

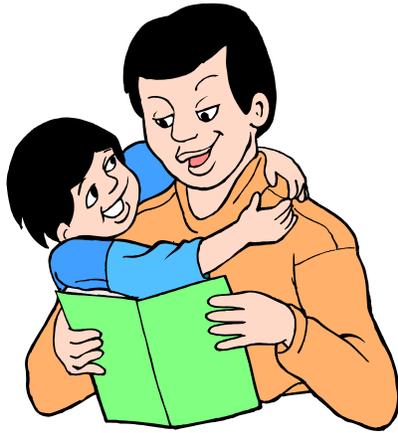


## PLAYING AND LEARNING

### Reading Aloud Together

Reading aloud is one of the most important things we do to help children become good and eager readers. Looking at the print teaches them that letters and words have meaning, listening to the story helps them learn new words and ideas and sparks their imagination, talking about the pictures allows them to use their new learning. Even when children can read on their own, reading aloud is a special time for being together.

Children love to hear their own voices and the voices of their families. Use a tape recorder to record your child or a member of the family reading or telling a story. Then your child can listen to the stories over and over. If you read a favorite book on the tape recorder, and then your child can turn the pages and read along whenever he or she wants.



### Make a streamer

Enjoy the warm weather by making a streamer on a stick for children to wave in the air. It's a simple idea that can be done lots of ways. Find a stick (maybe 12-18 inches long) and attach "streamers" to it with sturdy tape. The streamers can be made of crepe paper (two feet long strips work really well), or you can cut up plastic grocery bags into strips. They are nice and light and catch the wind very well. Five to eight strips of plastic or crepe paper create a satisfying sound and look.

If you have a small child and are worried about a stick poking someone in the eye, you can also attach streamers to a circle handle made by twisting together pipe cleaners and pulling them into a circle shape. Attach the streamers by wrapping them around the circle and taping them with transparent tape.

Children can wave the streamers and feel them catch the wind. Have fun running in a field or park!

### Bubble Fun



Make your own bubbles at home just as good as the stuff you get at the store. Making your own bubbles means that you can do measuring and mixing that involves math and science ideas and then an outdoor activity.

1 cup water  
2 tablespoons liquid detergent  
1 tablespoon glycerin (get at drugstore)  
1/2 tablespoon sugar  
Mix together and off you go.

Experiment with making your own wands out of hangers, fly swatters, pipe cleaners, slotted spoons, or plastic lids.

### Color Your World

Another great thing about spring and summer is that little artists have a whole new place for their artwork: the sidewalk. Sidewalk chalk is available at many drugstores or supermarkets. Big pieces of chalk are easy for toddlers and preschoolers to use and can be washed up easily.

Here are some sidewalk art ideas:

- Draw a big animal, truck, or landscape and let friends decorate different parts.
- Trace an outline around someone's body and then draw in the hair, face, and clothes.
- Make up a story and draw pictures on each square of the sidewalk to illustrate it.
- Outline a map with roads and buildings and then bring out toy cars, dolls, and animals to live in this new world.

### Painted Rocks

Invite your toddlers on a walk to gather rocks. Then set out liquid tempera or watercolor paint and paintbrushes. Let the children paint their special rocks however they wish. As they work, talk about the texture or color of the rocks. Painted rocks can decorate the garden, become a present for a special friend, or get washed and painted again and again.

# FAMILY NEWS

## Parents & Kids Summer Walking Program

Wednesdays, 9:30-11 am (June 8 - Aug 3)

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). This walking program is run in partnership with Cambridge Walks, the Agenda for Children Literacy Program, and Whole Foods Market. For more info, contact Jeff Walker at 617-665-3834 or [jwalker@challiance.org](mailto:jwalker@challiance.org).



## DPW Vehicle Road Show, Sennott Park

Tuesday, May 17th, 9:30 - 11:30 am

The Cambridge Department of Public Works is having their annual Vehicle Road Show. The event provides a unique opportunity for kids to get close to and learn about the working vehicles that collect rubbish, do construction, plow



snow, clean drains, and prune trees. This event is open to all, but is geared toward 2-6 year olds. Caregivers bringing groups of more than 6 children are asked to call ahead to sign up for a ½ hour time slot. For information or to sign up, contact Rebecca Fuentes: 617-349-6948,

[rfuentes@cambridgema.gov](mailto:rfuentes@cambridgema.gov). There is no rain date for this event- if the weather seems questionable, please call to confirm. Sennott Park is located on Broadway, between Prospect & Norfolk Sts.



