



Hello



Alo



Bonjour



Hola



Jambo

CAMBRIDGE FAMILY NEWS

Information, Support, & Activities for Families of Children Ages 0-6

July - August 2005

CENTER FOR FAMILIES DROP-IN PLAYTIMES

We bring toys, activities, singing, and snacks. Bring your children (0-5) and come play with us. You can just show up. Adults must stay with the children. No groups the last week of summer after August 26th. Call Luz at 617-349-6385 or Heather at 617-349-3003 for more information.

Mondays

Windsor Street Head Start

119 Windsor Street
10:00-11:30 am

Parent-Infant Drop-In Group

Center for Families, Peabody School
12:30-2:30 pm (babies under 14 months)

Tuesdays

Fresh Pond Apartments

Community Room, 364 Rindge Ave.
10:30 am-12 pm

Jefferson Park Head Start

280 Rindge Ave.
10:00-11:30 am

Bergin Park In July

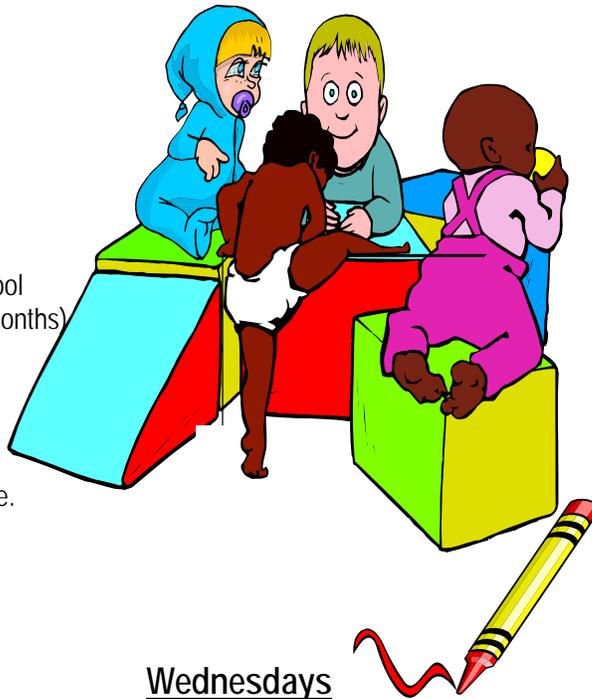
Haskell & Pemberton Streets
10:00-11:30 am

Sennot Park in August

Broadway near Prospect Street
10:00 - 11:30 am

Center for Families

70 Rindge Avenue (rear)
3:30-5:00 pm



Wednesdays

Windsor Street Head Start

119 Windsor Street
10:00-11:30 am

Traveling Toddler Activities

Follow us to new parks each week and meet new friends.
Details on page 3
10:00-11:30 am

Thursdays

Center for Families

70 Rindge Avenue (rear)
10:00-11:30 am

402 Rindge Avenue

10:00-11:30 am (residents only)

Bergin Park In July

Haskell & Pemberton Streets
10:00-11:30 am

Sennot Park in August

Broadway near Prospect Street
10:00 - 11:30 am

Jefferson Park Head Start

280 Rindge Avenue
3:30-5:00 pm

Windsor Head Start

119 Windsor Street
3:30-5:00 pm

Fridays

Walden Square Apartments

Community Room
10:00-11:30 am

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Map of Waterplay Locations

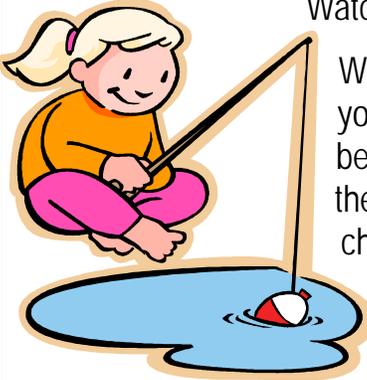
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PLAYING AND LEARNING

Go Fishing

Tie a long piece of yarn on the end of a stick. On the end of the yarn, attach a small magnet. Cut some fish shapes out of different colors of paper and put a paperclip on each fish. Put fish on the floor and dangle the magnet over the paperclips.

