



NEWS FROM THE CENTER FOR FAMILIES

April 2004

It's Time To Think About Summer Camp!

Despite the recent snow, it is time to think about signing your children up for summer camp. For the little campers, here are some options that are close to home.

The always popular Fitzgerald Neighborhood Community School has a registration night at the Peabody School on April 6th from 7- 8:30 pm. They offer a summer camp preschool program in 2-3 week sessions from 9 am-1 pm for children 2.9 to 5 years old. They also have camping options for kids 6 to 12 years old. Call Carolyn Rodrigues at 617 349-6302 or stop by her office in the Community Wing of the Peabody School if you can't go to the registration night.

For older children (six and above), also check out the Cambridge Adventure Day Camp which provides transportation to and from the camp. They also offer two week sessions which run from about 8:20 am to 4:30 pm (including pick up and drop off). Call them at (617) 864-0960 to receive an application and more information. They have a sliding scale.

Join us for an Open House and Community Meeting: Tuesday, April 13th, 6-8 pm

The Center for Families' Community Advisory Council invites all parents of young children, caregivers, and community members to an Open House at the Center for Families and an open meeting to talk about our hopes for programs for our families. Learn more about the Center and other programs for families, and share your experiences and ideas about how we can work together to make our community more "family friendly".

Please join us on April 13th for supper at 6:00 and discussion beginning at 6:45 pm. Limited childcare will be available; please sign up by Friday, April 9th if you will need childcare.

The Community Advisory Council (CAC) is a group of parents, caregivers, and community members who advise and support the work of the Center for Families. The CAC meets once a month from September to June. Our goal is to engage members who represent the diversity of families in our community and are willing to share their opinions and ideas. For information about joining the CAC, Please call Jenn Kapuscik at 617-349-3002.



The Center for Families of North Cambridge offers...

- ◆ Support for all families with young children in North Cambridge or in the Peabody School
- ◆ Experienced staff who can answer your parenting questions
- ◆ Help in learning about community resources including child care, job training, health care and much more
- ◆ Family fun activities and playgroups for
- ◆ parents and children
- ◆ Parent support groups and parent education classes
- ◆ English as a Second Language classes with child care
- ◆ Community building activities

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THE CENTER FOR
FAMILIES
OF NORTH CAMBRIDGE

PARTICIPATION IN CFNC PROGRAMS

Programs are open to all families with children 0-6 who live in North Cambridge or who are affiliated with the Peabody School. The Center for Families supports families of young children. Parents, as children's primary caregivers and first teachers, are our main focus. Our family activities, including drop-in playtimes, are designed to bring together parents and children. Some support groups and parent classes are open to all families in Cambridge.

YOU MUST SIGN UP FOR PLAYGROUPS, SUPPORT GROUPS, AND CLASSES. YOU DO NOT NEED TO SIGN UP FOR DROP-IN PLAY OR FAMILY FUN ACTIVITIES. PLEASE BE SURE TO SIGN-UP IN ADVANCE IF YOU WILL NEED CHILDCARE. FOR MORE INFORMATION, CALL 617-349-6385.

PARENT-CHILD ACTIVITIES

Be healthy. Please keep children home if they have had a fever, chronic cough, or throwing up within 24 hours of activities.

PLAYTIME AT FRESH POND APARTMENTS

(Parents and children 0-5)

Stop by for play and conversation every Monday morning in the Community Room at Fresh Pond Apartments. This drop-in playtime is open to all neighborhood families and building residents. (No parking in the Fresh Pond lot.)

Facilitators: Heather Searles, Luz Hernandez & Judith Morantus
Mondays, 10:00 - 11:30 am

Fresh Pond Apartments, 364 Rindge Avenue

****No Pre-registration Required****



INFANT-PARENT DROP-IN GROUP

(parents with infants up to 14 months)

This informal support and discussion group offers mothers and fathers with infants the opportunity to share experiences, ask questions, and meet other parents and babies.