Help us make the *Cambridge Family News* a fun and useful resource for Cambridge families. In the next issues we'd like to include more ideas from you about places your family enjoys, activities that can engage curious toddlers and preschoolers, or resources that

should be more well known. Send us your questions about parenting issues too. Feedback to the Center for Families or email [jkapuscik@cambridgema.gov](mailto:jkapuscik@cambridgema.gov).

## Meet, Greet, Eat and Plan, May 25

Join us for a Parents' Planning and Pizza Night at the Center for Families. Any parent interested in helping plan our programs is welcome to attend. You don't need to commit to more than one meeting to be part of our parent advisory process.

We'll be talking plans for the next year and sharing ideas for building community.

We rely on parents to help us make our programs interesting and fun. We need you to tell us what



kinds of things you want to see and to help us find ways to make them happen. If you are interested in becoming more involved, but can't come out for an evening meeting, we'll be adding some daytime meeting opportunities to the schedule in the future. And we always need volunteers to help us with activities and special events.

Wednesday, May 25th, 5:30-7:30 pm

Center for Families, Peabody School

Call if you need childcare:

617-349-6385 or email [jkapuscik@cambridgema.gov](mailto:jkapuscik@cambridgema.gov).



## Children's Clothing Drive

Help us support the Children's Clothing Exchange in Cambridge by bringing new or gently used children's clothes to the Center for Families any time Wednesday June 15th through Saturday June 18th. The Clothing Exchange especially needs good quality spring/summer clothing for ages 2 and up, and new underwear and socks for all ages.

The Children's Clothing Exchange is located at the Roosevelt Towers, 391 Evereteze Way by Cambridge Street. The Exchange is open Tuesday-Thursday from 10 am to 4 pm. The Clothing Exchange allows



parents to recycle clothes their children have outgrown and get clothes that they can grow into. For every item you bring in, you can take home something new(er). Call for more information: 617 576-0039.

# PARENT-CHILD PLAY ACTIVITIES

## DROP-IN PLAYTIMES

(caregivers and children 0-5)

A time for parents and children to just drop by to play and share. You do not need to sign up in advance to come to any of these drop-in playtimes. Children must be supervised at all times. Open to children from 0-5 years old and their parents/caregivers.

### AT FRESH POND APARTMENTS

Stop by for play and conversation every Tuesday morning in the Community Room at Fresh Pond Apartments. Open to all neighborhood families and residents.

*(No parking in the Fresh Pond lot.)*

Leaders: Heather Searles & Luz Hernandez

Tuesdays, 10:30 am - 12:00 noon

Fresh Pond Apartments, 364 Rindge Ave. (near Alewife)

### AT GATELY YOUTH CENTER

Come out and meet up with young friends for fun at the Gately. We'll bring the toys, you bring the kids and the creative energy.

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

Gately Youth Center (behind the Peabody School)

### AT WINDSOR COMMUNITY CENTER

New drop-in for families with babies and young children in the Area IV neighborhood in the Workforce Program Room in the Windsor Community Center lower level.

Leaders: Merline Sylvain & Lamos Paul

Wednesdays, 10:00 am - 11:30 am

Windsor Community Center, 119 Windsor Street (near Central Square)

### AT WALDEN SQUARE

Come out and play on Friday mornings with neighbors and friends from the Center for Families.

Leaders: Merline Sylvain & Letekidan Medhane

Fridays, 10:00 am - 11:30 am

Walden Square Community Room

**Please call Luz or Heather for more information at 617-349-6385**



## CAMBRIDGE PLAYGROUPS

PLAYGROUPS FOR PARENTS/CAREGIVERS AND CHILDREN 1-5



There will be no regular playgroups over the summer. Please come join us for other special activities around the city both indoors and in the parks. A complete schedule will be available in early June. If you'd like to help plan or lead special activities over the summer, call Nadine at the Center for Families (617-349-6967).

A training for parents who want to become playgroup co-leaders will be held in June. Parent co-leaders help playgroup leaders to plan and lead activities and help caregivers and kids have a great time. If you think you might like to help lead a playgroup in the fall, or if you just want more information about creating fun and educational activities for young children, this training is for you. Find out more by calling Nadine Jones-Ruffin at the Center for Families (617-349-6967) or Michelle Godfrey at the Child Care Resource Center (617-547-1063x271).