Watch out! These fish bite!



When children get older, you can put letters, numbers, colors, or words on the fish. Then let your child identify each fish they want to catch and practice trying to get the right one.

Sandpaper Pictures

Sandpaper provides a wonderful sensory art experience for toddlers. Collect sheets of different grades (coarseness) and tape them to a table. Provide sturdy tongue depressors, teaspoons or other safe tools for your children to scrape across the sandpaper. Encourage them to feel the rough texture of the sandpaper and to notice the marks they have made on it. The sandpaper can be used again and again.



Make a Potato Picture

Cut a potato in half, and carve a simple shape or design into it. Let your child dip the potato into finger paint and press it on a clean piece of paper, aluminum foil, or on a paper bag. Use the finished masterpiece for a homemade card, wrapping paper, or trick or treat bag. See what other things you can find that would make an interesting homemade stamp.



Cambridge Public Library

The Cambridge libraries are open all summer. Call your local branch for information about storytimes and family activities. Remember that the library also has museum passes you can check out with your library card, including passes to the Children's Museum, Zoos, and more. For listings call 617-349-4038 or see www.cambridgema.gov/~CPL/.

Main Children's Room
(617) 349-4038

Longfellow School, 359 Broadway

Boudreau Branch
(617) 349-4017
245 Concord Ave.

Central Square Branch
(617) 349-4010
45 Pearl St.

Collins Branch
(617) 349-4021
64 Aberdeen Ave.

O'Neill Branch
(617) 349-4023
70 Rindge Ave.

O'Connell Branch
(617) 349-4019
48 Sixth St.

Valente Branch
(617) 349-4015
826 Cambridge St.

SUMMER SPECIAL EVENTS

Join the Cambridge Dance Party Friday, July 29th, 7-11 pm

The City of Cambridge is closing down Mass Ave. between Inman and Bigelow Streets (in front of City Hall) for its annual Dance Party. Each year, residents of all ages, from toddlers to teens to seniors stop by for a little dancing on the street! The DJ will be spinning a varied selection of tunes to appeal to our diverse audience. **Bring a picnic and come look for the Center for Families banner in front of the Senior Center (806 Mass Ave., in Central Square).**

Bring a picnic and come look for the Center for Families banner in front of the Senior Center (806 Mass Ave., in Central Square).

This dance extravaganza is a once a year opportunity for the entire Cambridge community to celebrate summer with music and friends. After dark, a colorful light display will add to the magic. This event is free and open to the public. NOTE: MBTA #1 Bus Line will stop in Central Square at 6:30 pm and resume service at 11:30 pm. For information, call Maryellen Carvello at 617-349-4301.



Traveling Toddler Activities

Throughout the summer, the Center for Families will have different activities on Wednesdays in parks around town. Call for more details: 617-349-6967.

July 20, Danehy Park, 10:00-11:30 am

July 27, King School Park, 10:00-11:30 am

August 3, Riverside Press Park, 10:00-11:30 am

August 10, Dudley/Rev. Williams Park, 10:00-11:30 am

August 17, Pine Street Park, 10:00-11:30 am

And come join us at some of the special Cambridge Arts Council, Summer in the City events too:

Tues. July 26, Dana Park 11:00-12:30

Poetry in Motion—poetry, costumes and puppets

Thurs. August 4, Riverside Press Park 11:00-12:30

Dance Caliente—Latin dance for children

Tues. August 9, Danehy Park 11:00-12:30

Pan Loco—Percussion

See the map of water play locations on page 7

COMMUNITY RESOURCES AND ACTIVITIES

Family Summer Walking Program Wednesdays, 9:30-11 am (June - August 3rd)

Walk along the Charles River, bring children, friends, or make new friends along the way! Public Health staff will be on hand to provide information about nutrition, asthma prevention, dental care, talking and reading with your children, etc. Meet at Whole Foods on River Street, just a block from Memorial Drive, and a 10-minute walk from the Central Square stop on the Red Line. Free parking in the Whole Foods lot (look

for the leaders in Cambridge Walks t-shirts). For more info, contact Jeff Walker at 617-665-3834.



