

# NASHOBA COMMUNITY PARTNERSHIP FOR CHILDREN

Bolton, Lancaster & Stow

## NASHOBA NEWS 2021



Dear Nashoba families,

Isn't it wonderful to witness the joy and excitement displayed by our young children? On the other hand, it sure can be challenging when our same young children are upset and misbehaving. Children often display their feelings freely and when something happens that upsets them, they do not have the skills yet to self-regulate themselves. Children rely on the adults in their lives to help guide them in learning how to respond and regulate their emotions. Learning about their emotions and how to cope with stresses and upsets is vital for our children's healthy development.

So, what are good strategies parents/caregivers can use to help their children learn to regulate and react/respond to emotionally charged situations? Here are some suggestions:

1. Parents/caregivers should be aware of their own emotional reactions. Check in with yourself and notice if you need to step away momentarily, take a deep breath, and calm yourself before responding. Children learn by observing and imitating those in their environments. If the adults in their lives respond to stresses in a calm manner and voice, they are getting these models to learn from.
2. Acknowledge your child's feelings and reactions. For example, say to your child, "I would feel angry too if I was told I couldn't have something I wanted." This allows your child to feel heard and understood.
3. Provide acceptable choices your child could do. For example, if your child threw a toy when something occurred that upset him/her (depending on what triggered the child, the adult acknowledging response could be, "I feel mad sometimes too when I make something and it doesn't turn out like I

wanted it to.") then give behavior choices ("Do you want to pick up the toy by yourself or should we pick up the toy together?")

4. Play games/activities and read children's books that incorporate deep breathing. Try including a few deep breaths before transitions (ie, before bedtime, after coming in from playing outside, before meal time). As you probably have experienced yourself, taking a few deep breaths helps to calm all of us. A simple children's book to check out is "Breathe Like a Bear" by Kira Willey.

Wishing you good health and happiness,

**Liz Garreffi, MS, CCC-SLP**

Early Childhood Coordinator/Team Chair

Nashoba Regional School District

If we can be of further help to you please feel free to contact us!

Liz Garreffi [egarreffi@nrsd.net](mailto:egarreffi@nrsd.net)

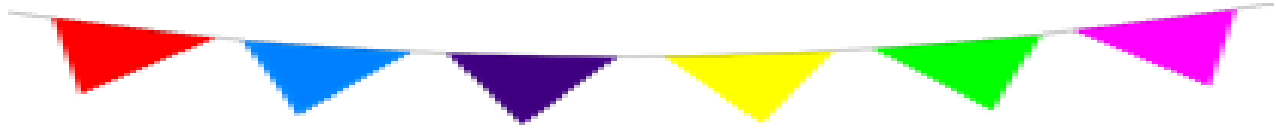
Liz Dumas [edumas@nrsd.net](mailto:edumas@nrsd.net)

Here are some helpful articles on the subject of developing emotional regulation skills.

<https://www.parentingforbrain.com/self-regulation-toddler-temper-tantrums/>

<https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation>

**UPCOMING EVENTS AND INFORMATION**



# JOIN US

NASHOBA CHILDREN'S DAY **REVERSE PARADE!**

SATURDAY, MAY 1st

10:00-11:00 AM

at Florence Sawyer School

100 Mechanic St., Bolton

*(Rain Date: Sunday May 2, 2021)*

We are excited for this year's annual Children's Day event! As spring arrives, we would like to celebrate with you and your young children. Join us in our FREE community-wide family fun "Reverse Parade". Families will have the opportunity to see school and community friends as they drive-through a balloon archway and bubble station, greet some of their favorite characters, see our first responders, and much more! Families will receive one goodie bag filled with take-away activities, gift cards/coupons, and flyers (1 per car). The event takes place from 10-11am on Saturday, May 1st (rain date of Sunday, May 2nd). All safety guidelines in place at the time will be adhered to.

Our district and community are stronger because of the support we show each other, and this is just one way to acknowledge, show our appreciation, and celebrate!

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**PLEASE JOIN US TO FINALIZE PLANNING THE CHILDREN'S DAY**

**EVENT**

**We need your ideas, support, and sponsorship**

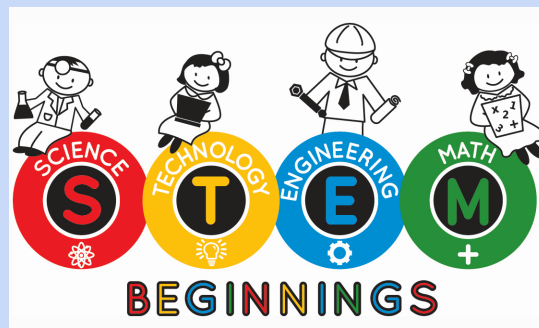
**Virtual Meeting, Monday, April 12th, at 2:25 p.m**

meeting link: <https://meet.google.com/amn-ymmn-srn?hs=122&authuser=0>

## Planning to Attend?

Please register to allow us to prepare enough Goodie Bags for every family! Registered families will be entered in a lottery to win prizes provided by our local sponsors such as gift cards to local eateries such as Bolton Bean, and passes to local attractions such as Davis Farmland.

