



Hello



Alo



Bonjour



Hola



Jambo

# CAMBRIDGE FAMILY NEWS

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

## September - October 2005

### Put on your Dancing Shoes and come to the Family Dance!

Let's swing, twirl, stomp, slide, and boogie. Come meet up with families and friends for a Friday evening family dance, **September 16<sup>th</sup>, 6:00-7:30 pm** at Rindge Field (behind the Peabody School, 70 Rindge Ave.). We'll be playing music to get adults, kids, and even babies moving.

Bring a picnic dinner for your family, beverages and dessert will be provided.

Help us make this dance a blast by inviting your friends and neighbors, and feel free to bring your instruments to play along.



Call Jenn for more information or to help out: 617-349-3002.

### CAMBRIDGE COMMUNITY PLAYGROUPS

Playgroups for parents/caregivers and children 1-5

Playgroups are designed for parents/caregivers and children together. The weekly groups give children a chance to try new things and make friends. Playgroup leaders plan activities that include free play, arts and crafts, movement, and circle time with songs and stories.

Cambridge parents and caregivers can get a registration form by calling:

- Michelle, Child Care Resource Center, 617-547-1063 x271
- Nadine, Center for Families, 617-349-6967

**Registration deadline: September 12th**

Fall playgroups will run Sept. 19th to Nov. 10th, 2005

**See page 5 for more information**

## CENTER FOR FAMILIES DROP-IN PLAYTIMES

We bring toys, activities, singing, and snacks, you bring the kids and the fun. Bring your children (0-5) and come play with us. Adults must stay with the children. Call Luz at 617-349-6385 or Heather at 617-349-3003 for more information.

### Mondays

Area IV Youth Center, 243 Harvard St.  
10:00 - 11:30 pm

### Parent-Infant Drop-In Group

Center for Families, 70 Rindge Ave. (rear)  
12:30-2:30 pm (babies under 14 months)

### Tuesdays

Fresh Pond Apartments, 364 Rindge Ave  
10:30 am-12:00 pm

Gately Youth Center, 70 Rindge Ave. (rear)  
10:00 - 11:30 am

### Wednesdays

Area IV Youth Center, 243 Harvard St.  
10:00 - 11:30 am

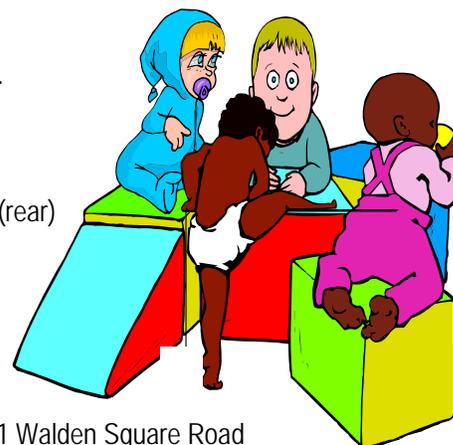
### Thursdays

Gately Youth Center, 70 Rindge Ave. (rear)  
10:00-11:30 am

402 Rindge Avenue  
10:00-11:30 am (residents only)

### Fridays

Walden Square Community Room, 21 Walden Square Road  
1:00-2:30 pm



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# PLAYING AND LEARNING

## Leafy Prints

Invite your toddlers on a nature walk to collect fall leaves. Then use the children's treasures as the basis of an art project. Let the children arrange their leaves on a baking sheet, food tray, or covered table. (Help them tape the leaves down with loops of masking tape rolled sticky side out.) Set out paintbrushes and shallow containers of red, orange and yellow paint. Have the children paint the leaves. Encourage them to use more than one color. Then lay a sheet of black construction paper on top of each child's painted leaves. Press your hands on the paper, and then gently lift it to reveal a print.



## Big Yellow Sun

Activities like this one let toddlers work together--even if cooperation isn't their greatest strength. Cut a large circle from a piece of poster board or paper. Collect several Parmesan cheese shakers (spice containers will also work), and fill them with cornmeal. Set out cups of glue and paintbrushes. Have your children paint the paper or posterboard with the glue. When the it is covered with glue, have them shake cornmeal onto it. Shake off the excess cornmeal and allow the "sun" to dry. Then hang the sun where all can enjoy it.



