

Friends Center for Children



The best way out is always through.

- Robert Frost



Dear Community,

We hope that this email finds you well. As we navigate these unprecedented and unusual set of circumstances, the FCfC Administrative Team would like to remind you that we continue to walk through the world together, as a community. Although you may be in isolation, you are not alone. You are loved and missed, and remain a valued member of our community and family. We encourage you all to keep your heads up and know that we look forward to resuming our normal activities at FCfC. We hope you are rested, relaxed and well.

-The FCfC Team

Activities

If you are looking for some inspiration on what to do while practicing social distancing, here is a fun podcast called “Ear Snacks”. The podcast covers science, letters, numbers, music, and fun interactive ways to listen to with preschool-age children: [Ear Snacks](#)

“People keep asking us, what is Ear Snacks? If you don't already know, this should help. Get excited for the return of the radical podcast for kids, making car rides more awesome one episode at a time. www.earsnacks.org” - Andrew and Polly

Here is a resource for Podcasts for Kids of all Ages: [24 Best Podcasts for Kids of All Ages](#)

FCfC wishes to stay connected through storytelling and sing-a-longs. We are excited to present the Friends Center for Children YouTube channel! We hope to bring some familiar faces and fun educational resources to you and your family. You can access the FC YouTube Channel by clicking [here](#). Please enjoy the two videos below and be on the lookout for more videos to come!

[The Feelings Book written by Tod Parr and read by Kathy](#)

[If You're Happy and You Know It: Mood Meter Song with Jess](#)

The following page is a printable, “Mindfulness Coloring Page”. Feel free to print, and put aside some time to put your thoughts on hold, take a deep breath, settle into a cozy area and just let your creative energy flow!



Awareness

Please take time to encourage our Senators to pass The Families First CoronaVirus Response Act.

Congress must take swift action to ensure families have what they need to meet the basic needs of their young children during the COVID-19 pandemic. The *Families First CoronaVirus Response Act*, passed by the House, is an important first step that will provide critical resources to help American families and babies weather this public health event. Complete the form below to urge your Senators to take immediate action.

[Take Action - Here's one way to help](#)

Grab and Go Meal Sites in New Haven

NEW HAVEN, Conn. – The New Haven Public Schools Food Service Department will begin serving “Grab and Go” Breakfast and lunch meals on Monday March 16, 2020 during the closure of the public schools in response to the spread of COVID-19.

NHPS Food Service will distribute meals from either the front entry foyer or the bus entry.

[Meal Distribution Sites- New Haven](#)

Notes from EWBC



SIMPLICITY

Online version: <http://bit.ly/2YzqbAI>

Simplicity is clearing the way for deeper engagement in ourselves and in our community. Friends try to live lives in which activities and possessions do not get in the way of open communication with others. In other words, simplicity is about peeling away life's extras until what's most important, true, and eternal shines and comes to the fore.

Ways to help children experience and understand *Simplicity*

Young children are natural masters of simplicity. They can play or pretend with almost anything. A table folded flat on the floor in a classroom can become a boat, a dance stage, a baby bed and a base for building with blocks, all in succession, shared by several children.

Environment and Expectations

- Less is more. Process is more important than product.
- Organize toys and maintain an orderly environment that is inviting and helps children appreciate what is available.
- Provide toys that are long lasting, appealing, and made from natural materials.
- Let children lead the play when they can. Be ready to offer ideas when they need help.
- Remember that children learn through repetition and find it comforting; be ready to reread favorite stories many times and play the same games over and over.
- Expect children to want to help with work. Give them developmentally appropriate tools.
- Slow down so they can watch and learn from you. Expect tasks to take longer.
- Value their help.

Modeling

- Prioritize people and human interaction. Babies need people far more than toys.
- Use your imagination for pretend play. Make up games, songs, and stories for children and with children.
- Take care of toys and books so that they last. When items get broken, talk about it with the children, and ask for their help with repairs when possible.
- Use pictures and labels to identify where items belong.
- Return toys and materials to their places so that children (and adults) can find what they want or need.
- Conserve resources: reduce, reuse, recycle.

Activities/Materials

- With children, explore recycling, re-using, conserving and composting.
- Talk and read about taking care of our world. Listen to children's suggestions for how we can help, and act upon them whenever possible.

- Plant a garden. Observe and be considerate of animals, both wild and tame.
- Go outdoors in all weather. Enjoy the wind, rain, snow, and sun.
- Offer children simple experiences. Add materials and extend the experiences following children's interests and ideas.
- Recognize the richness and depth of learning that develops as children build upon prior knowledge and experience.

Queries on *Simplicity*
for personal reflection or for conversation with children

- What is important: our stuff or friends and family?
- What are fun things to do that don't cost anything at all?
- What resources are available in our community?
- How can we use natural resources carefully?
- How can we celebrate kindness and generosity?
- What do I notice when I am near nature? How do I feel?
- How do I feel when I focus on a craft like painting or drawing?
- How can I keep my life simple?
- How does living simply change my perspective?