

September 2026

The Early Start Scoop

A monthly guide for Naugatuck
families with **little ones** ages 0-5.



Our very first issue

Welcome, Naugatuck families!

We're so excited to launch this monthly newsletter created especially for Naugatuck families with children ages 0-5. Each month you'll find local events, easy activities to try at home, book recommendations, parenting tips, and community resources - all designed to help your little ones learn through play while making it easier for families to connect, explore, and grow together. Whether you're looking for something fun to do this month or a new way to encourage learning at home, we're happy you're here. We can't wait to make this part of your family's month!

This Month in Naugatuck



São Paio Festival

Date: September 4 - 5
Time: 10am - 12am & 8am - 12am
Location: Naugatuck Portuguese Club

Celebrate the Portuguese culture with a weekend of traditional food, music, dancing and family friendly fun



St. Michael's Village Green Fair

Date: September 11 - 12
Time: 10am - 9pm & 10am - 6pm
Location: Naugatuck Town Green

Food, location vendors, crafts and children's booths make this a fun family stop



Harvest Moon Festival

Date: September 18 - 19
Time: 11am - 9pm & 9am - 8pm
Location: Naugatuck Town Green

Enjoy food, vendors, music, arts & crafts and family-friendly activities downtown

More at the Library!

Howard Whittemore Memorial Library has plenty for little learners this month, including Wiggle Worms, Story Parade, Toddler Art Zone, Big Blocks, Toddler Play Date, Let's Dance and Bouncing Babies & Books. Check the [library calendar](#) for dates, ages and registration details.



Visit our [website](#) or
follow us on [facebook](#)
for more updates!

Little ideas. Big impact.

Little Feelings, Big Deal

Helping Young Children Say Goodbye to Summer
The transition from summer to fall can bring exciting changes—and big feelings. New routines, classrooms, caregivers, and schedules may take time to adjust to.

Help your little one feel secure by:

- Naming feelings and reminding them all feelings are okay
 - Creating predictable routines for bedtime, mornings, meals, and goodbyes
 - Talking about changes through play, books, songs, and pictures
- Practicing social-emotional skills like taking turns, asking for help, sharing, and using words to express feelings
- Celebrating summer memories by looking at photos or drawing a favorite moment together

Extra hugs, reassurance, patience, and consistent routines can make seasonal transitions easier for babies, toddlers, and preschoolers.

BOOK OF THE MONTH ★



The Kissing Hand is a sweet and comforting story about Chester Raccoon, who feels nervous about starting school. His mother shares a special “kissing hand” to remind him that her love is always with him, even when they are apart. We love this book because it helps young children understand that it’s okay to feel nervous about new experiences. It’s a heartwarming story about love, reassurance, and feeling safe.

Especially meaningful for little ones starting school, child care, or another new routine.

Did you know?

September is great month for little ones to explore with their senses? As summer turns to fall, children can discover new colors, sounds, textures, and smells outside.

Try this!

Take a short nature walk and encourage your child to find something green, yellow, red, smooth, rough, big, and small.

Connect Through Play



Follow your child’s lead and join in what they’re already doing. Build a tower, pretend with stuffed animals, roll a ball back and forth, or make up a silly game together.

Even a few minutes of focused play helps strengthen connection, communication, and confidence.

NOW ACCEPTING NEW FAMILIES

Rocio’s Learning & Development Center

+ Future Scholars

having openings for new families.