## Safety Tips: Tips for Preventing Choking

If you are the parent or caregiver of an infant or child under 4 years old, follow these tips from the American Red Cross, the American Academy of Pediatrics, and the Centers for Disease Control and Prevention (CDC) to reduce the chances of choking.

### At Mealtime

\* Insist that your children eat at the table, or at least sitting down. Watch young children while they eat. Encourage them to eat slowly and chew their food well.

\* Cut up foods that are firm and round and can get stuck in your child's airway, such as

- hotdogs—always cut hotdogs length-wise and then into small pieces
- grapes—cut them into quarters
- raw vegetables—cut them into small strips or pieces that are not round

\* Other foods that can pose a choking hazard include:

- hard or sticky candy, like whole peppermints or caramels
- nuts and seeds (don't give peanuts to children under age 7)
- popcorn
- spoonfuls of peanut butter



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# CENTER FOR FAMILIES NEWS

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## The Director's Letter

All families need resources, information, support, and community connections to help them do the important and challenging job of raising young children. The Center for Families is a City-sponsored program to help all Cambridge families find the support they want and need. This year, the Center for Families is expanding to offer more citywide programming. We will maintain our original center in the Peabody School, but we will also be developing activities and resources in new sites through collaborations with other community-based organizations. Families of infants, toddlers, and preschoolers from across Cambridge can participate in these programs and help us create new community connections. As programs become available in new areas, we'll be sharing the good news with you. Call to be put on our mailing list or visit our website at: [www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm).

The *Cambridge Family News* is an important part of our efforts to share information about resources to enrich family life. In addition to news about the Center for Families, *Cambridge Family News* includes information about many other City programs and community organizations that offer services for Cambridge residents with young children. The newsletter has ideas about things to do with your children, and for yourself, to help make your job as caregiver and teacher a little easier and more fun.

The idea that it "takes a village to raise a child" is so familiar now that we may not think about what it means in practice. For me, it means that all members of the community – parents, neighbors, service providers, schools, businesses, and government – help to create the environment in which children will grow and learn. Whether you are offering a hand to a neighbor, working to improve public safety, reaching out to newcomers, participating in community events, or just being the best caregiver you can be, you are an essential part of the effort.

Let's celebrate the many ways that we can and do work together as a village to raise all "our" children.

**Jenn Kapuscik, Director**

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## WE NEED YOU!

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### Join Our Family Partners

Are you struggling to get your baby to sleep? Want to expose your toddler to music? Been dying to know how to make balloon animals? Ready to let your party planning talents loose? The Center for Families' staff wants to hear what groups, workshops, and activities you want for your family and for the community.

Often the best ideas come from people meeting together. Our "Family Partners" will gather four times throughout the year to share ideas and plan activities. We are asking everyone who attends a Center for Families activity or group to come to at least one of these gatherings to share your thoughts and to help out with one of our family fun events. We believe that having everyone participate helps us to be a better program and creates a stronger community for all our children. Plus, there will be free food, good conversation, and lots of fun! Call Jenn with questions and suggestions: 617-349-3002.

Please join us at one or more of the following Family Partners gatherings:

Tuesday morning, October 18<sup>th</sup>, 10-11:30 am, North Cambridge/Peabody School

Wednesday evening, January 11<sup>th</sup>, 6:00-7:30 pm, Central Square Area

Wednesday morning, March 8<sup>th</sup>, 10-11:30 am, Central Square Area

Tuesday evening, May 16<sup>th</sup>, 6:00-7:30 pm, North Cambridge/Peabody School



Refreshments and limited childcare provided. Call 617-349-6385 to sign up for childcare.

# PARENT EDUCATION AND SUPPORT

## MOMS' DISCUSSION GROUP

(Mothers of children ages 0-6)

Being a mom is challenging. You have to juggle your time and roles—mother, spouse, worker, learner. Take a break to think about 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, September 17 and October 15**  
Center for Families, Peabody School

**\*\*You must call to sign up for childcare 617-349-6385 \*\***

## DADS' MORNING OUT

(Fathers of children ages 0-6)

Dads and kids play together and then dads have time to talk. Fall schedule and locations to be announced; call 617-349-6385 to be put on the group list for updates.

