



AHM Family Resource Center Newsletter

❄️ Winter 2016-2017 ❄️

The AHM Family Resource Center is a collaborative effort among AHM Youth Services, Andover, Hebron, and Marlborough schools, and the State Department of Education. Funding is provided through a grant from the State Department of Education.



The AHM Family Resource Center offers free Home visits through this national program! Home visits are available once or twice a month according to your schedule to talk to you about your child's development, bring an activity to do with your child(ren) and handouts specific to your child's age. All families living in Andover, Hebron and Marlborough, with children ages Birth through 5, are eligible for this service! Please call Becky Murray at (860) 228-9488 or Laurie Larsen at (860) 228-0871 if you would like to set up your personal visit today!



Play and Learn Groups meet at the Family Resource Center at Gilead Hill School. Parents and children participate in activities, crafts, snack, and circle time. Groups are 1 hour and 15 minutes, once a week. (Families wishing to participate and experiencing financial hardship may request a fee reduction.) For further information, please contact Laurie Larsen at (860) 228-0871 or lauriel@ahmyouth.org.

Spring Session: 1/30/17-6/2/17 (All groups are multi-age)

Mondays 9:00 A.M.

Thursdays 9:00 A.M.

Fridays 9:00 A.M., 10:30 A.M.

Cost: \$110/family

AHM Family Resource Center Staff:

Becky Murray-FRC Coordinator

Laurie Larsen-Parent Educator, Mentoring Facilitator

Cari Duigou- KinderRHAMa Preschool Teacher

Heather Holbrook- KinderRHAMa Preschool Teacher



Delicious and Nutritious Meals for the Family!

Tuesday, 1/24/17 at 9:00 AM

Start the New Year out right!

Dr. Nicholas Pintauro,

Naturopathic Physician, will discuss using nutrient dense, less processed foods, provide some tips on shopping, cooking and recipes. If you have a favorite recipe that your family loves, bring it along and we can make copies! Breakfast will be served. Children are welcome. **Cost:** \$3.00 Registration required, please call Becky at (860) 228-9488 or beckym@ahmyouth.org.



Romp and Stomp! Gross Motor Enrichment for little ones and parents/caregivers.

Join us for some running, jumping, and dancing to help combat winter doldrums! We will have group games, an obstacle course, beanbag and parachute play, ball play, and much more. Facilitated by Laurie Larsen, (860) 228-0871 AHM Parent Educator.

Wednesdays

Session 1: 2/1, 2/8, 2/15, and 2/22

Session 2: 3/1, 3/8, 3/15, and 3/22 (3/29-makeup)

Time: 10:00-11:00 AM

Cost: \$25.00 per child per session, additional children are \$7.00 each.



KinderRHAMa Pajama Party

Wednesday, 1/18/17 (Snow Date

1/25/17) **from 6:00-7:00 PM in**

KinderRHAMa classroom at

RHAM High. Bring your child to enjoy crafts, stories and songs in their pajamas! Cocoa and graham crackers will be served. **Cost:** \$3.00/child, (under 2-free) \$5.00/Family. Please RSVP to Becky at (860) 228-9488.



Messy Night!! For children ages 2 - 5 and parents or caregivers.
Tuesday, 2/7/17 (Snow date: 2/8/17)
from 6:30 PM-7:30 PM in the KinderRHAMa Classroom. Come explore some very messy and fun activities with our FRC staff!

Cost: \$7/child. Please call Becky to register at (860) 228-9488

Encouraging Positive Behavior

Tuesdays: 1/24, 2/7, and 2/28 from 10:45-12:00

RHAM High school in the room adjacent to KinderRHAMa Preschool. How can we get children to listen better, be more empathetic, and to make good choices? Using skills and DVD's from Dr. Becky Bailey's Conscious Discipline series, we will go through some techniques that really work with children to encourage these skills! Free. Child care will be available. Please register by calling Becky at (860)228-9488.

Lanterns Mentoring Program:

This program matches up trained adult volunteer mentors with school aged children. For more information, please contact Laurie Larsen at (860) 228-0871 or lauriel@ahmyouth.org.



KinderRHAMa Preschool Program

Registration for school year 2017-2018 will be held on **3/29/17** from 6:00-7:30 PM in the KinderRHAMa classroom at RHAM High. This collaborative program between AHM Youth & Family Services and RHAM High School is for children ages 3-4 and is held at RHAM. If you would like to visit the classroom, please call (860) 228-5310.

Free Developmental Screenings

For families with children ages Birth-3. These are a fun and easy way to chart your child's progress in different developmental areas. Screening takes 45 minutes to 1 hour and can be done in your home or at the FRC at Gilead Hill School, whichever you prefer. Please contact Laurie at (860) 228-0871 or lauriel@ahmyouth.org or Becky at (860) 228-9488 or beckym@ahmyouth.org



One of the best things you can do to help your child succeed in school is to read to them!! Children who were read to frequently are also more likely to: count to 20, write their own names, enjoy reading, and get higher reading scores in

school!! *Source: National Education Association: Facts about Children's Literacy

Resources for Families

Access Health CT: Health Care for CT residents

<https://www.accesshealthct.com/AHCT/LandingPageCTHIX> Open Enrollment period for 2016 coverage, takes place from 11/1/16 to 1/31/17

Birth to Three 1-800-505-7000,

www.birth23.org

Screening and services for developmental delays in toddlers and infants.

CT Safe Kids <http://www.ctsafekids.org/>,

Information about safety, including car seat checks.

CT Parent Advocacy Center

<http://www.cpacinc.org> **Toll-Free: 800-445-2722** or 860-739-3089. A statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth through 26.

EASTCONN Adult Education

<http://www.eastconn.org/index.php/adult-programs-home>

A multitude of services for adult learners in various areas including Adult Education, Community Education, Employment and Training, and Parent/Family Programs.

Infoline- Dial 211 from anywhere in CT.

<http://www.211ct.org/default.asp> Resources for a wide variety of services, including child care, support groups, and recreational programs.

Child Development Infoline

<http://www.ctunitedway.org/cdi.html>

1-800-505-7000 CDI care coordinators provide education on development, behavior management strategies and programs, make referrals to services, and provide advocacy and follow-up as needed.

National Association for Education of Young Children (NAEYC) www.naeyc.org

A professional organization that provides high quality, early learning for children birth through age 8, by connecting early childhood practice, policy, and research with information on child development, parenting and education.

Out and About Mom

<http://www.outandaboutmom.com/>

A very comprehensive guide to many different activities for families with kids of all ages. Includes detailed info about parking, food, restrooms, prices, and stroller accessibility.

Visit our website at www.ahmyouth.org