



Habitat Happenings  
Newsletter for Habitat Families  
*August 2023*

**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

**A Brush With Kindness (ABWK) Program**

*We have extended services to the Tolland County servings:*

- Bolton
- Ellington
- Somers
- Stafford
- Tolland
- Union
- Vernon

HFHNCC ABWK program has resume taking applications. This program is a zero percent loan home repair program to assist Veterans, Elderly and those with limited mobility with a minor exterior home repair (interior repair for Veterans). Contact Guirlene Morales for further information. 860-541-2208, ext. 2213

**Financial Freedom Center**

Habitat's Financial Literacy Workshops will resume September of 2023. Also Contact

Guirlene Morales for further information. 860-541-2208, ext. 2213 *Fall Workshops* include:

- Savings Through Tax Refunds;
- Budgeting to Reduce Debt;
- Financial Aid for College Students;
- Planning and Paying Utility Costs;
- Your Spending, Your Savings, Your Future;
- 40 Money Management Tips

**One of our homeowner is running for Mayor!**

*"Building a Stronger Hartford Together"*  
Nick Lebron serves on the Town Council of Hartford. Enclosed is a great read of his story. ***As a nonprofit, Habitat for Humanity North Central Connecticut, Inc. is prohibited from participating, or endorsing any political campaign.***

**For Your Information**

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

**Home Repair Recommendations**

**Hayvon Simon** specializes in all home repairs and have completed projects for properties managed by Habitat.

Phone Number: **860-874-1670**



### 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](http://www.annualcreditreport.com)

## 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.

### 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>

- 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. Slings 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.