**Saturdays once a month.**

**Facilitator: Rick Colbath-Hess**

## THE RENAISSANCE JOURNEY

(single moms with children ages 0-6)

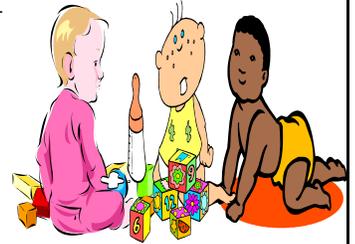
This 8-week evening group for single mothers focuses on creating a supportive community and caring for ourselves. Dinner and childcare are provided for this 8-week group. Fall session starting in October. To find out more, call 617-349-6967.

**Facilitator: Nadine Jones-Ruffin**

## PARENT INFANT GROUP

(parents with infants ages 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** \*No Pre-registration Required\*  
Center for Families, Peabody School

## INFANT MASSAGE

(parents with infants ages 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 FUN

## 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, 617-349-3003-ext 2.*

**Saturday - October 22, 3:30-5:00 pm**  
Bergin Park (Haskell & Pemberton Streets)

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



## Center for Families' Family Fun Nights

The Center for Families will sponsor four different Family Fun Nights this year to bring together families to build and celebrate our community. Come and swing, twirl, stomp, slide, and boogie at our first event for the year, the Family Dance on September 16<sup>th</sup> from 6:00-7:30 pm at Rindge Field see page 1).

What other kinds of fun family-friendly events would you like to see: concerts, storytellers, art activities, games? Join our Family Partners in planning these Family Fun Nights (page 3).

Family Fun Nights are tentatively scheduled for:

Friday, Sept. 16<sup>th</sup>, Family Dance at Rindge Field

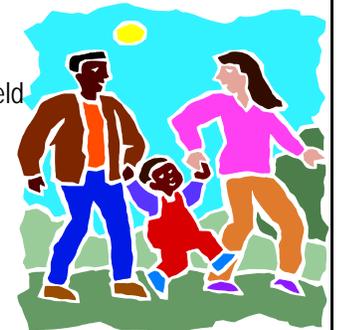
Friday, Dec. 9<sup>th</sup>\*, to be announced

Friday, Mar. 24<sup>th</sup>\*, to be announced

Friday, June 2<sup>nd</sup>\*, to be announced

Call or email Jenn to be part of the fun:

617-349-3002, [jkapuscik@cambridgema.gov](mailto:jkapuscik@cambridgema.gov).



# PARENT-CHILD ACTIVITIES

## EASY AND CREATIVE ARTS AND CRAFTS FOR PRESCHOOLERS

This group for caregivers and children ages 3-5 years old, will expose preschoolers to arts and crafts so that they can use their fine motor skills and cognitive creativity to manipulate art objects and build a strong imagination.

Leader: Grace Fung  
Mondays, 3:00 - 4:30 pm  
September 12 - October 31  
Call 617-349-6385 to sign up.



## PARENT & CHILD RELAXATION & SELF-CARE WORKSHOP

(for parent-child pairs together, children ages 3-5)

Discover and explore the joy of relaxation through breathing, massage, and other exercises. Each pair of parent and child will work together to practice ways to relax and take care of yourselves and each other. Wear comfortable clothes.

Facilitator: Marie-Noelle Doucett

Center for Families, Peabody School  
Saturday, October 22, 1:00 pm - 2:00 pm

Limited childcare for younger children available.  
You must call 617-349-3003 ext. 2 to sign up in advance.



## JAGUAR DANCERS

(parents & children ages 15 mos - 5 yrs)

The Center for Families will be offering two sessions of creative movement for young children and their parents in the fall and winter.

Time/date and location to be announced.

You can sign up by calling  
Nadine Jones-Ruffin at 617-349-6967



## Pajama Story Hour at the O'Neill Branch Library

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

This is a great way to visit the library as a family. Bring a favorite book to share and discover new favorites.

Wednesdays, 6:00-7:00 pm  
September 28th, October 26th  
O'Neill Branch Library,  
70 Rindge Avenue



## CAMBRIDGE COMMUNITY PLAYGROUPS

Playgroups for parents/caregivers and children 1-5

Cambridge Community Playgroups are group activities for children and their parents or caregivers to attend together. Playgroups provide developmentally appropriate activities for children from 1 to 5 years old, including children with special needs. Fall groups will begin the week of September 19th and run through the week of November 7th.

