

Family Resource Center newsletter

January/February 2020

CREATING A PARTNERSHIP BETWEEN THE SCHOOL, FAMILY AND COMMUNITY.



IMPORTANT DATES:

January:

- 3 Drop In Playgroup
- 6 Grandparents Support Group
- 10 Story Time At Barnes & Noble
- 17 Fitness Friday At My Gym
- 25 Dad's Home Depot Event
- 31 Learning About The Library

February:

- 3 Grandparents Support Group
- 7 Buona Vita Pizza Event
- 14 Valentine Sensory Party
- 21 Fine Motor Friday Workshop
- 28 Tot Tasters At ShopRite

FRC Closed:

- 01/1: New Year's Day
- 1/20: Martin Luther King Jr. Day
- 2/17: Presidents Day



Enfield Family Resource Centers

Henry Barnard School

27 Shaker Road
Enfield, CT 06082
860-253-5144
Monday - Friday
8:30am to 4:30pm

Stowe Early Learning Center

117 Post Office Road
Enfield, CT 06082
860-253-6580
Monday - Friday
8:00am to 4:00pm

www.enfield-ct.gov/frc

*Support for this work is provided in part by the LEGO® Community Fund U.S.

English:

Interpretation services now available for families in many languages

Spanish:

Los servicios de interpretación ahora están disponibles en muchos idiomas para las familias.

Arabic:

خدمات الترجمة الشفوية متوفرة الآن للأسر، في العديد من اللغات



We are on Facebook! Like "Enfield Family Resource Center" for more information, articles and events!



SUPPORT GROUP

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Monday, January 6th & February 3rd
5:30pm - 7:00pm

Stowe Early Learning Center FRC
117 Post Office Road, Enfield

To Register: Call 860-253-5214 or email Heather Benyak: hbenyak@enfield.org

Are you a grandparent raising grandchildren or other relative children? This monthly group offers a chance to learn about the resources available while gaining strength from each other. *Thanks to a new grant from the North Central Area Agency on Aging, children who attend will have the chance to participate in guided discussions with FRC staff about their experiences being raised by their grandparents.*

PLAYGROUPS

LEARNING THROUGH PLAYGROUPS FOR ENFIELD FAMILIES

Henry Barnard School

27 Shaker Road

Mondays

1:45pm to 2:45pm

Wednesdays

9:15am to 10:15am OR
10:45am to 11:45am



Stowe Early Learning Center

117 Post Office Road

Tuesdays

9:15am to 10:15am OR
11:00am to 12:00pm

Wednesdays

1:30-2:30pm

Thursdays

9:15am to 10:15am OR
11:00am to 12:00pm



Come and join us for songs, stories, play and activities. This is an interactive and educational playgroup for Moms, Dads, Grandparents, caregivers and their children. Bring your children ages birth to five. **You must register to attend.**

For more information on our playgroups, please contact:

Henry Barnard School:

Lisa Carriere at 860-253-4769 or
Email: lcarriere@enfield.org

Stowe Early Learning Center:

Erin Grimes at 860-253-6580 or
Email: egrimes@enfield.org

JANUARY BIRTH-5 EVENTS

DROP IN PLAYGROUP

Friday, January 3rd
10:00am to 11:30am

Stowe Family Resource Center



Feeling cooped up after the long winter break? Join us for a longer playgroup filled with lots of playtime, activities, songs and stories!

STORY TIME AT BARNES & NOBLE

Friday, January 10th

10:30am to 11:15am

Barnes & Noble of Enfield



Meet us at Barnes & Noble with Ms. Sue for story time, a craft and also a snack to go! All families will be entered into a drawing for a prize!

FITNESS FRIDAY

Friday, January 17th

Snow date: Friday, January 24th

11:15am to 12:00pm

My Gym In Enfield



Get up and get moving! Join us at My Gym in Enfield for a fun morning with lots of gross motor activities! Come ready to run, jump and tumble with friends!

DAD'S HOME DEPOT EVENT

Saturday, January 25th

10:00am to 11:00am

Home Depot, 136 Elm St.



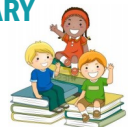
Dads, come on down to The Home Depot of Enfield where you will have a chance to make and take a special project with your child.

LEARNING ABOUT THE LIBRARY

Friday, January 31st

10:00am to 11:00am

Stowe Family Resource Center



Celebrate 'Bring your child to the Library Day' a day early this year! Come for a playgroup at the FRC and at the end Kristin Raiche from The Enfield Public Library will be reading us stories and sharing information about upcoming library events!

Space is limited and you must be an FRC Member to register for each event.

