



Cape Cod Children's Place FAMILY NEWLETTER

for families and caregivers of children living
on the Lower and Outer Cape

Spring into Action!

Special Thanks!

A Big THANK YOU to: Andrew Wade, for his generous donation of proceeds from the Monomoy Shootout, an annual fishing contest; for information on the upcoming 3rd event, visit www.themonomoyshootout.com; Souza's Heating for their generous donation and labor to update the heating system in our building; Matt Higgins & Tessa Szedlak, for helping to organize & clear out our shelves, hall and storage room; to Cape Associates for adopting Cape Cod Children's Place for another year as their "Labor of Love"; to Eric Smith and Bryan Wade for their help with shoveling our walkway after recent snow storms.

Inside this issue:

Council News	2
Parenting Workshops and Support Groups	3
Honoring Tom Newton	4
News You Can Use	5
Playgroup News	6
Family Fun Fair	7
Subsidy information and so much more!	7

Cape Cod Children's Place believes that healthy families equal strong communities. Making family fitness a priority early on can lead to a lifetime of healthy habits. Studies have shown that children who are physically active on a regular basis: are less likely to become overweight; have a decreased risk of developing type 2 diabetes; have reduced cholesterol levels & blood pressure; have higher self-esteem & reduced incidences of depression & anxiety; are more likely to build

strong bones & muscles; are more attentive in school (pbs.org).

The American Heart Association recommends that all children age 2 and older should enjoy at least 30 minutes of moderate-intensity activity a day. That's not so hard to do if you break it down into two 15-minute periods or three 10-minute periods.

The important thing is to have fun and try to find activities that match your child's interests and skill level. Exercise doesn't have to be work.

Playing is the best way to keep children interested. Make getting fit a family affair by riding bikes together, playing ball, going on hikes or any other activity that keeps you moving.



Helping Your Children Play*

Playing together is a very positive way to form & keep a great relationship between you & your children. You learn about your children as you listen & watch them play. Let your child "work" along side of you. When you cook, give your child modeling clay, a rolling

pin & dull silverware. If you are doing chores, give your child something to hammer, cut, dig, rake, sweep or dust. Your child wants to learn & to copy you. Praise your child for helping. Have a variety of interesting things for young children to play with. Only give them 1 or 2 at

a time. For young children, many household objects are toys. There is no need to go to a toy store.

Everyday objects in your home include:

- Large cardboard boxes for climbing
- A ladder laid down flat

(continued on page 7)



Council Updates...

Council Mission Statement

The Lower Cape Early Childhood Council is committed to supporting the success of all families with young children in our region (Brewster, Chatham, Eastham, Harwich, Orleans, Provincetown, Truro and Wellfleet). The Council works in collaboration with individuals and organizations within the community to achieve this goal by: building family supports that eliminate risks and cultivate strengths; and creating a network of parents, professionals, early childhood educators and providers that serve the needs of our isolated, rural region.

The Lower Cape Early Childhood Council has been working on a 3-year Strategic Plan for local services to meet family needs. That plan has now been submitted to the Mass. Dept. of Early Education and Care, and the next priority will be to submit our application for next year's grant funding our town playgroups and family support programs.

Those funds come from the Coordinated Family and Community Engagement grant, and once again, we anticipate cuts next year. The grant was cut 9.7% last July (2010), and an additional 2.5% cut is expected in July 2011. In the past three years, we have lost %50 of the grant funds that used to provide preschool/childcare subsidies for children, and programs for families and early childhood educators. Despite this steady hemorrhaging of funds,

Cape Cod Children's Place has continued to provide, with the oversight and support of the Council, free family activities in each town on the Lower and Outer Cape, and free parent education and family support programs at different sites throughout the year.

This is a big accomplishment! And we invite you, as an interested parent, to contribute your energy and interest to the Council, so we can continue to provide the programs you and your children use and enjoy.