Community Schools' Arts in the Park

Arts in the Park brings arts & crafts, performers, and music for children & families to parks around Cambridge til mid-August..

Sennott Park (Broadway near Prospect Street)

Cambridgeport Comm. School, 617-349-6307

Tuesdays, Wednesdays, and Fridays, 10:00 am– 12 noon

Hancock Park (Hancock between Mass Ave & Harvard St)

Longfellow Comm. School, 617-349-6260

Mondays, Wednesdays, and Fridays, 10:00 am– 12 noon

Maple Avenue Park (Maple Ave. near Cambridge Street)

Longfellow Comm. School, 617-349-6260

Tuesdays and Thursdays, 10:00 am– 12 noon

Pine Street Park (Pine Street near Windsor Center)

Fletcher-Maynard Comm. School, 617-349-6295

Mondays, Wednesdays, and Fridays, 10:00 am– 12 noon

Kennedy School Playground (Spring Street near 7th Ave.)

Kennedy Comm. School, 617-349-6308

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

The Community Schools are a great resource right in your area. Check it out.

PARENT EDUCATION AND SUPPORT

MOMS' DISCUSSION GROUP

Being a mom is challenging. You have to juggle your time and roles—mother, spouse, worker, learner. Take a break to contemplate your priorities, share with other moms, and talk about where you want to go. Snacks and limited childcare provided.

Facilitator: Suzan Wolpov

Saturdays, 10:00-11:30 am, July 23rd

Center for Families, Peabody School

****Call in advance to sign up for childcare 617-349-6385 ****

PARENT INFANT GROUP

(parents with infants 0-14 months)

This informal support and discussion group at the Center for Families offers

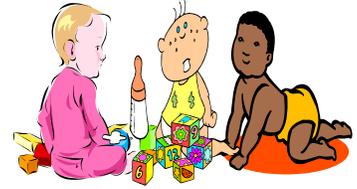
parents with new infants up to 14 months the

opportunity to share experiences, ask questions, and meet other parents while

babies sleep, eat, gurgle, or safely explore in our infant-toddler room.

Facilitator: Marie-Noelle Doucet

Every Monday, 12:30 - 2:30 pm



DADS' MORNING OUT

Dad's Group will return in the fall. Call us to be put on the list to get more information: 617-349-6385.

DOULA PROGRAM SUPPORT GROUPS

The Doula Program at the Cambridge Health Alliance offers drop-in postpartum and breastfeeding support groups run by multilingual Doulas (birth and parenting coaches). Groups are open to all new parents in Cambridge.

Call for more info: 617-665-1662

Cambridge Birth Center, 8 Camelia Avenue

(across from the entrance of the Cambridge Hospital).

INFANT MASSAGE

(parents with infants 2 months - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage can also help with digestion, sleep, and baby's health. This is a fun and relaxed five-week course with an optional one-session workshop for fathers or other caregivers. Groups are organized in locations that are convenient for parents.

Instructor: Marie-Noelle Doucet, CMI.

****Call 617-349-3003 to sign up for the next session****

FAMILY SOCIAL EVENTS

FRIDAY POTLUCK DINNER IN THE PARK

Time for children and parents to get together with old and new friends. Bring a family-size dish to share!! We provide drinks and paper goods. We'll celebrate children's summer birthdays for each month.

