

Friends Center for Children

EDUCATE CHILDREN EMPOWER FAMILIES INSPIRE TEACHERS ENGAGE COMMUNITY EMBRACE DIVERSITY

It is only in sorrow bad weather
masters us; in joy we face the
storm and defy it.

- Amelia Barr



Dear Families,

May you continue to reach deep into the wells of inspiration and hope that live within, and discover an abundant source of light to guide you through your days. We hope that you continue to use this Newsletter as a source of positivity, and find the same joy that we do in our continued connections here and throughout the efforts of our amazingly, dedicated community. We thank you again, for all of the wonderful photos, videos, and communications being offered through ClassDojo and ZOOM Meetings. Seeing the children and hearing updates from you is truly a joy. We are wishing you all the very best!

Yours in Hope,
The FCfC Team

[From NPR: Why Narratives are Powerful for Children](#)



Little Scientists: We are posting Free Science Experiments every day on Facebook and Instagram (visit www.facebook.com/LittleScientistsUSA or www.instagram.com/greatscientists).



New Videos Up on The [FCfC YouTube Channel Here!](#)

CHILD: Climate of Healthy Interactions for Learning & Development

The CHILD is a comprehensive toolkit for improving the quality of early childhood care and education. It includes an observational measure of classroom climate; resources for teachers; and materials for early childhood mental health consultants, coaches, and others who provide support and professional development to teachers.

The ABCDE's of Family Climate



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Awareness/Advocacy

From the **New Haven Independent**:
[Clifford Beers Clinic COVID Compassion Line:
Resources and Mental Health Support](#)



[Free Grab & Go School Meals](#)



[Tenants are Given 60 Day Grace Period to Pay Rent](#)

[DOL says unemployment payment backlog solved by computer fix](#)

[Video for Teachers and Families:
Discussing and Supporting Social Emotional needs during COVID-19
released by CT SDE](#)



Mindfulness Moment

For anyone who is feeling down about NOT learning a new hobby, finding the time or energy to clean every inch of their home, or who is experiencing anxiety and/or depression as a result of social distancing and self-quarantine practices:

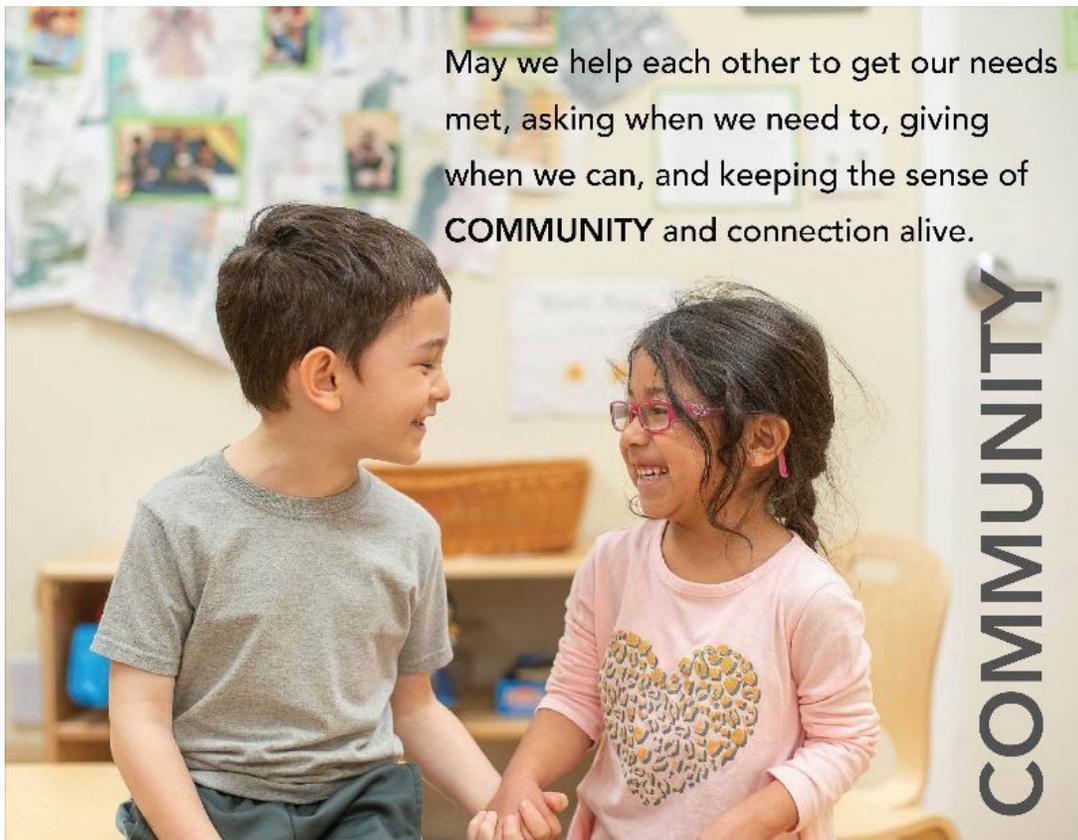
Your Productivity Doesn't Determine Your Worth