- Do you attend Lucy Gilmore's programs at the Brewster, Eastham and Wellfleet libraries and the Harwich Community Center?
- Maggie Hanelt's program at the Truro library?
- Provincetown's Born to Read Playgroup or Allison Pillsbury's program at the Federated Church in Orleans?

The Toddler Art programs at Monomoy Community Services in Chatham?

- Do you attend Cindy Horgan's free parent workshops and her series on Positive Discipline and Effective Communication? Do you use the free childcare for those programs, and free pizza dinner?
- Have you attended our free Dads' group, or the free Father's Day Critter Cruise trip out of Provincetown?

ALL these programs have been provided for many years by Cape Cod Children's Place, supported by the Lower Cape Early Childhood Council, and funded by state grants. And we have kept them alive through 3 years of steady funding cuts. Please share your energy and commitment with us, so we can continue to do this work!

Next Council Meetings:

Wednesday, March 16

6-6:30 PM Business Meeting

6:30-7:30 PM Cindy Horgan's workshop on "Bullying"

Wednesday, April 13

6-7:30 PM Plan for FY '12





Dads' Group

A five week parenting series for Dads & father figures.

Thursday Evenings
March 3, 10, 17, 24, 31, 2011
5:30-7:30 p.m.

At Harwich Elementary School
263 South St., Harwich

Studies show that children grow up happier and healthier with nurturing fathers in their lives. At this group you will have the opportunity to hear other dads' experiences and share your own. Create your own "toolbox" for effective parenting by gaining skills for handling challenging behaviors, effective communication & positive discipline. Facilitated by Cindy Horgan, Family Support Coordinator at the Cape Cod Children's Place and Adam Pettengill, Early Childhood professional & Dad.

Free. Pizza dinner & childcare are included!

Register by calling: 508-240-3310

Please indicate if you are in need of transportation.

Funding is provided by a Mass. Family Centers Grant through The Children's Trust Fund, administered by the Cape Cod Children's Place.

A Mother's Gathering at Cape Cod Children's Place

Monday, March 28 2011
Monday, April 25, 2011
6:00-7:30 pm

Being a mom is one of the toughest, yet most rewarding jobs you'll ever know. Come gather with us for this non-therapeutic group designed to encourage individuals to share their challenges as well as their successes. Free pizza dinner and childcare provided. Please contact CCCP if you are in need of transportation. Pre-registration by the Thursday before group date is required; call 508-240-3310. A minimum of 5 moms needed in order to hold group.

Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, and a C.F.C.E. grant through Mass. Dept. of Early Education and Care, administered by Cape Cod Children's Place.

Positive Discipline and Effective Communication

Tuesdays:
March 1, 15, 22, 29,
2011
5:30-7:30 p.m.

At Harwich Elementary School, 263 South St., Harwich. A four-week parenting series facilitated by Cindy Horgan that will provide skills to support parents with some of the challenges that make this job so difficult. Topics to be discussed are: discipline without yelling, how

to handle tantrums, understanding why our children do what they do, the value of routines, setting limits and boundaries and much more. FREE pizza, beverages and dessert for all and childcare while parents attend the workshop. You'll have a chance to ask questions, share ideas and go home with education and resource materials. Pre-registration is re-

quired; 508-240-3310. Please contact CCCP if you are in need of transportation. This program is funded by grants from the League Club of Cape Cod & Mass Family Centers grant from The Children's Trust fund administered by Cape Cod Children's Place with additional support provided by the Harwich Early Childhood Council.





Honoring Tom Newton...



Cape Associates receives Tom Newton Award

Cape Cod Children's Place paid tribute to the late Tom Newton, Eastham Selectman for many years, by presenting a Community Service Award named in his honor to Cape Associates. The award was presented at the Cape Cod Children's Place annual meeting on January 5, in recognition of the many years of support and ser-

vices provided by Cape Associates to the Children's Place. Tom Newton was a key supporter of Cape Cod Children's Place from the very beginning, and played an important role in our start up years.

