



## East Haddam Family Resource Center

### Parent Pages

Love

February and March 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 love. Feeling loved gives children a sense of belonging and confidence. Acts of love help families feel connected and strengthen relationships. I hope you find the resources below helpful in creating those important emotional connections with your child.

## 1. 11 Simple Ways to Show Your Child Your Love

Kids need to feel love and sometimes it's hard to know if you're showing enough. Experts offer easy strategies to make your child feel more loved.

[11 Simple Ways to Show Your Child Your Love](#)

## 2. How a Parent's Affection Shapes a Child's Happiness for Life

This article explores a number of studies that highlight the importance of parental affection for children's happiness and success.

[How a parent's affection shapes a child's happiness for life](#)

## 3. 30 Little Ways to Show Your Kids You Love Them Every Day

The blog *MommyNearest* gives some great ideas to show your child you care.

[30 Little Ways to Show Your Kids You Love Them Every Day](#)

## 4. WHY DOES A CHILD NEED LOVE AND AFFECTION?

This quick read sums it all up!

[WHY DOES A CHILD NEED LOVE AND AFFECTION?](#)

## 5. 9 Ways Toddlers Say 'I Love You'

This slideshow from *Parents* gives examples of the many ways a little one shows love and connection.

[9 Ways Toddlers Say 'I Love You'](#)

# Community Events and Services

## East Haddam Family Resource Center's Virtual Village NEW DAY! Mondays!

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! The group meets virtually from 7:00 p.m. to 8:00 p.m. on Monday evenings. Space is limited. Questions? Contact Linda LaBrec at [linda.labrec@easthaddamschools.org](mailto:linda.labrec@easthaddamschools.org) to register.

## Local Libraries



Saturday, February 5, 2022 is Take Your Child to the Library Day. The East Haddam Library System Libraries will be participating with activities to celebrate the day. Stop by one or both of the Libraries to take part in a fun scavenger hunt, pick up a take and make craft package, sign your child up for a library card, or register your young ones in The 1000 Books before Kindergarten program. Start your kids early on a lifelong love for Libraries. So many adventures await them through the world of books!

## Free Tax Prep Services Available

The Middlesex Volunteer Income Tax Assistance (VITA) program is gearing up for another year of offering free tax return filing assistance to households with an income of \$60,000 or less.

Beginning January 31, VITA will prepare tax returns in person at two convenient Middletown locations. Appropriate protocols to ensure the health and safety of volunteers and clients will be followed. For other options, you can visit:

<https://uwc.211ct.org/taxhelp/>

- Mondays to Thursdays from 5 to 8 p.m. at MARC Community Resources, 25 Industrial Park Road (new location)
- Wednesdays, 10 a.m. to 1 p.m., and Saturdays, 9 a.m. to 3 p.m., at the North End Action Team, 654 Main Street

## Youth & Family Services

East Haddam Youth and Family Services is a private, non-profit agency that was started by a small group of high school students and adults working together to provide services for young people in our community. That history of building partnerships continues to be the foundation for the work we do today. EHYFS works collaboratively with our town government, school system, local and state police, civic and faith organizations, parent groups, youth and adults and several regional and state agencies. We are committed to offering programs and services at little or no charge so that cost does not prevent anyone from being able to participate.

### Director

Toni McCabe [toni.mccabe@ehyfs.org](mailto:toni.mccabe@ehyfs.org)

## Healthy Futures

Healthy Futures is an evidence-based program that uses the **Parents as Teachers** curriculum.

We collaborate with **CT Community Doulas** and **Middlesex Health** and are overseen by the **CT Office of Early Childhood**.

Families can choose to join our program any time during their parenting journey from pregnancy up to age six. This program is free and open to all families who reside in Middlesex County as well as Madison, Guilford, and Old Lyme.

Diane Dusza  
Healthy Futures Parent Educator  
Child and Family Agency of SE CT  
190 Westbrook Road Essex, CT 06426  
Cell: 860.910.9869  
Phone: 860-437-4550

# 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 Vergear, 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)