Facilitator: Marie-Noelle Doucet

Mondays, 12:30 - 2:30 pm

****No pre-registration required****

FAMILY PLAYTIME AT THE GATELY CENTER

(Parents and children 0-5)

Come out and meet up with young friends for fun at the Gately Youth Center (behind Peabody School). We'll bring activities to share, you bring the kids and the energy. We will be moving our drop-in back to the Bergin Tot Lot, when the weather gets warmer. Watch for signs at the Gately and in the park.

Facilitator: Donna Schutt

Tuesdays and Thursdays, 10:00 - 11:30 am

Gately Youth Center, 70 Rindge Avenue (Rear)

****No Pre-registration Required****

PROJECT PLAYGROUP AT JEFFERSON PARK

(Parents and children 0-5)

In collaboration with the Child Care Resource Center and Early Intervention, we have several mixed-age playgroups meeting around the city including one at the Jefferson Park Head Start Center.

Thursdays, 3:00-4:30 pm

April 8th - June 24

****Call Angel 617-349-7715 or Jena 547-1063x226 to sign up****



PLAYGROUPS FOR PARENTS AND TODDLERS

We will be offering three toddler playgroups in April and May. Please go to page 7 for more information and the registration form. We need to know your choices by Thursday, April 8th. You must sign up again even if you have already been in a playgroup in March. Please take note: Playgroups are for parents-guardians and children. Children can attend drop-in playtime with a nanny or babysitter.

****Please return the sign-up form on page 6 by Thursday, April 8th. Slots will be assigned by lottery.****

Toddlers Take Off w/ Kitty Burns (18-30 months) Monday Mornings, 9:00 - 10:30 pm April 12 until May 24 (no session on April 19)
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Toddlers Together w/ Laura deAngelo (15-24 months) Wednesday mornings, 10:00-11:30 am April 14 until May 26

Terrific Twos w/ Kitty Burns (25-36 months) Wednesday afternoons, 3:30-5:00 pm April 14 until May 26
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PARENT EDUCATION AND SUPPORT

Be healthy. Please keep children home if they have had a fever, chronic cough, or throwing up within 24 hours of activities.

DISCUSSION GROUP FOR MOMS

(moms with kids 0-6)

Being a parent involves many challenges. You have to juggle your time and roles as parent, partner and worker. Take a break to share with other moms in an informal environment. Topics will be chosen by the group. Refreshments and childcare provided.

Facilitator: Suzan Wolpow (counselor, coach, and mom)

Saturdays, 10:00-11:30 am

April 17th and May 8th

Center for Families, Multipurpose Room

Please call 617-349-6385 to sign up



DADS AND KIDS MORNING OUT

(dads and children 0-6 years)

A chance for dads to talk with each other about parenting. Play for the first half hour and then dads meet for coffee and conversation; childcare for kids. Bagels and juice provided; bring goodies to share.

Facilitator: Rick Colbath-Hess, LICSW

Saturdays, 9:30-11:30 am,

April 3, 17 - May 1, 15 and June 12

Center for Families, Multipurpose Room

Please call to sign up for childcare 617-349-6385

CHILD DEVELOPMENT & PARENTING

(parents of children 0-6)

This is a 5-week group for parents of young children. We create a supportive atmosphere in which to talk about child development and discuss a variety of common parenting issues and to address parents' concerns. Couples are welcome to participate as a "parenting team." Dinner and childcare provided. *This group is open to all Cambridge families.*

Instructor: Rick Colbath-Hess, LICSW

Wednesday evenings, 6:30-8:30 pm, April 28 - May 26

Location to be determined

Please call 617-349-6385 to sign up



INFANT MASSAGE

(parents with infants 2 months - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child in a deeper way. This is a fun and relaxed five-week course with an optional one-session workshop for fathers/partners. *This group is open to all Cambridge families.*

Instructor: Marie-Noelle Doucet, CMI.