Thank you to everyone who participated in the "New Works for the New Year" reception and Raffle at the Rowley Gallery in Orleans. We had an outstanding turnout and raised over \$1, 100! Special thanks To Elizabeth Rowley and her eight extraordinary artists, Liz Sorrell for The delicious food, Truro Vineyards for the wonderful wine and Chris Macort for his guitar artistry.



Sea Babies celebrated its 5th Birthday on January 19



Ms. Bindy helping out at the craft table!



CCCP's Karen Burns serving up birthday Cake with director Kate Macaulay & CCCP board of directors president Gail Briere.



Oliver & friend sharing a hug

To view more pictures from the event, visit leesuttonphotography.smugmug.com



NEWS YOU CAN USE...

Lower Cape Dads' Talk *First Monday of every month* **6:00-7:30 p.m.**

Harwich Community Center
100 Oak St., Harwich

with Paul Melville, Family Support Specialist. A free, safe, non-therapeutic group providing an opportunity for dads of kids & teens to talk about the issues of being a father in today's world. Come gain support & share experiences & strategies to help you in the important job of being a father. Pizza & childcare provided. Information & registration 508-771-4338 or paul@capecoalition.com.

Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place & Harwich Early Childhood Advisory Council.

Eastham Public Library:

Drop in Lego Club

Tuesdays 4:00 pm-5:00

Preschool Story time

Fridays 10:30 am

Adult/Child book club

Every 5th Tuesday from 5:15-6:00

Introduction to Yoga

(for children age 5-9)

March 5, 2011 1:30-2:30

Free live music & refreshments *Saturdays at 1:00*

March 26, all are invited to a presentation by the **Fiddleheads**, young local musicians (6th grade & younger).

Check out the library website; www.easthamlibrary.org for National Library Week (April 10-16) and April vacation week (April 18-22) events.

Wellfleet Public Library:

Mother Goose on the Loose

For children from birth to three years old

Thursday mornings 9:30 am

With songs, rhymes, stories and movement activities it is entertaining for tots and instructive to parents and caregivers.

Call or email Martha Gordon to register 508-349-0310 or mgor-don@clamsnet.org

Eldredge Public Library:

Itsy Bitsy Yoga

Thursday mornings; 9:30 am for Tykes, 10:30 am for Tots, and 11:30 am for Infants. Caregivers should call Eldredge Public Library to sign up at 508-945-5170.

Wee Read Story time/Playgroup

Friday mornings at 10 am for ages 12 months to 3 yrs. This is not a drop-in format; by registering your child, you are committing to regular attendance. Call the library to register at 508-945-5170.

My FIRST (Families Invited to Read and Share Together) Book Group

2nd Saturday of the month for Gr. K to 2. Call 508-945-5170.

Thursday Playgroup in

Harwich:

The Harwich Early Childhood Council is sponsoring a new Thursday play group in the Harwich Community Center playroom from **10-11:30 am** facilitated by Melanie Amerault. Playroom free play, play dough, crafts, music and more!

"The Journey Towards Learning Begins at Birth"

March 8, 2011

6:00-7:30 pm

Harwich Elementary School Professional Library

Applying current brain research to maximize your child's potential. This session will help parents facilitate learning at an early age; find "teachable moments" in everyday life and windows of learning opportunities. Facilitator: Robin Titus, Harwich Public Schools Psychologist. Sponsored by the Harwich Early Childhood Council. Child-care available \$2.50/child. Please register for workshop and child-care by calling Francie Joseph 508-430-1692.

Brewster Ladies' Library

Story Hour

Wednesday mornings at 10:30 am in the Children's Room. Children ages 2 and up are invited to this weekly program featuring songs, stories, and crafts. Call the library at 508-896-3913 for further details.

