



Habitat Happenings
Newsletter for Habitat Families
August 2021

Thought of the Month: *There is NO Need to have it ALL, just make the Best of what you Have!*

Hartford Habitat Announcement

Office Hours

Family Services office hours: **9am-3:30pm**
Contact Family Services 860-541-2208 ext. 2210 to make an appointment.

- Please call Family Services to update any changes regarding:
 - Phone Number and Email Contact Information
 - Home Insurance Policy Information

Family Services is seeking applicants for a Single Family 4BR property in Hartford North End. Must have an annual income of \$38,000- \$70,000.

Visit HartfordHabitat.org/homeownership to view the Applicant Information Video and access the Pre Screen Financial Form

Applicant Information Meeting (AIM)

Location: Virtual- Video Posted on HartfordHabitat.org/homeownership

Date: Fall 2021- Check HartfordHabitat.org for updates

Please contact Family Services at 860-541-2208 ext. 2210

*****REMINDER*****

- Hartford Habitat is your Mortgage Company. You may contact us for information about:
 - Mortgage Payments
 - Home Insurance Payments & Coverage

- Contact your city/town hall for information about:
 - Mortgage Documents
 - Property Lines
- If you have been in your home over a year, we suggest contacting home repair resources such as:
 - Electricians
 - Plumbers
 - Handyman

Home Repair Recommendations

We constantly get request for a handyman. We are pleased to re-introduced Hayvon Simon. He specializes in all home repairs and have completed projects for properties managed by Habitat.

Handyman: Hayvon, 860-874-1670

For Your Information

Family Services will be conducting monthly maintenance checks on Hartford Habitat properties.

Giving Back

- Family partners are needed. If you are interested in partnering with a prospective family please contact Family Services: 860-541-2208 ext. 2210

Free Credit Report

To get a free credit report once a year

- Call (877) 322-8228
- www.annualcreditreport.com

HAS YOUR INCOME DECREASED DUE TO COVID-19? ARE YOU FALLING BEHIND ON YOUR MORTGAGE?



YOU MAY BE ELIGIBLE FOR UP TO \$8,000 IN ASSISTANCE TO HELP YOU WITH MORTGAGE PAYMENTS!

CRT Community Renewal Team
Changing lives... Creating opportunity!

CONTACT CRT'S FORECLOSURE PREVENTION HOUSING COUNSELOR TO LEARN MORE ABOUT THIS MORTGAGE ASSISTANCE AND YOUR OPTIONS TO AVOID FORECLOSURE.*

CALL TODAY: 860-761-2381.

*CRT OFFERS ASSESSMENT AND FINANCIAL ASSISTANCE FOR LOW-INCOME CONNECTICUT RESIDENTS, HOMEOWNERS WITH A MORTGAGE IN THEIR NAME, AND THOSE WHOSE INCOME IS LESS THAN 200% OF THE 2021 FEDERAL POVERTY LINE. THE MAXIMUM ALLOWABLE AID IS \$8,000.

Back-to-School Tips



The following health and safety tips are from the American Academy of Pediatrics (AAP).

Making the First Day Easier

Parents should remember that they need not wait until the first day of class to ask for help. Schools are open to address any concerns a parent or child might have, including the specific needs of a child, over the summer. The best time to get help might be one to two weeks before school opens.

- If it is a new school for your child, attend any available orientations and take an

opportunity to tour the school before the first day. Bring the child to school a few days prior to class to play on the playground and get comfortable in the new environment.

- Make sure to touch base with your child's new teacher at the beginning or end of the day so the teacher knows how much you want to be supportive of your child's school experience.
- Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.
- Many children become nervous about new situations, including changing to a new school, classroom or teacher. This may occur at any age. It can be helpful to rehearse entry into the new situation. Take them to visit the new school or classroom before the **first day of school**.
- Find another child in the neighborhood with whom your child can walk to school or ride on the bus.

Backpack Safety

Choose a **backpack** with wide, padded shoulder straps and a padded back.

- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10% to 20% of your child's body weight. Go through the pack with your child weekly, and remove unneeded items to keep it light. Remind your child to always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Adjust the pack so that the bottom sits at your child's waist.
- If your school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried upstairs, they may be difficult to roll in snow, and they may not fit in some lockers. And review backpack safety with your child.

Eating During the School Day

Hunger will affect a child's performance in class.



- Studies show that children who eat a nutritious **breakfast** function better. They do better in school, and have better concentration and more energy. Some schools provide breakfast for children; if yours does not, make sure they eat a breakfast that contains some protein
- Most schools regularly send schedules of cafeteria menus home and/or have them posted on the school's website. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.

Bullying

Bullying or **cyberbullying** is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or on Social Media.

When Your Child Is Bullied

- Alert school officials to the problems and work with them on solutions. Teach your child to be comfortable with when and how to ask a trusted adult for help. Recognize the serious nature of bullying and acknowledge your child's feelings about being bullied.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.
- Monitor your child's social media or texting interactions so you can identify problems before they get out of hand.

When Your Child Is the Bully

Be sure your child knows that **bullying is never OK**.

- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.

- Focus on praising your child when they behave in positive ways such as helping or being kind to other children as opposed to bullying them.

When Your Child Is a Bystander

- Encourage your child to tell a trusted adult about the bullying. Encourage your child to join with others in telling bullies to stop.
- Help your child support other children who may be bullied. Encourage your child to include these children in activities.

Before & After School Child Care

- During early and middle childhood, children need supervision. A responsible adult should be available to get them ready and off to school in the morning and supervise them after school until you return home from work.
- If a family member will care for your child, communicate the need to follow consistent rules set by the parent regarding schedules, discipline and homework.

Develop a Sleep Routine

Getting enough sleep is critical for a child to be successful in school. Children who do not get enough sleep have difficulty concentrating and learning as well as they can.

- Set a consistent bedtime for your child and stick with it every night. Having a bedtime routine that is consistent will help your child settle down and fall asleep. Components of a calming pre-bedtime routine may involve a bath/shower, reading with them, and tucking them in and saying good-night to them.
- **Have your child turn off electronic devices well before bedtime.**
- Try to have the home as quiet and calm as possible when younger children are trying to fall asleep. Insufficient sleep is associated with lower academic achievement in middle school, high school and college, as well as higher rates of absenteeism and tardiness.

**The optimal amount of sleep for younger children is 10-12 hours per night and for adolescents (13-18 year of age) is in the range of 8-10 hours per night.

Developing Good Homework & Study Habits

Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.

- Supervise computer and Internet use.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.
- Some children may need help remembering their assignments. Work with your child and

their teacher to develop an appropriate way to keep track of their assignments – such as an assignment notebook.

Senior Advice

Based on conversations we have had with families across the US, it can be an overwhelming and heartbreaking time; and there are many questions since every situation is unique. We created a detailed guide to help families find the **Best Memory Care Facility** in Connecticut. You can find our memory care guide here:

<https://www.senioradvice.com/memory-care/connecticut>



AUGUST



NATIONAL SISTER'S DAY

August 1, 2021



Women's
Equality Day

August 26, 2021