



Meriden YMCA
 Head Start Family Newsletter
 398 Liberty St.
 Meriden, CT 06450
www.meridenymca.org



A message from our staff...

We never thought that being home would provide so much opportunity to learn new things! In a way, we have been forced to do things we have never done before. We are using new technology for those doing distance learning or working at home. Or maybe you are looking for new and creative ways to cut household costs. Maybe you have picked up a new hobby! There is no time like the present to learn something new!



Sincerely,

Head Start Staff



A Library Card brings stories to life...

New to Meriden or didn't get your Library Card yet?
 Email tmorrissey@meridenct.gov for a Temporary Library Card so you can access our online resources.

Questions about your account?
 You can call us at 203-238-2345

temporary library card (3800)



Here are some other ways for children and adults to read books while stuck at home! Just click on the picture to start reading!



Looking for Ways to Cut Household Costs?

- [Eversource](#) is offering service help in different ways. Visit their website for more information.
- Internet companies like [AT&T](#), [Spectrum](#), [Cox](#) and [Comcast](#) are offering benefits that may include no service termination, free hotspots and late fee waivers. Check them out to see what they have to offer.
- [CVS](#) is offering free delivery on prescriptions and other items. While [Walgreens](#) is providing free delivery to prescription refills.
- Check out meridenymca.org for free virtual workout videos



You are not alone in this

Here are some fun hobbies to try at home!

- Upcycle your things
- Learn photography
- Do stand-up comedy
- Learn a new dance
- Plan a road trip
- Learn to cook
- Practice journaling
- Play chess
- Write letters
- Start a book club
- Start scrapbooking
- Do some gardening
- Learn a new language
- Practice meditation
- Discover new music
- Try drawing
- Play cards
- Stargaze
- Learn magic tricks
- Try geocaching

Temper Tantrum Tip Sheet

Learn how to deal with your child's tantrums by following these tips

1. **Stay Calm:** If you get angry, you will reinforce your child to remain angry. Stay calm and focus on your child's feelings and what is happening.
2. **Step back from the child but monitor for safety:** When you step away and don't react to the tantrum behavior, your child loses their "audience". You can let the child know that you cannot talk to them when they are crying & screaming, but that when they are calm, you can talk with them about what they want.
3. **Talk Gently:** If you are not comfortable leaving the child alone use a gentle voice to help soothe. "It is OK. You will be alright. I am here". Do not scold or raise your voice, this will only escalate the situation
4. **Hold the child gently:** Hold with gentle arms until the child quiets down.
5. **Do not give the child what they want to get him to stop crying or screaming:** This will only reinforce the effectiveness of their tantrum. Use positive redirection: "You cannot have a cookie right now because it is almost dinner. You can have a cracker with cheese".
6. **Give a choice:** Let your child have his/her tantrum where they are and walk away from the area. After talking and hold your child gently ask, "Are you ready to be calm?" You can offer other preferred activities for your child to choose from.

Banana Split Cereal

- 1 small or 1/2 large ripe banana
- 1/4 cup fresh or canned fruit
- 1/2 cup vanilla yogurt
- 1/3 cup crisp rice cereal



Peel the banana and slice lengthwise. Spoon the yogurt in a mound in the center of a cereal bowl. Sprinkle the cereal on top of the yogurt. Arrange the banana halves on either side of the yogurt. Sprinkle the top with other fruit.

Free CT Resources For Families

Look up information and things to do related to Healthcare, Museums, Groceries, Legal, Fitness, Financial, etc.



Budget Friendly Meal Ideas

Try some new food ideas for you and your family without spending a lot.

Governor Lamont's April 10th Order Providing Residential Rent Protections

Read the order and see how it may help you with your rent that is due during the COVID-19 crisis.

We have a partnership with CHC Behavioral Health where children have been receiving counseling services at school during this year, for families who've signed up. While we are shut down our Behavioral Health person has been reaching out to families and working with them at while they are home. If you would like to be a part of this program and receive these services at home as well, please email your family advocate or contact your child's teacher through Facebook. Thank you!

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Our teachers have been working hard on their virtual classroom pages on [Facebook](#). They are posting videos, lessons and activities as well as resources for your family. Please click on the links below to find your child's teacher and start following their classroom!

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](#)

Visit the Meriden Y website meridenymca.org to access the latest info on programs and virtual classes for you, your friends and family