



# Meriden YMCA Head Start & Little Spartans Family Newsletter

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[www.meridenymca.org](http://www.meridenymca.org)



## A Note from our staff...

Almost two months of social distancing has passed and it seems like it has been a series of constantly changing events. Transitions can leave us feeling uneasy or on edge waiting for the next thing to happen. We have provided some information to help with this in between time of distance learning and summer break, as well as how we can start preparing for the summer months ahead.

Sincerely,  
Head Start Staff

## 'transitions

1. uncomfortable ends followed by hopeful new beginnings.
2. the way the Universe gives the lessons we need to learn and keeps us on the paths that are best for us
3. a positive process we can trust and an opportunity for rebirth



**Kindergarten Registration:** Next month in June Kindergarten Registration will be starting. In the next 2 weeks your family advocate or teacher will be reaching out to you to talk about Kindergarten Registration and how it will work this year. If you have any questions about it please email your family advocate and they will help you with any questions you have or you can message us via your child's classroom's page on Facebook.

## Helping Our Children Make Transitions

- **Allow plenty of time for changing an activity.** Trying to rush a child is a sure way to make the process bumpier. You can't avoid every time crunch. But planning extra time for transitions will help both of you.
- **Talk to your child about what's going to happen.** Give a warning a few minutes before the time to make a transition. Offer a short explanation of what is happening next. "You have five more minutes to play. When it's time to leave the park, we will get in the car go to the store"
- **Establish routines for transitions that occur every day or every week.** Plan a bedtime routine that helps your child quiet down from active play. Set routines for their daily transitions too: getting dressed in the morning, separating at the childcare center and coming to the table to eat
- **Allow your child to use transitional objects.** These are things that help your child feel secure. She may choose a blanket, stuffed animal or thumb for comfort. This is not a sign of weakness or insecurity.
- **Sometimes it is helpful to take an object from one activity into the next.** For example, you might suggest that your child bring a stone home from the playground or take a drawing to Grandma's house.
- **Songs and rhymes can help make transitions easier.** Use a special cleanup song to help put away toys or lullabies at bedtime

Source: Parents as Teachers

<https://static1.squarespace.com/static/56be46a6b6aa60dbb45e41a5/t/5e8b8c0e9c4a8d5c882005f0/1586203663386/Helping+Your+Child+Make+Transitions+Eng+Span.pdf>

## The 2020 Census

The 2020 Census is happening now! It's important that you fill out the Census to make sure Connecticut and its cities and town get money to fund highways, firefighters, school lunches, etc. If people don't fill out the Census then our state can lose some of their federal funding for highways, firefighters, school lunches. That means towns and cities have to raise property taxes, which will lead to higher rents and mortgages for families. You can complete it in over a dozen languages.

- The Census doesn't ask or care about your immigration status.
- It takes only 10 minutes and can be done in over a dozen languages.
- It can be completed online, for the first time ever.

[Take the 2020 Census From the Comfort of Your Home](#)



### Crisis Help

If you or someone you know is in crisis or needs help with Depression, Abuse, Anxiety, COVID-19, etc please reach out: Text **HOME to 741741** to connect with a Crisis Counselor <https://www.crisistextline.org/text-us>



### Meriden YMCA Head Start Italian Meatballs

Makes 14 or more depending on size

- 1 pound lean ground beef (85/15 or 90/10)
- 2 large eggs
- ¼ cup water
- ½ cup Dry Italian -style bread crumbs
- ¼ cup parmesan cheese
- Salt & pepper to taste

Preheat oven to 350. Beat eggs. Add water, bread crumbs, and parmesan cheese. Mix well. Add ground beef and mix with hands until incorporated. Pinch off small amounts of meat mixture and roll into desired size meatballs. Place on lightly greased cookie sheet and bake 25 minutes for 1-1 ½" meatballs, 15 minutes for smaller size. Add to tomato/spaghetti sauce and let simmer for 30-60 minutes.

Reach out to your child's teachers, classrooms and classroom advocates below!

Ms. [Kim](#) and Ms. [Carol](#) in [Classroom 1am](#)  
Ms. [Johnnie](#) in [Classroom 1pm](#)  
Ms. [Christa](#) and Ms. [Gloria](#) in [Classroom 2](#)  
Ms. [Sheree](#) and Ms. [Maria](#) in [Classroom 3](#)  
Ms. [Maria](#) in [Classroom 4](#)  
Ms. [Antoinette](#) and Ms. [Kelly](#) in [Classroom 5am](#)  
Ms. [Latrechia](#) and Ms. [Veronica](#) in [Classroom 5pm](#)  
Ms. [Hayyam](#) in [Classroom 6](#)  
Ms. [Adela](#) and Ms. [Chickie](#) in [Classroom 7](#)  
Ms. [Ivy](#) and Ms. [Keyra](#) at [Maloney](#)

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Visit the Meriden Y website [meridenymca.org](http://meridenymca.org) to access the latest info on programs and virtual classes for you, your friends and family