Emotions at Home - How do we Want to Feel?

<p>Mindfulness Activity Card</p> <hr/> <p>Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Sit very still and notice one thing that you can see, hear, feel, taste and smell.</p>
<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.</p>
<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and sit quietly. Notice the way that your clothes feel on your body. Notice your shirt, pants and shoes. Do you notice anything you didn't notice before?</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Sit quietly and place a small object in your hand. A pencil, eraser, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.</p>

A Note from EWBC and the Quaker Dimension Committee:



COMMUNITY

Community reflects every person's connection with a common purpose. Each member is treated with respect. Each member has a voice and holds a piece of the truth. Respect for each individual allows us to nurture relationships, bridge differences, and create an inclusive space. Friends affirm that we are one human family, no matter how great our differences may be.

All members of a community share responsibility for the atmosphere that is created. At Friends Center, we endeavor to create a community of learners in which children, families and staff can ask questions, share their gifts, make mistakes, be vulnerable, and become brave.

When bothered by another person, we uphold community by seeking to better understand the other person and look for the best in them. When ruptures occur, we try to pause, stretch ourselves and seek a repair of the relationship, enlisting the help of appropriate others if needed.

Ways to help children experience and understand *Community*

Environment and expectations

- Provide room to be together and room to be apart.
- Maintain appropriate expectations for each child's age as well as pace of learning.
- Expect challenges—like not sharing easily—and regard them as natural, positive steps.
- Watch for difficulties and offer help before children become too frustrated.
- Support children's ability to play side-by-side and then together by providing plenty of play materials.
- Sit with children and help them take turns. Facilitate cooperative play by talking them through play and suggesting ways that they can play together such as pretend cooking.

Modeling

- Smile. Enjoy each other.
- Talk to everyone. Take time to get to know others.
- Give children lots of time to get to know you and feel comfortable with you.
- Try not to take it personally when children want someone else.
- Look for and celebrate sameness that children can notice and appreciate—we all have fingers, etc.
- Learn and respect children's preferences and differences.
- Encourage children to notice and appreciate what their friends are doing, how they are feeling.
- Use words and tone of voice that reflect kindness and respect.

Activities and Materials

- Play games to help children learn each other's names.
- Read together and share favorite books.
- Sing together and sing favorite songs often.
- Learn a little bit of each other's home or community languages.
- Talk about our families, our likes and dislikes, our struggles and our growth, our life together, and our lives at home.
- Take care of self, others, and environment: fetch tissues, clear dishes, water plants...
- Greet and get to know neighbors and community workers.

Queries on *Community*

for personal reflection or for conversation with children

- How do I look for the best in each person?
- How can I reach out to people I don't know very well?
- How can I recognize and speak to the goodness in someone with whom I strongly disagree?
- How do I support the community as a whole when I am aware of tension among members?
- What gets in the way of my feeling valued in the FC community?
- Am I open to and appreciative of everyone?
- How does it matter that we listen to and include those who are “different” in some way?

