



Learning Through Play

“Babies are born learning. Very young children are learning through play, the active exploration of their environment, and, most importantly, through interactions with the significant adults in their lives.” zerotothree.org

The Top 3 Benefits of Play from [the Center for Parenting Education](#)

1. Play encourages communication
2. Play improves cognitive development
3. Play encourages relationship building



Click on the image at left for tons of play activities for all ages!

Find helpful reviews regarding a myriad of toys—just click the image at right



“Children’s museums are places where children learn through play and exploration in environments designed just for them. Reflecting their diverse communities, children’s museums create playful, interactive learning experiences. In an increasingly complex world, children’s museums provide a place where all kids can learn through play with the caring adults in their lives.”

Learn more about ESNH Family Centered Early Supports and Services [here](#).

10 Ways to Play

Infants:

1. Make a family photo book— babies love faces, and will also enjoy looking at them with you
2. Songs and music - a wonderful way to engage your infant (and they don't mind if you sing off key)
3. A walk in the stroller—spending time with family while looking and talking about so many things—a win win!
4. Mirror play— not only is it shiny, but it's fun to look at themselves too!
5. Social Games—it's all about peek a boo at this stage



Toddlers:

1. Bubbles— nothing says fun like bubbles. Learn how to make them [HERE](#)
2. Reading books together—texture and lift the flap books are a great place to start for those busy toddler hands
3. Music & dance—shake some instruments or your booty!
4. Playdoh –a fun texture full of possibilities– try this simple homemade recipe [HERE](#)
5. Scribble with your toddler— make wiggles and ziggles with chalk, crayons, or tub crayons

Find more activities and resources at
the Pathways website [HERE](#)



MCHC is Now Amoskeag Health

In June of 2019, Manchester Community Health Center, Child Health Services and West Side Neighborhood Health Center, formally consolidated under one organizational name: Amoskeag Health

Offering free legal clinics and Medicaid open enrollment assistance for patients



Resources for Families

Every Saturday morning Food For Children hosts an outdoor food ministry in the parking lot of the JFK Coliseum in Manchester. Folks start lining up for a ticket around 9 AM, they start going through the line at 10 AM, and it usually finishes up around noon.



OutFITTERs Thrift Store in Manchester offers a large, open showroom and a department store feel with a wide selection of everything from gently used furniture, housewares, and clothing for the whole family to books, movies, small electronics, and seasonal decorations. With off-street parking and a convenient location near I-293.

The Savers family of stores is a for-profit, global thrift retailer offering great quality, gently used clothing, accessories and household goods.



Need Help? Check Out These Useful Links

211 NH is the connection for NH residents to the most up-to-date resources they need from specially trained Information and Referral Specialists. 211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access is also available. For those outside of NH, call 1.866.444.4211.



[Manchester Community Resource Center](#): 434 Lake Ave | Manchester | 647.8967

[NH Food Bank](#) : click left to find a registered agency near you

[Manchester City Welfare](#): 624.6484

Manchester Homeless Assistance Line: 1.877.606.5173

[Mental Health Center of Greater Manchester](#): 668.4111

[The Upper Room](#): 603.437.8477

[NH Catholic Charities](#): 603.624.4717

[YWCA 24 Hour Crisis Line](#): 668.2299

September 2019 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Family Literacy Night	3	4	5 Farmer's Market Manchester	6 Hillsborough Fair	7 Auburn Day & Duck Race
8 Grandparents Day	9	10	11	12	13 Wizard of Oz @ Palace	14 Wheels&Wings
15 Storyland Sensory Sensitive Weekend	16	17	18	19	20	21
22 Concord Multicultural Festival	23	24	25 Read to Cody	26 Spread Your Wings	27	28 The Bookery Storytime
29	30					

Amazing Video Featuring Easterseals Manchester Early Support & Services



Our own therapists, Brenda, Charlene, and Heather show us what therapy is all about, while these fantastic families are the stars of the show!