August 5th, 5:30 - 7:30 pm

Bergin Park (Haskell and Pemberton Sts.)

or in the Peabody School if it rains

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



FAMILIES OF TWINS AND MULTIPLES

Come to the Center for Families on a Saturday afternoon play date with other families of twins and multiples. This monthly gathering is a purely social occasion. We'll have activities for the kids and snack will be provided. *Call Marie-Noelle for more information at 617-349-3003-ext 2.*

Saturday July 30th, 3:30-5:00 pm

Bergin Park (Haskell & Pemberton Sts.)

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



PAJAMA STORY HOUR

Parents and children can come to the library in pajamas on the last Monday of the month to hear stories read by neighborhood parents and enjoy a snack before bed. Bring a favorite book to share.

6:30-7:30 pm Last Mondays, July 25th and August 29th



FAMILY NEWS & INFORMATION



Storytime in the garden!

You are invited to a FREE event in the Morse School garden

Garden stories for little folk
with Center for Families
Wednesday July 13, 3-4 pm
For children and adults

Citysprouts has Open Garden drop-in times in all four of its schoolyard gardens during the summer. Families are welcome to visit.

Peabody School, Tuesdays 3-4 pm
Morse School, Wednesdays 3-4 pm
King Open School, Wednesdays 3-4 pm
Haggerty School, Thursdays 3-4 pm

For more information about special activities and events, take a look at their website: www.citysprouts.org or call 617-491-0258.



NATIONAL NIGHT OUT AGAINST CRIME Tuesday, August 2, 2005

Night Out is an annual event to promote safety, celebrate community, and have fun! Cambridge has two Night Out celebrations. Come join the community and look for the Center for Families table with information, infant/toddler area, and activities for kids.

North Cambridge Crime Task Force

“Morning Out” 10:00 a.m. - 1:00 p.m.

“Night Out” 5:30 - 8:00 p.m.

Rindge Field (Pemberton St. at Peabody School)

Call 617-349-4293 for more info.

Cambridgeport Night Out Against Crime

“Night Out” 5:00 - 8:30 p.m.

Riverside Press Park (Mem. Drive at River St.)

Call Abel Molina, 617-868-0808 for more info.

A GREAT CENTER FOR FAMILIES FUN DAY

Thanks to everyone who participated in our 2nd annual Center for Families Fun Day on Saturday, June 18th. Several hundred folks came to enjoy making art, climbing through the obstacle course, blowing bubbles, getting a balloon animal and having their faces painted. Thank you to all of our amazing volunteers who made this wonderful event possible.



MORE SUMMER NEWS

Cambridge Celebrates Lead Poisoning Prevention Week July 18-23

Lead-Safe Cambridge, a program of the City's Community Development Department, is hosting a week of activities in celebration of the statewide Lead Poisoning Prevention Week July 18-23. Lead Poisoning Prevention Week highlights ways to keep kids safe from lead.

Monday, July 18 (9:00 a.m. – 11:30 a.m.)

Lead & Your Child – Cambridge Pediatrics/The Cambridge Hospital – 1493 Cambridge Street

Tuesday, July 19 (9:00 a.m. – 11:30 a.m.)

Lead & Your Child – North Cambridge Health Center – 266 Rindge Avenue

Tuesday, July 19 (11:00 a.m. – 2:00 p.m.)

Get the Lead Out! – CambridgeSide Galleria Food Court with Elmo the Lead Buster, and free giveaways.

Wednesday, July 20 (11:00 a.m. – 2:00 p.m.)

Lead & Your Child – Windsor Street Health Center – 119 Windsor Street - Health info and giveaways.

Thursday, July 21 (10:00 a.m. – 12:00 p.m.) *Lead-Free Kids Jamboree* - Sennott Park (corner of Broadway and Norfolk). Goody Bags, Face Painting, and Davey the Clown.

For more information see www.cambridgema.gov.

WARM WEATHER SAFETY

With the warm weather arriving, being outdoors becomes a top priority! For fun in the sun, here are some safety tips to remember.