# ART, MUSIC, AND LITERACY ACTIVITIES

## Child Care Resource Center

### ABC Community Room

The ABC Room has books and learning materials for parents and providers. Come in get helpful tips on literacy, borrow materials, or use the computers. Open weekdays 9 am-5 pm.

### Upcoming Literacy Events:

Vegetable Gardens, May 18th, 3:30 pm  
Explore the Ocean, June 9, 10:00 am

### Computer Training For Adults:

Intro to the PC, June 9, 6:30-8:30 pm  
Microsoft Word, May 19, June 6, 6:30-8:30 pm

Child Care Resource Center,  
130 Bishop Allen Drive (Central Sq.)  
Call Michelle for information: 617-547-1063 x271

## Free English Classes with Childcare for Parents

The Cambridge Even Start Family Literacy Program has openings. English classes for speakers of other languages are offered three mornings a week in the Peabody School in North Cambridge. Childcare for children from 1 to 3 years old is provided for parents while they attend classes.

To find out more about this program, call Carole Sousa at 617-349-6278.

## 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,  
May 23rd, June 27th, July 25th  
O'Neill Branch Public Library, 70 Rindge Avenue



## Cambridge-Somerville Early Intervention Playgroups

Cambridge-Somerville Early Intervention (CSEI) serves children 0-3 years old with special needs or risks. Their playgroups are designed for children with or without identified special needs.

Groups engage children in challenging developmental play. CSEI groups are open to all Cambridge or Somerville families and meet weekly for a 10-12 week period. A sliding fee is required for non-EI clients. New groups start in July.

For more information call  
Erin Segal, 617-629-3919 x167

## COMMUNITY SCHOOLS' PRESENT

### ARTS IN THE PARK

Arts in the Park brings arts & crafts, performers, and music for children & families to Sennott Park all summer.

This program is great family fun. Watch for more information from the Center for Families about special activities for toddlers and preschoolers.

Starting July 5th  
Tuesdays, Wednesdays, and Fridays  
10:00 am- 12 noon

Sennott Park is on Broadway between Prospect and Norfolk Streets, near Central Square or the 83 bus line.



## Cambridge Public Libraries

Call your local branch for information about storytimes and other family activities.

Main Children's Room (617) 349-4038  
At the Longfellow School, 359 Broadway

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

Central Square Branch (617) 349-4010  
45 Pearl Street

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 Street

# 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 celebrate children's birthdays for each month. Volunteers needed to help. Call Jenn at 617-349-3002.

June 3rd, July 8th, 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 June 4th, 3:30-5:00 pm  
Bergin Park (Haskell & Pemberton Sts.)

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



# PARENT EDUCATION AND SUPPORT

## WORKSHOPS FOR PARENTS/CAREGIVERS

Come out and talk with other parents about special topics. All workshops include refreshments and limited childcare. You must call to sign up if you need childcare: 617-349-6385.

### Positive Discipline for Toddlers and Preschoolers



Strategies for helping parents and caregivers handle behavior issues with toddlers and preschoolers. This workshop will emphasize positive approaches and natural consequences that help children learn.

Facilitator: Donna Schutt

Saturday May 21st, 10:00 am -12:00 noon

Margaret Fuller House, 71 Cherry Street (near Central Square)

### Outnumbered:

### Parents, Siblings, and Rivalry

The dynamics change when there are more than one child in the family and parents want to support each child's growth while helping kids develop positive sibling relationships. This workshop will address these issues and more. Share your experiences and hopes for your kids.

Facilitator: Rick Colbath-Hess

Tuesday June 7th, 6:00-8:00 pm

Center for Families, Peabody School

### Upcoming Topics:

- Picky Eaters: Getting Kids to Eat & Eat Well
- Language Development
- Family Health Literacy

Call to be put on the interest list for any of these topics, or suggest other ideas: 617-349-6385.

### The Family Center, Inc.

The Family Center offers a range of supports for families including the Parenting Journey, Parenting in America, and other activities.

For information call 617-628-8815 x234

Union Square, Somerville

### Our Childcare Policy:

The Center for Families provides limited childcare for many of our parent groups and meetings. We ask that parents use our childcare if when they could not attend otherwise. If you have an alternative (spouse, friend) it is sometimes easier for very young children to be at home. We ask that you sign up in advance for childcare so we can have enough staff and plan for special needs. Please call or email to sign up two days before the group. On the day of a group we can care for more children up to our safety limit, but we cannot guarantee childcare for anyone who did not sign up. Because we serve families of children 0-6, we must limit childcare to those ages in most cases. If you need to bring older children, please contact us to discuss your situation. If you have any questions about our childcare policy, contact Jenn at 617-349-3002 or ask your group leader.