Center for Families

Call 617-349-3003 to sign up for the next session that will be scheduled in April

FAMILY FUN ACTIVITIES

PAJAMA STORY HOUR

Join us for an evening storytime at the library on the last Monday of the month. Neighborhood parents and friends take turns reading old favorites and new stories and sharing our love for books with our children. Kids can come in their pajamas and share a snack before we say goodnight.

April 26th and May 31st, 6:30-7:30 pm

O'Neill Branch Library, 70 Rindge Avenue

No pre-registration required

The O'Neill library stays open until 8:00 pm on Monday, Wednesday, and Thursday.



FIRST FRIDAY FAMILY POTLUCK SUPPER

Time for children and parents to get together with old and new friends. Bring a family-size dish to share!! We will provide drinks and paper goods. We celebrate children's birthdays for each month and have activities for children and families. The potluck supper is organized and run by parents. Volunteers are needed each month to help with setting up, greeting families, and leading activities: 617-349-6385.

Friday, April 2nd and May 7th, 5:30-7:30 pm

Peabody School Cafeteria

No pre-registration required

Workshops and Classes for Parents and Caregivers

Raising a Bilingual Child

You will be amazed at how easily young children are able to learn two languages. Find out what adults can do to encourage strong language development in both languages. Participants will receive free books in a variety of languages. We hope that you will share your experiences, too!

Facilitators: Cornelia Heise-Baigorria and Lisa Dobberteen
This popular workshop is being offered twice, once in the evening and once in the morning. Sign up for the time that works best for you. Childcare and refreshments will be provided.
Please call 617-349-6385 to sign up

Thursday, April 15th, 6:00 - 8:00 pm
Center for Families, Multipurpose Room
OR
Thursday, May 13th, 10:00 am to 12:00 pm
Windsor Street Health Center, 2nd floor conference room



Making Something Out of Nothing: Homemade Toys for Young Children

Play is children's work. But what do they want to play with? This "make and take" workshop will offer parents and caregivers ideas and examples of great toys and games that can be made of recycled materials you have around the house. Bring your creative side and get ready to make something out of nothing. Childcare and refreshments and materials provided.

Presenter: Donna Schutt, OST
Tuesday, May 5th, 6:00 - 8:00 pm
Center for Families Multipurpose Room
Please call 617-349-6385 to sign up

Surviving the Toddler Years: Routines and Choices

Toddlers (ages 1 to 3) are exploring their world and as they explore they have to test their limits. Join us for a workshop on how routines and choices help toddlers explore their world safely and help parents and caregivers support and enjoy this learning time. Bring your own toddler stories to share. Childcare and refreshments provided.

Presenter: Donna Schutt, OST
Tuesday, April 20th, 6:00 - 8:00 pm
Center for Families Multipurpose Room
Please call 617-349-6385 to sign up



SPECIAL EVENT

Positive Social Development: A Forum for Parents & Teachers

As parents and teachers we all want to see our preschool age children (3-5 years old) develop positive social skills such as empathy, sharing, problem solving, and having respect for others and help them learn how to resolve conflicts. In this workshop, we will examine why these social skills can be challenging for preschoolers and learn what types of support and strategies can be used to help children develop them.

Presenter: Debra Harkins, Ph.D., Project Director
Conflict Resolution Program, Suffolk U. Psychology Dept.

Thursday April 29th, 6:00-8:30 pm
(family supper at 6:00, workshop starts at 6:30)
Peabody School Cafeteria

Please call 617-349-6385 to sign up

Open to all parents and teachers in Cambridge. Supper and childcare provided. OCCS training hours for teachers/caregivers are available.

SAVE THE
DATE!

Family Fun Day at Danehy Park

Saturday, June 5th

11:00 am-2:00 pm

Fun activities for children from 11:00-12:00 pm,
including obstacle courses, relay races, face painting, etc.

Brought to you by: Center for Families, Cambridge Recreation Commission,
Cambridge Head Start, Cambridge Child Care Resource Center, Special Start.