Sunscreen: Children's skin is delicate. Use sunscreen with sun protection factor (SPF) 15 or greater. Generic brands work as well as name brands, but sunscreen does expire, so toss out last year's stuff. Put it on thick and reapply after kids get have been in the water. Also, hats with visors or wide brims help protect face and eyes. For babies under 6 months, long sleeved light clothing and hats are a must. Check with your pediatrician before using sunscreen on infants 0-6 months.



Water safety: Help children learn to swim. Never leave children in or near water without adult supervision, even buckets, shallow pools or bathtubs. Obey "no swimming" postings and swimming rules at beaches and pools. When boating, each person should wear a personal floatation device that fits appropriately.



Children need appropriately sized protective equipment: When bicycling, rollerblading or playing organized sports. These include helmets, elbow pads, knee pads, shin pads, wrist braces and appropriate footwear.



On hot days: Children and adults should drink plenty of water and recognize signs and symptoms of heat stroke: rapid, weak pulse, pale skin, feeling dizzy or faint, change in consciousness. Monitor your child's exposure to extreme heat situations.



Prevent food poisoning: keep cold foods cold and hot foods hot.

Call your health provider with questions about your child.

Adapted from "Beyond Band-aids" by the Cambridge Public Schools' Health Program.



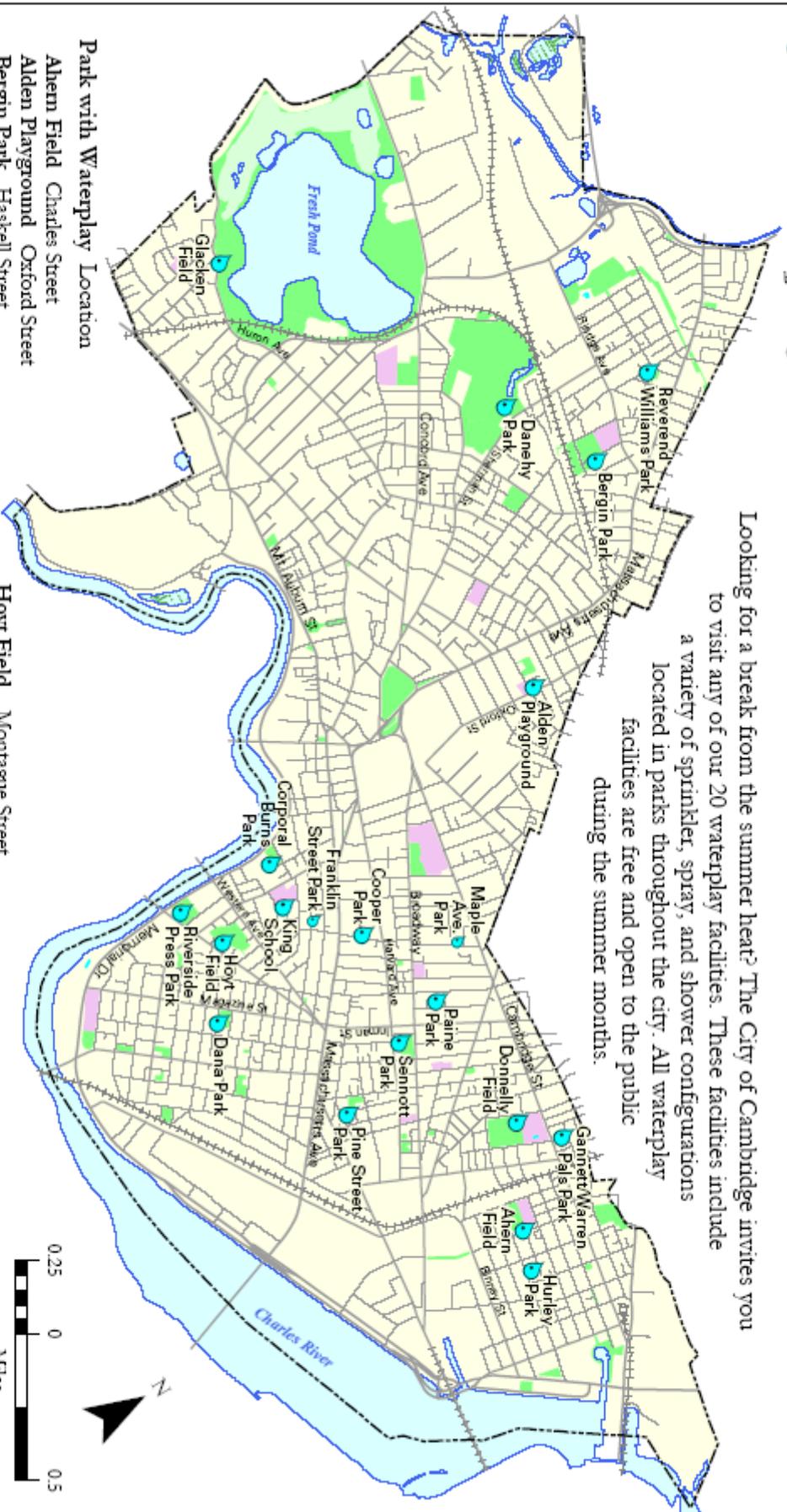
Cambridge Arts Council "Summer in the City"

