How to communicate better with your kids

1. Show interest in their day, even if they don’t want to tell you anything.
2. Pay attention to them and make them feel as if they are the only person in the room when they speak to you. Remember to put away your electronic devices, too.
3. Try to sit down for family meals.
4. Keep eye contact to show them that you love them.
5. Listen to the little things they talk to you about.
6. Keep close to them when they talk to you about.
7. Tell them you love them;
8. Let them know you believe in them often.
9. Remember that your children are not your friends and letting them off with the small things could lead to bigger problems in the future.
10. Always listen to their side of the story if they are in any arguments.
11. Praise them on things they do well.
12. If you have more than one child, try to make time to spend alone with them — even if it’s just driving to the supermarket.
13. Read between the lines. Kids have a way of telling you something without saying it directly.
14. Listen to your children when they are trying to tell you something.
15. Ask their opinion on something that is important.
16. Tell them about your day and encourage discussion often.
17. Use your manners to teach your children to use theirs; say please and thank you.

For more parenting tips, contact Parent Coordinator Josiane Charlot at 203.644.4720 or jcharlot@norwalkha.org.

A GIFT FOR YOU:
You are cordially invited Holiday Breakfast for Senior residents

The Norwalk Housing Authority staff will be serving a FREE Holiday Breakfast to all senior residents on December 19, 2016 from 9:30 AM to 11:30 AM.

Breakfast will include: Breakfast Sausage, Scrambled Eggs, Muffins/Danish, Coffee, and Orange Juice.

It will be served at the following sites:
• 20 West Avenue Community Room
• Leroy Downs Community Room
• Senior Court Community Center
• Ludlow Village residents go to Ludlow Commons dining room
• Irving Freese Community Center

You MUST RSVP to Martha Rodriguez at 838-8471 ext. 846 for this event by Friday, Dec. 16, 2016.

Public Hearing December 14

The Norwalk Housing Authority will be conducting a Public Hearing regarding its 2017 Public Housing Agency Plan. A public hearing will be held on December 14th, 2016 at 5:30PM in the community room at Leroy Downs Apartments, 26 Monroe St., Norwalk, Conn.. Proposed documents have been available since October 26, 2016 and the plans are available, from 9:00 AM to 5:00 PM, for review at the Norwalk Housing Authority Central Office located at 24½ Monroe St., Norwalk, Conn. or at www.norwalkha.org/news. If you have any questions regarding the Plan, please contact Candace E. Mayer, Deputy Director at 203-838-8471 ext. 131.

Access Health: Open Enrollment is Here

It’s time to enroll in healthcare coverage for 2017. A number of different health plans are available. If you want your coverage to start effective January 1, 2017, you must enroll by Dec. 15, 2016. 2017 open enrollment ends on January 31, 2017. If you go without health care coverage for a few months or don’t get coverage at all, you could pay a tax penalty when you file your federal income taxes. ACHT is the only place where you can qualify for financial help to pay for your coverage. For more information and plans, please visit www.accesshealthCT.org.
EMPLOYMENT & TRAINING

Mega JOB CLUB Session
Come hear from Human Resources Professionals!
December 14th, 2 PM to 4 PM
NHA’s CNI Office, 149 Water St, 2nd Fl, Norwalk, CT 06854

The Capacity Building Group will be there talking about how to get involved in the construction of Washington Village. Human Resources Representatives from UPS, Caregivers Home Solutions, and Mutual Security Credit Union will be sharing tips on:

- Application process
- Interview skills
- Available Employment Opportunities

Contact Nadine at 203-810-5681 or Daphny at 203-810-5673 to register. Transportation available with advance notice for NHA residents. This is the only session for the month. PRIZES AWARDED!!!

Health Care Field Job Opportunities
Are you interested in a new career in the growing health care field? A Health Career Info session will take place on:
Tuesday, December 6th, 10:30 AM to 12:00 PM
NHA’s CNI Office, 149 Water Street, 2nd floor, Norwalk, CT 06854

Learn about FREE training at Southwestern CT HealthCareRx Academy offered through the WorkPlace. Training opportunities include C.N.A., Phlebotomy, Pharmacy Tech, Dental Hygienist and more. Eligibility requirements are based on family income or on those that have been unemployed for 27 weeks or longer and have a high school or GED Diploma. Some starting salaries can be $16 per hour after 8 days of training.