Each playgroup can serve a limited number of children. A lottery is used to make sure that everyone has an equal chance of getting into the group of their choice. Families from the waiting list are given first priority.

Registration forms for Fall playgroups are due by Monday September 12, 2005. You can get a form by calling Nadine at 617-349-6967 or Michelle at 617-547-1063 x 271.

Fall Playgroups choices are:

King Open School, 850 Cambridge Street  
Windsor Head Start, 119 Windsor Street

Moore Youth Center, 12 Gilmore Street  
Center for Families, 70 Rindge Avenue

Center for Families, 70 Rindge Avenue  
Center for Families, 70 Rindge Avenue

Jefferson Park Head Start, 280 Rindge Avenue

Tiny Tots, Center for Families (15-24 month olds only)

Mondays, 10:00-11:30 am

Mondays, 2:30-4:00 pm

Tuesdays, 10:00-11:30 am

Tuesdays, 3:30-5:00 pm

Wednesdays, 10:00-11:30 am

Wednesdays, 3:30-5:00 pm

Thursdays, 3:00-4:30 pm

Thursdays, 12:30-2:00 pm



\*\*Registration is required for these groups because of limited space.\*\*

# COMMUNITY RESOURCES & ACTIVITIES

The Family Center, Inc. offers several free groups for parents throughout the year. The Parenting Journey is a 12-week group for parents to talk about parenting and taking care of ourselves. A new group will be meeting on Tuesday evenings starting on September 13<sup>th</sup>. The Parenting in America program is an 8-week group for parents adjusting to a new culture. A Spanish group is running this fall and other groups will be offered during the year. Transitions is a group for parents and children together who are survivors of domestic violence, and focuses on strengthening relationships and healing.

Call 617-628-8815 for information about any of these free groups.  
The Family Center, Inc., Union Square, Somerville

**Cambridge-Somerville Early Intervention (CSEI)** runs inclusive parent/child playgroups that provide opportunities for children with a variety of strengths and needs to engage in developmentally appropriate play. Groups are open to children up to 3 years old. Families not enrolled in Early Intervention pay a fee based on a sliding scale. Fall groups begin the week of September 12 and are filled on a first-come, first-served basis.

Call 617-629-3919 for information.  
CSEI, 61 Medford Street, Somerville

The **Doula Program at the Cambridge Health Alliance** offers drop-in support groups run by multilingual Doulas (birth and parenting coaches). The Mothers' Support Group meets on Wednesdays from 10-12 am and the Breastfeeding Support Group meets on Thursdays from 10-12 am. Groups are open to all. Call Carol Densmore for more info: 617-665-1164

Cambridge Birth Center, 8 Camelia Avenue  
(across from the entrance of the Cambridge Hospital).

**Cambridge Family and Children's Service (CFCS)** offers the MAPP Training for adults interested in being an adoptive or foster parent. MAPP stands for Massachusetts Approach to Partnerships in Parenting. The next MAPP Training starts on September 14, 2005 and runs for eight Wednesday evening sessions 6:30 - 8:30 pm.

Contact [info@helpfamilies.org](mailto:info@helpfamilies.org) or call 617-876-4210.  
CFCS, 60 Gore Street, Cambridge

## Cambridge Public Library Branches

The Cambridge Library is a great place for families. 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 Zoo, Children's Museum, and more. For listings see [www.cambridgema.gov/~CPL/](http://www.cambridgema.gov/~CPL/) or call 617-349-4038.

Main Children's Room, 359 Broadway  
(617) 349-4038

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

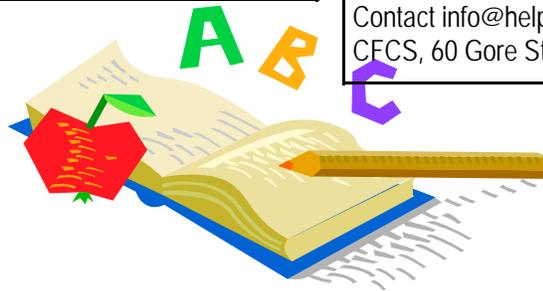
Central Square Branch, 45 Pearl St.  
(617) 349-4010

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

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

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

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



The **East End House** in East Cambridge invites neighbors and friends to find out about their community programs. Located in East Cambridge near Lechmere, East End House offers activities for seniors; infant-toddler, preschool, and after-school childcare programs; computer classes; a food pantry; and many other opportunities for fun and learning. Look out for new family programs in the fall.