Summer in the City is a lively mix of dance, song, music and puppetry that offers a culturally rich learning experience and guaranteed to entertain for children of all ages.

For a brochure of events, call the Arts Council at 617-349-4380 or pick one up at City Hall. or visit: http://www.cambridgeartscouncil.org/community_summer.html.

Waterplay Locations Cambridge, Massachusetts June 2005

Looking for a break from the summer heat? The City of Cambridge invites you to visit any of our 20 waterplay facilities. These facilities include a variety of sprinkler, spray, and shower configurations located in parks throughout the city. All waterplay facilities are free and open to the public during the summer months.



Park with Waterplay Location

- Ahern Field Charles Street
- Alden Playground Oxford Street
- Bergin Park Haskell Street
- Cooper Park Hancock Street
- Corporal Burns Park Flag Street
- Dana Park Magazine Street
- Danehy Park Sherman Street
- Donnelly Field Willow Street
- Franklin Street Park* Franklin Street
- Gannett/Warren Pals Park Jefferson Street
- Glacken Field Huron Avenue

- Hoyt Field Montague Street
- Hurley Park Hindley Street
- King School Putnam Avenue
- Maple Avenue Park* Maple Avenue
- Paine Park St. Mary Road
- Pine Street Park Pine Street
- Reverend Williams Park Cedar Street
- Riverside Press Park River Street
- Sennott Park Broadway

General questions about waterplay?
 Call Community Development at (617) 349-4600.
 Concerns about maintenance?
 Call Public Works at (617) 349-4800.

* Franklin Street Park and Maple Avenue Park have smaller waterplay facilities designed for very young children (age 5 and under).

CENTER FOR FAMILIES STAFF

OFFICE

Jenn Kapuscik

Director
jkapuscik@cambridgema.gov

617-349-3002

(English)

Luz Hernández

Family Support Program Assistant
lhernandez@cambridgema.gov

617-349-6385

(English & Spanish)

Heather Searles

Family Services Coordinator
hsearles@cambridgema.gov

617-349-3003

(English & Spanish)

Nadine Jones-Ruffin

Family Programs Coordinator
njonesruffin@cambridgema.gov

617-349-6967

(English)

Marie-Noelle Doucet

Child Development Specialist
Parent Infant Group Facilitator
Mdoucet@cambridgema.gov

617-349-3003

(English & French)

Fax:**617-349-6386****Center for Families**

c/o Peabody School
70 Rindge Avenue
Cambridge, MA 02140
Office and Resource Room: Community Wing
(entrance at back of school)

Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Education (DOE), and the Massachusetts Children's Trust Fund (CTF). Ours 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 serves families of children 0-6. Activities are open to all Cambridge residents.

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