Call **Heather Searles at 617-349-3003** or **Luz Hernandez at 617-349-6385** if you want to help.

April 2004



See page 2 for registration information. All activities are held in the Center for Families in the Peabody School unless otherwise noted. You need to sign up in advance for the groups that are marked with an asterix (*). Call 617-349-6385 to sign up. Enter for all Center for Families activities at the back of the school.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Toddlers Take Off* 9:00 - 10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	Family Playtime at Gately Youth Center 10:00-11:30 am ESL 6:00-8:30 pm	Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm	1 Family Playtime at Gately Youth Center 10:00-11:30 am ESL 6:00-8:30 pm	2 First Friday Family Pot Luck Supper 5:30-7:30 pm	3 Dads & Kids* 9:30- 11:30 am
4	5 Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	6 Family Playtime at Gately Youth Center 10:00-11:30 am ESL 6:00-8:30 pm	7 Playgroup forms due April 8th	8 Family Playtime at Gately Youth Center 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm ESL 6:00-8:30 pm	9 School Closed CENTER OPEN	10
11	12 Toddlers Take Off* 9:00 - 10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	13 Family Playtime at Gately Youth Center 10:00-11:30 am Community Advisory Council OPEN HOUSE 6:00-8:00 pm ESL 6:00-8:30 pm	14 Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm	15 Family Playtime at Gately Youth Center 10:00 - 11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm Raising a Bilingual Child 6:00 - 8:00 pm ESL 6:00-8:30 pm	16	17 Dads & Kids* 9:30- 11:30 am Working- Moms* 10-11:30 am
18	19 Holiday Patriot's Day CENTER CLOSED School Vacation	20 Family Playtime at Gately Youth Center 10:00-11:30 am Surviving the Toddlers Years* 6:00 - 8:00 pm	21 Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm	22 Family Playtime at Gately Youth Center 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm	23	24 Infant Massage Review* 10-11:30 am
25	26 Toddlers Take Off* 9:00 - 10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm Pajama Story Hour 6:30 - 7:30 pm O'Neill Library	27 Family Playtime at Gately Youth Center 10:00-11:30 am ESL 6:00-8:30 pm	28 Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm Child Development & Parenting Class* 6:30 - 8:30 pm	29 Family Playtime at Gately Youth Center 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm Positive Social Development 6:00-8:30 pm ESL 6:00-8:30 pm	30	

Calendar may change depending on the capacity of the program.

COMMUNITY RESOURCES

For information about the **Cambridge Public Schools** call the **Family Resource Center** at 617-349-6551. Multilingual voice mail 617-349-6550 (Rosemary Pereira, Portuguese; Blondel Joseph, Haitian Creole; Hector Risemberg, Spanish).

The **O'Neill Branch Library** has two groups for young children. *Toddler Time* (Ages 0-3) on Mondays at 10:30 am, and *Preschool Storytime* (Ages 3-5) on Thursdays at 11:00 am. Call 617-349-4023 for more information. The Main Library near Harvard Square and other neighborhood branches also offer a variety of activities for families.

Cambridge-Somerville Early Intervention provides multi-disciplinary evaluations and developmental services for children under age three at risk for developmental delays. For more information, call 617-629-3919.

The **Child Care Resource Center** provides information about childcare options in Cambridge. Call 617-547-1063. Their ABC Room has computers, a lending library and other resources and is open every weekday from 9:00-5:00 at their office in Central Square.

The Department of Human Services runs a variety of childcare programs, including **Preschool** and **School Age Childcare Programs** in schools around the City. For enrollment information, call Chandra Williams at 617-349-6254.

For information about activities for school age children and youth in North Cambridge, including school vacation camps, contact: the **Fitzgerald Community School** at 617-349-6302 and the **Gately Youth Center** at 617-349-4499.

The **Community Learning Center** offers adult education, including GED and ESL classes; call 617-349-6363.