For information, call 617-876-4444 or see their website at [www.eastendhouse.org](http://www.eastendhouse.org).  
East End House, Inc., 105 Spring Street, Cambridge

The **Somerville/Cambridge WIC program** provides nutrition education, breastfeeding support, referrals to community health care services, and nutritious foods for pregnant, lactating and postpartum women, and to infants and children up to age five. To be eligible for WIC, you must:

- Live in Massachusetts,
- Be pregnant; a breastfeeding or postpartum mother; an infant or child under the age of 5; or have a medical or nutritional need (risk), and
- Have an income that is at or below 185% of the poverty level.

Windsor Street Health Center, 119 Windsor Street, 617-665-3750

Office hours: Monday 8 am-7:30 pm, Wednesday and Thursday 10 am-6:30 pm, Friday 8 am-4:30 pm, and 1st and 3rd Saturdays 8 am-4 pm

North Cambridge WIC office, Jefferson Park, off Rindge Avenue, 617-661-4084

Office hours: Thursday 8:30 am-6 pm, Friday 8:30 am-4:30 pm

# COMMUNITY NEWS/EVENTS

## 10TH ANNUAL DANEHY PARK FAMILY DAY

Saturday, September 24, 2005, 11:00 am—4:00 pm

Mark your calendar for the City's 10th Annual Danehy Park Family Day on Saturday, September 24th. This free event, sponsored by the City of Cambridge, attracts over 4,000 people and offers something for everyone: **roving performers, arts and crafts, kites galore, giveaways, food, amusement rides, and music for all tastes.** The Center for Families will have a special area set up with activities for toddlers. Picnics and lawn chairs are encouraged.

Danehy Park is located at 99 Sherman Street in North Cambridge (between Garden St. and Rindge Ave.). A free shuttle bus runs every half hour from Alewife MBTA station. Other buses will be running throughout Cambridge (ask us for a schedule). Danehy Park can also be reached by the # 74 or # 78 bus from Harvard or # 83 bus from Central Square.

For more information, call Maryellen Carvello, City Manager's office, 617-349-4301 or Paul Ryder, Recreation Director, 617-349-6229.

Rain Date: Sunday September 25th.



## Celebrate Family Literacy Fun Day

Cambridge City Hall

(Mass Ave., Central Square)

Saturday, November 5th, 2005

10:30am to 2:30pm



Organized by the Cambridge Public Schools Title I Program, the City of Cambridge, the Agenda for Children, and the Cambridge Family Literacy Collaborative.

## NEW: Parent-To-Parent Bulletin Board

The *Cambridge Family News* will have a space in each issue for parents' seeking information or assistance to post a notice of their requests. If you can help, call the listed parent directly. If you would like to post a notice in the next issue, contact Luz Hernandez (617-349-6385, lhernandez@cambridgema.gov). We can only print requests for assistance or offers of donations; no advertisements for goods or services.

## Center for Families Wish List

To set up activities in new sites, we need:

- Storage or file cabinets in good condition that lock or can be fitted with a lock
- Plastic storage boxes (2' square or larger) with tight fitting lids
- Area rugs (5'x7' or larger) or baby mats that can be easily rolled up for storage

## Agenda for Children

Family Literacy Activities

at the Jefferson Park Community Center

### Toddler Reading Party

October 8th, 10:00-12:00 noon

Learn how to share books with children to help them learn the skills that will prepare them to be good readers.

### Toddler Parent-and-Child Time

October 22nd, 10:00-12:00 noon

Come hear a story and do a simple project using household materials. This helps toddlers learn skills to prepare to read and write.

All activities are for parents or caregivers with children ages 2-4. For more information call Greta at 617-665-3825.

# CENTER FOR FAMILIES STAFF

# OFFICE

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(English)

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(entrance at back of school)

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**617-349-6386**

**Web:** [www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm)

### 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

**Don't miss the 10th Annual  
DANEHY PARK FAMILY DAY  
Saturday, September 24th,  
11:00 am—4:00 pm  
See page 7 for details.**