



**East Haddam Family Resource Center**  
**Parent Pages**  
**Traditions**

**December 2021 and January 2022**

Dear Parents and Caregivers,

Welcome to the East Haddam Family Resource Center's Parent Pages! This resource is for parents and caregivers of children under six. Attached is a list of fun and educational ideas for you to explore. Please feel free to email me any family events or educational programs happening in the East Haddam community or suggestions for topics!

Happy Parenting

Linda

## Resources

This month's topic is traditions. Traditions give children a sense of belonging and community. Traditions can create memories and help families feel connected. I hope you find the resources below helpful in creating some traditions for your family.

### 1. Family Traditions Build Strong Families

Parent Success Network

This short article from the Parent Success Network describes the importance of traditions for children and guidelines for creating them.

[Family Traditions Build Strong Families](#)

### 2. Why is it important to have family traditions?

Parent Cue

This resource explores the benefits of traditions in a child's development.

[Why is it important to have family traditions?](#)

### 3. 15 Creative Ideas for New Traditions to Start With Your Family

The Every Mom

Caitlin Weaver from Every Mom gives some great ideas for family traditions.

[15 Creative Ideas for New Traditions to Start With Your Family](#)

### 4. Easy Traditions to Build Family Connection

The Chaos and the Clutter

More great ideas for family traditions from Sharla Kostelyk of the blog *The Chaos and the Clutter*.

[Easy Traditions to Build Family Connection](#)

### 5. 40 Fun Family Tradition Ideas to Steal ASAP

Parents

The key to a close-knit family: a repertoire of fun rituals. Adopt these games, activities and fun traditions for more family fun.

[40 Fun Family Tradition Ideas to Steal ASAP](#)

## Community Events

### **East Haddam Family Resource Center's Virtual Village**

The Virtual Village is a group for East Haddam parents and caregivers of children birth to age six facilitated by early childhood professional, Joy Lenares. Topics are member suggested and may include emotions, stress, self-care, child development, and more! Starting in January, the group meets virtually from 7:00 p.m. to 8:00 p.m. on Tuesday evenings. Use the link below to register. Space is limited. Questions? Contact Linda LaBrec at [linda.labrec@easthaddamschools.org](mailto:linda.labrec@easthaddamschools.org).

[East Haddam Virtual Village Registration](#)

### **Tickets to Christmas at the Goodspeed**

To celebrate the season and to thank you for all of the support and concern the community has expressed for Goodspeed over the last 2 years, we'd like to invite our neighbors in East Haddam to enjoy a night out at the Goodspeed! We are providing a limited number of complimentary tickets to *Merry Christmas Darling featuring the songs of Karen Carpenter* on Saturday, December 18 at 8:00pm. To reserve your free tickets, call the box office at 860-873-8668 or online at [goodspeed.org](http://goodspeed.org). Use code "Neighbor".

Limit 4 tickets per household, subject to availability, for new purchases only, cannot combined with other offers.



## CPAC

Monthly trainings for families, teachers and providers.  
Free on the 2nd Wednesday of the month!  
To register, go to: <https://bit.ly/2Xnq4wW>



### Backpack Training Webinar Series

**10/13/21**

**Routines and Schedules: How to Help Your Child Transition Smoothly Between Places and Activities - How to Help Your Child Have a Successful Morning & Bedtime**

**11/10/21**

**Routines and Schedules: How to Help Your Child Manage Time and Understand Expectations - How to Use Visual Schedules to Help Your Child Understand Expectations**

**12/8/21**

**Emotions: How to Understand the Meaning of Your Child's Challenging Behavior**

**1/12/22**

**Routines and Schedules: How to Plan Activities to Reduce Challenging Behavior**

**2/9/22**

**Emotions: How to Help Your Child Recognize & Understand Anger and Frustration**

**3/9/22**

**Teachable Moments: How to Help Your Child Avoid Meltdowns**

**4/13/22**

**Social Skills: How to Help Your Child Learn to Share, Trade and Take Turns**

Presented By: Bethanne Vergaan, Research Assistant, UConn Center for Excellence in Developmental Disabilities and Connecticut's Act Early Ambassador for the Centers for Disease Control and Prevention (CDC).

**CPAC**  
Connecticut Parent Advocacy Center

**FAMILY CONNECTIONS**  
A Program of Connecticut Parent Advocacy Center

**UConn**  
UNIVERSITY CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES

Each training is on the  
second Wednesday of  
the month

**12:30-1:30pm**

Register for the  
series here:

<https://bit.ly/2Xnq4wW>

For questions or more information  
please contact us at 860-739-3089  
or email us at [cpac@cpacinc.org](mailto:cpac@cpacinc.org)

## MIDDLESEX COUNTY BASED IN-HOME SUPPORT Healthy Futures

Healthy Futures is for expecting parents and families with children, birth - 5 years old

Certified Healthy Futures Parent Educators have been trained to advise families and provide in-home support.

For more information visit [www.childandfamilyagency.org](http://www.childandfamilyagency.org)