The **Cambridge Multi-Service Center** provides housing information and assistance to families and individuals from Cambridge who are facing homelessness. Please call 617-349-6340.

The **Cambridge Food Pantry network** provides food to families around the city. To get more information, call the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900.

The **Cambridge Program for Individuals with Special Needs** serves people with special needs from school age to adults. There is an after school group and a Saturday morning recreation program. Call 617-349-6200 for information.

Bubble Art

This activity has kids blowing like crazy to create tons of unique pictures for everyone!

Materials needed:

- ✓ Tempera paint (about 1-2 tablespoons)
- ✓ Liquid dish soap (about 1 table spoon)
- ✓ Construction paper (light colored will work best)
- ✓ Drinking straws
- ✓ Metal pie pan
- ✓ 1/2 cup water

What to do:

Step One: Stir together the water, paint, and soap. Try mixing more than one color

Step Two: Pour the mixture into a pie pan.

Step Three: Place one end of the straw into the mixture and gently blow to make bubbles.

Blow until bubbles are almost at the edge of the pie pan.

Step Four: Place a piece of paper on top of the bubbles and hold it in place until several bubbles have popped, leaving their mark on the paper.

Step Five: Set the picture aside to dry.

Use bubble art to make wall decorations, greeting cards, or cut-out ornaments.

Website: www.familyeducation.com

TODDLER PLAYGROUP REGISTRATION

Registration Form: Toddler Playgroups April 2004

All Center for Families parent-child playgroups are designed to be inclusive of children with special needs and to provide developmentally appropriate activities. Each of these playgroups for toddlers can serve up to 8 families. We can enroll each family in one playgroup per session. Families are welcome to bring a younger child, but older siblings cannot be included in groups designed for toddlers.

Please take note: Playgroups are for parents-guardians and children. Children can attend drop-in playtime with a nanny or babysitter.

If you would like to register for a toddler group in April, please give us the following information by faxing or handing in this form or by emailing (lhernandez@cambridgema.gov) or calling us (617-349-6385) by Thursday April 8th. Please tell us what are your first, second, and third choices. If there are more interested families than there are playgroup slots, a lottery will be used to ensure that everyone has an equal chance of being included. Families who have never had a chance to participate have priority. All families who are currently in a playgroup need to sign up again for this session. Families will be contacted by phone or email to confirm enrollment.

Child's Name _____ Birth date _____

What language do you speak at home? _____ Does your child receive early intervention services? _____

Parent Name _____

Address _____

Phone _____ Email _____

Please mark 1st, 2nd, and 3rd choices and drop off form or call or email with choices by April 8th.

_____ Toddlers Take Off (18-30 month olds): Monday mornings, 9:00-10:30 am (April 12, 26 - May 3, 10, 17, 24)

_____ Toddlers Together (15-24 month olds): Wednesday mornings, 10:00-11:30 am (April 14, 21, 28 - May 5, 12, 19, 26)

_____ Terrific Twos (25-36 month olds): Wednesday afternoons, 3:30-5:00 pm (April 14, 21, 28 - May 5, 12, 19, 26)

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OFFICE

Center for Families of North Cambridge
c/o Peabody School
70 Rindge Avenue
Cambridge, MA 02140

Office and Resource Room are in the
Community Wing at the back of the school.

Please enter for all Center for Families
activities through doors at the back of
school near the Gately Youth Center and
the baseball field.

Funding for CFNC Programs

The Center for Families of North Cambridge receives funding from the City of Cambridge, the Massachusetts Department of Education (DOE), and the Massachusetts Children's Trust Fund (CTF). CFNC is one of 41 programs around the state that are part of the DOE Massachusetts Family Network and CTF Mass Family Centers programs. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families is open to all families of children ages 0-6 in North Cambridge or connected to the Peabody (formerly Fitzgerald) School. Some support groups and parent classes are open to all families in Cambridge residents.

***Don't Forget
About The Pot Luck
On Friday
April 2nd***