**** Please contact Erin Grimes to register for all events!
You may email egrimes@enfield.org
or call 860-253-6580****



FEBRUARY BIRTH-5 EVENTS

BUONA VITA FIELDTRIP

Friday, February 7th
10:00am to 11:00am

Buona Vita Restaurant, 284 N. Maple Street
Calling all pizza lovers! Sauce, cheese, and dough. What a fun mess! Come get your hands a little messy and make your own yummy pizza with us at one of our locally owned restaurants for National Pizza Day!



VALENTINE SENSORY PARTY

Friday, February 14th
10:00am to 11:00am

Stowe Family Resource Center

Join us for a morning of sensory fun! Come experiment with an assortment of textures, sounds, tastes, smells and sights all around the theme for Valentine's Day!



FINE MOTOR FRIDAY WORKSHOP

Friday, February 21st
10:00am to 11:00am

Stowe Family Resource Center

Parents/caregivers, join us for an interactive workshop where you will learn ways to help improve your child's fine motor skills. We will provide materials for you to make your very own "fine motor kit" to take home to use with your child.

*Children are welcome to come and play while parents are making their kits!



TOT TASTERS AT SHOPRITE

Friday, February 28th
10:00am to 10:30am OR
10:45am to 11:15am

ShopRite of Enfield, 40 Hazard Ave

Kids, bring your appetites and willingness to try new foods in different ways! ShopRite's Dietician Michelle Mattia will allow you an opportunity to check out a sensory station, create a craft and sample food in different forms!



Space is limited and you must be an FRC Member to register for each event.

*** Please contact Erin Grimes to register for all events! You may email egrimes@enfield.org or call 860-253-6580***



FAMILY FOCUSED NEWS



YOU AND ME IN MUSIC!

Six Wednesdays: January 8th-February 12th
Participants will need to attend all sessions
11:00am to 11:45am

Stowe Family Resource Center

Join us for this dynamic 6 week program led by Music Therapist, Renee Coro of Harmonious Happenings. In this developmentally appropriate music class for **children ages 18-36 months**, you and your child are invited to engage in singing, playing instruments, and moving in a fun, social group setting! We will create music together while encouraging their social, emotional, and physical development.

Space is limited so please reserve your spot today!

To register please contact Erin Grimes at 860-253-6580 or email egrimes@enfield.org.



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children



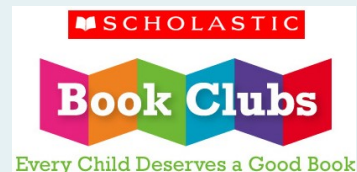
CIRCLE OF SECURITY

Eight Tuesdays: March 3rd- April 28th, 2020
(No class- April 14th)
5:30pm to 7:00pm
Henry Barnard School

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you! The Circle of Security Parenting® program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This series is geared towards children ages 4 months-six years.

Childcare will be available along with refreshments. Space is limited so please reserve your spot today!

To register please contact Amy Morales at 860-253-4721 or email amorales@enfield.org.

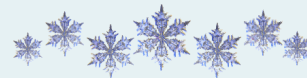


Every Child Deserves a Good Book

Pick up a catalog at your Family Resource Center! You can do the order online or we can submit the order for you!

Due Dates
Friday, January 17th
Friday, February 21st

Ask your parent educator for more details!



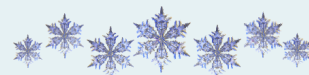
GROSS MOTOR ACTIVITY IDEAS FOR THE COLD!

Winter weather is upon us and sometimes it is hard to get outside for fresh air and exercise. Here are some fun indoor gross motor activities to try with your little ones!

Children under 12 months: Offer open spaces for your baby to explore, roll, crawl, pull up to standing and opportunities to experiment with toys through shaking, pushing, dropping, banging and throwing!

Children 12-24 months: Offer your child support and encouragement in walking, climbing, stooping, running, hopping on two feet, dancing, kicking balls and throwing!

Children 24-36 Months: Offer your child space to explore, run, use stairs, use riding toys, kick and throw balls, hop, skip, jump and practice balancing on one foot. Weather permitting, let your toddler run up a hill, swing, try a climber and a slide, all while supporting this new emerging independence!



Thank You to Our Business Sponsors!

LEGO® Community Fund U.S.

U.S.A. Hauling & Recycling

The Family Resource Center at Stowe is supported primarily by the generosity of the local business community, fundraising, and grants. Investing in early childhood programs is one of the best, most cost-effective choices communities can make to benefit the economy and develop the workforce. If you would like to support us or learn more, please contact Amy Morales at 860-253-4721 or amorales@enfield.org or visit www.gofundme.com/stowefrc