[Register Here](#)



### *STEM is Fun for Kids*

**STEM IS FUN FOR KIDS (3-6 years old)**

**Thursday, April 15, 2021 at 11:30 AM**

**Max of 15 Kids or Families**

**Presented by Barbara Jorda from STEM Beginnings**

**Register through Thayer Memorial Library: [Registration Link](#)**

*Jointly provided by: Thayer Memorial Library and Nashoba Community Partnership for Children*

STEM Beginnings provides fun-filled experiences that encourage children's curiosity and learning. Children engage in challenges that allow them to explore Science, Technology, Engineering, and Math concepts using a variety of tools and techniques: from simple experiments and building challenges to art and crafts, and fun games! We offer a wide range of STEM lessons that help children learn new things, discover how things work, and create solutions to problems. We stimulate their minds and empower them to be life-long learners.

Our STEM is Fun for Kids classes will utilize a virtual /online format. These are highly interactive sessions with hands-on activities for children to enjoy.

- \* Virtual learning via Zoom with STEM instructor
- \* Synchronous and active learning
- \* Materials will consist of common household products or those easily accessible at your local dollar stores. Supply list will be communicated with families prior to the class.



**Join Ms. Liz for a FREE Virtual Storytime**

**April 6 th at 11:00 a.m.**

Join Ms. Liz on Tuesday, April 6th at 11:00 am for a fun and engaging virtual story time. The letter sound for the day is “T”. Have your child bring their favorite stuffed animal and an object/toy that begins with the “T” sound for show and tell. We will sing songs, move our bodies, read a picture story book, and enjoy a simple craft activity. To register and receive the meeting link, please email Liz Garreffi at [egarreffi@nrsd.net](mailto:egarreffi@nrsd.net).



## **FREE VIRTUAL PARENT SUPPORT GROUP**

*For Parents of Children Birth to Age 8*

Facilitated by: Liz Garreffi, MS, CCC-SLP, Early Childhood Coordinator

Our Parent Support Group is in full swing and ongoing! We meet virtually every week on Wednesdays at 1:00 pm. If you are interested in joining the group or have questions about the group, please contact Liz Garreffi, Early Childhood Coordinator, at [egarreffi@nrsd.net](mailto:egarreffi@nrsd.net) or by calling 978-779-0539 x3008.

## **Lipton Early Intervention**

For child development needs for children, birth to age 3 (a doctor's referral is not required) Good News!

We have a new SECURE electronic  
referral option

You can find this on-line referral by visiting our website, [www.communityhealthlink.org](http://www.communityhealthlink.org)

Go to the young children tab and select Lipton Early Intervention in the drop down then click the link midway down the page.

Or

click on or copy and past this link to your browser:

[https://forms.office.com/Pages/ResponsePage.aspx?id=FJQQmd-XEUGISmM5CfOQA3h\\_5Blxr7hMm1ZwJyH0f9xUNjdUQVY3OFFYWURNTjBQTTc0R05YUVRBWSQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=FJQQmd-XEUGISmM5CfOQA3h_5Blxr7hMm1ZwJyH0f9xUNjdUQVY3OFFYWURNTjBQTTc0R05YUVRBWSQIQCN0PWcu)

Or

Search for Lipton Early Intervention, Leominster in your browser.

If you would prefer you can contact our office at 978-840-9354 and have us e-mail you a direct link to the SECURE on-line referral.

## Towns we serve

Ashby, Ayer, Berlin, Bolton, Clinton, Devens, Fitchburg, Groton, Harvard, Lancaster, Leominster, Lunenburg, Pepperell, Shirley, Sterling, Townsend

## **THAYER MEMORIAL LIBRARY, LANCASTER MA**

Click Here To View: [Ongoing Youth Programming](#)

For more info contact Maren Caulfield at [mcaulfield@lancasterma.net](mailto:mcaulfield@lancasterma.net).

## **Randall Library, Stow** **Preschool STEAM Story Time**

Friday mornings 10:30 am to 11:15 am

Check out ongoing (remote) programming for children: [Randall Library](#)

## **Worcester Public Library** **Calendar of Events** [Calendar](#)



The Nashoba Community Partnership for children is funded by the C.F.C.E. Grant awarded to the Nashoba Regional School District by the Department of Early Education and Care to serve the families of Bolton, Lancaster & Stow.

Early Childhood Office: Emerson Wing of the Florence Sawyer School ~ 50 Mechanic Street, Bolton MA

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