Call NHA to reserve your spot today, 203-838-8471 Nadine (x681) or Raquel(x187). Transportation available to NHA residents upon request with at least one week notice.

MAKING A DIFFERENCE

NHA and partners give out turkeys, coats to families

This year, 401 NHA households received turkeys and complete bags of fixings, and were eligible for coats for their entire families thanks to the generosity of the Bridgeport Rescue Mission, Grace Baptist Church, Norwalk Police Department, Big Brothers / Big Sisters, NHA and HOU staff, and countless volunteers from REED Expo, General Electric and Stanford Church.

For the sixth year in a row, Bridgeport Rescue Mission offered to provide 500 NHA households with turkeys, bags of fixings and coats for the entire families. The success of this effort would not have been possible without the partnership and cooperation and support from area organizations and volunteers.

NHA mailed out 1924 applications for 500 turkeys. There were 401 NHA households that received turkeys and complete bags of fixings. The 401 households consisted of 707 adults and 304 youth. Undoubtedly, additional families and friends of the NHA turkey recipients will share the Thanksgiving meals. Of the 401 NHA households who received turkeys, 318 households took the opportunity to shop for free coats for their families, for a maximum of 796 coats for residents in total.

INFO SESSION ON THE NORWALK SENIOR CENTER

TUESDAY, DEC. 13, 10:30 AM - 12 PM
NHA’s CNI Office, 149 WATER STREET, NORWALK

All NHA residents 55 and older are eligible to join us for an information session on the Norwalk Senior Center. The Senior Center’s two locations offer a wide variety of educational, recreational and cultural programs, volunteer opportunities, door-to-door transportation, computer classes, scholarships for programs, trips, exercise classes and direct services and much more. A free lunch voucher will be given to those who come. Transportation is available for NHA residents with at least one week notice. Please contact Nadine Delcina, (203) 838-8471 ext. 681 or Jamie Banks at ext. 180. For more information, you may also contact the Senior Center directly at (203) 847-3115.
**WESTPORT ARTS CENTER #IAMMORE ART SHOW**

Student Art shown at Exhibit

The past several months, 20 West Students have been able to take part in a handful of arts enrichment opportunities through the collaboration and participation in Art contests hosted by the Westport Arts Center. During our Summer Program, Anastasia Davis, of the 20 West Learning Center, submitted her work into a photography contest hosted by the Arts Center and won first place.

Inspired by the successful summer collaboration with the Westport Arts Center, 20 West students jumped at the opportunity to submit their artwork to an open call for artists by the Westport Arts Center. This open call was for work to create a collection of art work of different media reflecting the theme #IAMMORE. This theme strives to perpetuate the message of courage, resilience and empowerment in the face of bullying as represented by art.

Three of our 20 West students — Anastasia Davis, Jonathan Jean, and Talishka Antoine — submitted their work and all three were shown in the gallery exhibition from Sept. 9th to Oct. 29th.

| Comic Strip by Jonathan Jean |
| Art by Anastasia Davis |
| Art by Talishka Antoine |

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**Leap into a new reading program with your child**

The Norwalk Public Library invites parents and kids of all ages to participate in their year long “Leap into Reading: 1,000 Books by Kindergarten” program. The program’s goal is to help children learn new words through reading. The program is simple: Read a book, log it into the system and head to the library to pick up a prize when you reach a milestone! Reading is also a great way for parents to bond with their children. Parents can also bring their children to hear a great story at the Library during “Story Time” to help them meet their goal faster. Story Time takes place several times a month. A calendar with dates is available at www.norwalkpubliclibrary.org. For more information, please contact the Norwalk Public Library’s Children Department at (203) 899-2780 ext. 15131.

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**BRIDGE TO COLLEGE & CAREER**

**COLLEGE PLANNING WORKSHOPS**

FREED, LITTLE YINCA

DATES TO CHOOSE FROM:

DEC 8, JAN 10 OR FEB 7 AT 7 PM

Wilton Family YMCA Conference Room
644 Danbury Rd, Wilton, CT 06897

TOPICS COVERED:
- Admissions Criteria
- Course Selection and Transcript
- Standardized Testing
- The College Essay
- Extracurricular Activities
- Letters of Recommendation
- Visits/Interviews
- The Common Application
- Financial Aid

Offered by Jennifer Vonella, Boston College, B.A., M.A.
Private College Consultant, NACAC member

To register, please contact Kim Murphy at the YMCA at 203-762-8384 or kmurphy@ymcaorwrk.com. For transportation, NHA residents can contact Tiana at (203) 993-3567 at least 3 days in advance.

