL GREATER HARTFORD ST. PATRICK'S DAY PARADE [CLICK HERE](#) FOR MORE INFORMATION!
- MAPLE SUGARING AND PANCAKE BREAKFAST [CLICK HERE](#) FOR MORE INFORMATION!
- LEPRECHAUN BASH AT LYMAN'S [CLICK HERE](#) FOR MORE INFORMATION!