## NEW GROUP FOR FAMILIES OF YOUNG CHILDREN (0-6) WITH SPECIAL NEEDS

Changes in both Early Intervention and public Special Education programs have made support for families of preschool children with special needs harder to find. We want to create a safe atmosphere where families can find community, children can engage in fun activities, and parents can give and receive support for playing the dual roles of caregiver and advocate. Come enjoy a low-key afternoon out and help design this new group or plan activities for families.

Facilitator: Kitty Burns

Saturday June 4th, 3:00-5:00 pm

Center for Families, Peabody School

\*\*Call 617-349-6385 for more information\*\*

## DADS' MORNING OUT

(dads and children 0-5 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.

Snack provided; bring goodies to share.

Facilitator: Rick Colbath-Hess

Saturdays, May 14, 21 and June 4, 18 - 9:30-11:30 am

Center for Families, Peabody School

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

## 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 Wolpow

Saturdays, 10:00-11:30 am, May 14th, June 11th

Center for Families, Peabody School

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

## SCRAPBOOKING FOR PARENTS

This workshop will give you tools and time to collect and preserve photos and other special things. Bring your memories and come join the fun. Materials fee: \$8 per session.

Facilitator: Tina Prille

Saturday, June 4th, 9:00 am -1:00 pm

Center for Families, Peabody School

## The Guidance Center, Inc.

This agency provides counseling, parenting support, and educational groups for families dealing with violence. They offer self-defense/stress management groups for women and adolescents and programs for different cultural/language groups.

Call Ilana Amrani-Cohen 617-354-2275 x139

5 Sacramento Street, Cambridge 02138

## Families First Parenting Programs

Workshops and classes for parents in the Boston area. Schedule at [www.families-first.org](http://www.families-first.org) or call 617-868-7687.

---

# COMMUNITY RESOURCES

---

Looking for services? See the **Cambridge-Somerville Resource Guide**: [www.cambridge-somerville-resource-guide.org](http://www.cambridge-somerville-resource-guide.org).

For information about the **Cambridge Public Schools** call the **Family Resource Center** at 617-349-6551. Multilingual voice mail 617-349-6550 (Portuguese, Haitian Creole, and Spanish).

The **Cambridge Public Library** has storytime activities in all its other neighborhood branches. Call 617-349-4023 .

**Cambridge-Somerville Early Intervention** provides 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 a lending library. It is open weekdays from 9:00-5:00 in Central Square.

The Department of Human Services runs a variety of childcare programs, including **Preschool** and **School Age 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 Cambridge, including school vacation camps, contact the **Community Schools** at 617-349-6236 and the **Cambridge Youth Programs** at 617-349-6200.

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

The **Cambridge Multi-Service Center** provides help to families who are facing homelessness. Call 617-349-6340.

The **Children's Clothing Exchange** is a program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.

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.

---

## SUPPORT FOR NEW PARENTS

---

### 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

Center for Families, Peabody School

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



### 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\*\***

### CHILDBIRTH & INFANT CARE CLASSES

The Cambridge Health Alliance, through its Obstetrics Department and the Cambridge Birth Center, offers childbirth classes and other supports for expectant and new parents. Some are limited to families who receive their healthcare from the Cambridge Health Alliance while others are open to the general public.

For information, call 617-665-BABY (617-665-2229).

### 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).



# CENTER FOR FAMILIES STAFF

# OFFICE

**Jenn Kapuscik**

Director  
jkapuscik@cambridgema.gov

**Luz Hernández**

Family Support Program Assistant  
lhernandez@cambridgema.gov

**Heather Searles**

Family Services Coordinator  
hsearles@cambridgema.gov

**Nadine Jones-Ruffin**

Family Programs Coordinator  
njonesruffin@cambridgema.gov

**Marie-Noelle Doucet**

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

**Outreach workers**

Letekidan Medhane  
Lamos Paul  
Merline Sylvain

**Fax:****617-349-3002**

(English)

**617-349-6385**

(English & Spanish)

**617-349-3003**

(English & Spanish)

**617-349-6967**

(English)

**617-349-3003**

(English & French)

**617-349-6385**

(Tigrinya)  
(Haitian Creole)  
(Haitian Creole)

**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.

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