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**Computer Lab now open at CNI Office**

A new free computer lab is now available to all Housing Authority residents. It will be available for group training programs and for individuals wanting to update resumes or do internet job searches. The 12 new laptops are being made available through the Choice Neighborhoods Initiative and will be set up at NHA’s CNI office at 149 Water Street, Norwalk, CT. The laptops will have wifi access to the internet and to printers to produce documents.

To find out more about training opportunities, visit the CNI website (www.norwalkcni.org) or to schedule an appointment to use a computer, contact Nadine at (203) 838-8471, ext. 681.

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**VIDEOGRAPHY PROGRAM**

Meadow Garden students learn how to create videos and role play with Ariane Rasmussen, NHA Media Coordinator and Videography Educator.
Sounding out words to help your child read and spell

**What is phonics?**
Phonics involves the relationship between sounds and their spellings. The goal of phonics instruction is to teach students the most common sound-spelling relationships so that they can decode, or sound out, words. This decoding ability is a crucial element in reading success.

**Why is phonics instruction important?**
Most poor readers tend to rely so heavily on one reading strategy, such as the use of context and picture clues, that they exclude other strategies that might be more appropriate. To become skilled and fluent readers, children need to have a repertoire of strategies to draw on. These strategies include using a knowledge of sound-spelling relationships — in other words, an understanding of phonics.

Research has shown that skilled readers attend to almost every word in a sentence and process the letters that compose each of these words. Therefore, phonics instruction plays a key role in helping students comprehend text. It helps the student map sounds onto spellings, thus enabling them to decode words.

Decoding words aids in the development of word recognition, which in turn increases reading fluency. Reading fluency improves reading comprehension because students are no longer struggling with decoding words, they can concentrate on making meaning from the text.

In addition, phonics instruction improves spelling ability because it emphasizes spelling patterns that become familiar from reading. Studies show that half of all English words can be spelled with phonics rules that relate one letter to one sound.

**STEM: Balloon blow-up teaches students Science**
Chemical reactions make for some great experiments. NHA students made use of the carbon dioxide given off by a baking soda and lemon juice reaction by funneling the gas through a soft drink bottle and into their awaiting balloons.

The carbon dioxide filled up the balloons causing it to expand. In this activity, students saw the volume change caused by the carbon dioxide. Staff helped students channel their invisible thinking caps by asking lots of questions, such as: What might have happened if we had capped the bottle off, leaving no place for the carbon dioxide to go? Why do you think the bottle felt cold? What is a reaction that needs heat to make it happen called?

All went well and most of the balloons inflated; adding the lemon juice to the baking soda created a chemical reaction. The baking soda is a base, while the lemon juice is an acid. When the two are combined, carbon dioxide (CO2) is created. The gas rises up and escapes through the soft drink bottle, but it doesn’t escape the balloon thus pushing it outwards and blowing it up.

For fun family science experiments, contact NHA STEM Coordinator Sheiree Powell at 203-939-1018 or spowel@norwalkha.org.

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**Free Stepping Stones Exhibit Coming to NHA’s CNI Office**
Stepping Stones Museum for Children’s hands-on exhibits and play-filled activities allow youth to learn by doing!

All youth and adults are invited to stop by during business hours, 9:30 AM – 4:30 PM weekdays, at the CNI Office, 149 Water Street, 2nd Floor, Norwalk, Conn., to see the Healthyville Exhibit.

December 6th through December 20th
Learn about healthy eating, heart rate, physical activity, and oral hygiene. Shop for healthy foods and sort them into food groups. Practice proper brushing and flossing techniques on a giant set of teeth. Balance your food intake and activity level. Get moving! Use a heart-rate meter to explore how movement can change your heart rate.

Sponsored by Stepping Stones Museum
http://www.steppingstonemuseum.org

**Healthyville Helps children learn about health and the importance of living a healthy lifestyle**