



# Meriden YMCA Head Start Family Newsletter

398 Liberty St.  
Meriden, CT 06450  
[www.meridenymca.org](http://www.meridenymca.org)



“The body heals with play, the mind heals with laughter and the spirit heals with joy”  
-Proverb

A message from our staff...

During the past few weeks many of us have experienced changes that we never experienced before. Our children are no longer in school, some of us are out of jobs, and the world seems to be standing still, like we are waiting for the next change.

In light of all the changes happening around us we would like to dedicate our first newsletter to you and your family’s wellness. We want everyone to remain healthy—mind, body, and spirit!

Sincerely,

Head Start Teachers, Advocates,  
Administrators and Staff



### The Connecticut Food Bank Pantry Locator

[www.ctfoodbank.org/get-help/pantry-locator](http://www.ctfoodbank.org/get-help/pantry-locator)

Phone: 203-469-500

Email: [cfb@ctfoodbank.org](mailto:cfb@ctfoodbank.org)

2 Research Parkway, Wallingford, CT 06492

-You can use the website or call them to find programs that give out food in Meriden & the surrounding area.



### The Diaper Bank of Connecticut

[www.thediaperbank.org/how-to-get-diapers](http://www.thediaperbank.org/how-to-get-diapers)

Phone: 203-934-7009

Email: [info@thediaperbank.org](mailto:info@thediaperbank.org)

### Strawberry S'mores Snack

2 strawberries

1 graham cracker broken in half

2 tablespoons, low-fat vanilla yogurt



Give each child their own portions and have them layer the yogurt and strawberries in between the graham cracker. Eat, enjoy, repeat!

Make any combination berry s'more you desire such as raspberries with lemon yogurt or blueberries with peach yogurt.

## Relaxation Techniques



by Integrated Wellness Group

### 1 | Body Scan

A combination of deep breathing and progressive muscle relaxation

Breathe deeply, filling both your lungs and stomach

Spend 30 seconds focusing on different parts of your body: toes, fingers, legs, arms, etc.

### 2 | Guided Imagery

Using your mind (or visual prompts) picture a calming place: the beach, nature, even a favorite memory of yours

Breathe deeply, try to quiet your thoughts, focus on the imagery and positivity

Soothing music can be helpful

### 3 | Mantras or Prayer

Repeat a mantra (“I am safe and I am healthy”) or a short prayer, breathing deeply, calmly reinforcing the belief

This is a great technique for anyone religious or spiritual

As you repeat the statement, allow it to become stronger and more true

Try to GET OUTSIDE every day. Fresh air and sunshine helps everyone stay healthy. Fresh air and sunshine help us feel better on the inside too! Get a good feeling with some fresh air & sunshine, aim for 30 minutes or more. Take a walk. Run around in the yard. Have some fun!



**How to talk to your Kids about Covid-19 (English)**

[www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus](http://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus)

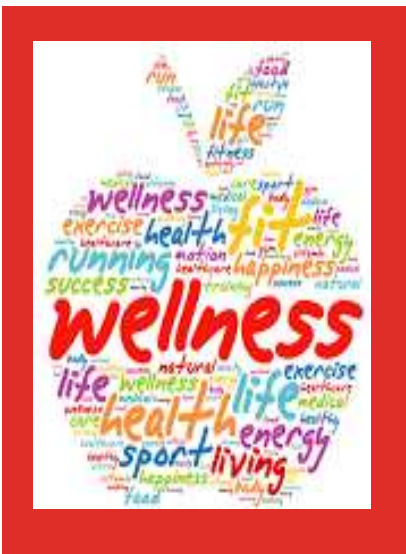
**How to talk to your Kids about Covid-19 (Spanish)**

[www.pbs.org/parents/thrive/como-hablar-con-tus-hijos-sobre-el-coronavirus](http://www.pbs.org/parents/thrive/como-hablar-con-tus-hijos-sobre-el-coronavirus)

Dental providers are not doing routine care this time. Here are some helpful tips to keep your teeth and mouth healthy: Use a small pea size bit of fluoride toothpaste, and gently brush your teeth for 2 minutes at least 2 times a day. Floss between the teeth, it cleans the extra 1/3 of between the teeth missed with brushing alone. Drink plain water with fluoride.

	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words. <b>WE ARE TEACHERS</b>

For more information on behavioral health visit [Child Guidance Clinic of Central Connecticut](#)



Our teachers have been working hard creating virtual classroom pages on [Facebook](#). They will be 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](http://meridenymca.org) to access the latest info on programs and virtual classes for you, your friends and family.

**Superhero Yoga for Kids**



**I am brave**



**I am strong**



**I am peaceful**



**I am kind**



**I am a superhero**