Dr. Seuss Pancake Breakfast

Saturday, March 5th at 9am

Children age two and up and their families are invited to a special breakfast of pancakes and "green eggs and ham" in the Eddy Auditorium. Come visit with the Cat in the Hat, hear a story from Dr. Seuss, and eat breakfast. Please visit the library website to register for this event online. For more information, call the library at 508-896-3913.

Winter Predator Program

Saturday, March 26th at 2pm

This family program is presented by the Mass Audubon/Wellfleet Bay Wildlife Sanctuary. Learn about how seals, coyotes and owls survive in the winter.



Playgroup News...



These free activities are offered in the Lower/Outer Cape towns for children aged birth-3, accompanied by a parent or caregiver. Call 508-240-3310 for more information.

****BREWSTER...**

Toddler Story Hour

Thursdays, 10:00—11:30 a.m. at Brewster Ladies' Library. Free play with toys, balls, ride-on toys and more. Followed by a brief action oriented song and story time with Lucy Gilmore.

CHATHAM...

Nothing But Art

Tuesday & Wednesday mornings at Monomoy Community Services. Call 945-1501 to register.

****EASTHAM...**

Parent Chat & Playgroup

Wednesdays, 10:00-11:30 a.m. at Eastham Public Library Children's Room. Free play and songs, stories and a craft project with Lucy Gilmore. Call Fran McLoughlin for details at 508.240.5950.

NOTE: Snacks are not allowed in the library.

****HARWICH...**

Moms and Babies*

Mondays, 10:30 a.m.-12 noon. For moms and babies to pre-walking. An informal group to meet other moms and share

information and resources. Call Monica Keefe-Hess at 508.240.3310.

Playgroup*

Tuesdays, 9:30—11:30 a.m.

9:30-10:30 - Gym time!

Balls, ride-on toys, climbing & more!

10:30-11:30—

Playroom free play, play dough, craft project, sand table and more! Bring your own snack. This group follows the Harwich School Calendar.

* These groups meet at Harwich Community Center . Please bring your own snacks.

****ORLEANS...**

Playgroup

Mondays, 9:30-11:30 a.m. at Federated Church of Orleans. Call Allison Pillsbury for details at 508.737.-6094.

PROVINCETOWN...

Born to Read Playgroup

Tuesdays, 9-11 am at Veterans Memorial Elementary School. Call

CCCCP at 508.240.3310 for more information.

TRURO...

Tots Playgroup

Mondays, 9-11 a.m. at Truro Public Library. Call Maggie Hanelt at 508.487.2693 for details and to learn about special events. This group follows the Truro Central School Calendar.

****WELLFLEET...**

Toddler Town

Fridays, 10:30 a.m.-1:00 p.m. at the Wellfleet Public Library.

10:30—11:00—Action oriented stories, songs, games & a table project with Lucy Gilmore

11:00—1 pm—Toddler Town a parent supervised indoor playground with toddler friendly slides, stairs, trucks, blocks and more. Call Martha Gordon at 508.349.0310.

Saturday Toddler Town

Saturday March 5th 10 am—1pm at the Wellfleet Public Library.

****These groups follow the Nauset School schedule; if schools are closed or delayed due to snow, the playgroup will also be cancelled.**

Funding support for most of these programs is provided by grants from the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place.

Helping Your Children Play *(continued from page*

- An old mattress for jumping
 - Clean pail & buckets
 - Pots & pans, mixing bowls
 - Aluminum pie tins
 - Measuring spoons, measuring cups
 - Sponges, funnels, sprayers
 - Cleaned out plastic food tubs and bottles
 - Things that roll
- pictures, and socks. Children also love to string beads.
- Always supervise children's play. Be a good audience. Children thrive on attention.
 - Play music. Sing and dance together.

Find things that can be sorted and matched by category or color, like silverware, yarn, string, buttons, stones, cut up magazine

*Adapted from Noodle Soup
www.noodlesoup.com

If I had my child to raise all over again, I'd build self-esteem first, and the house later.
I'd finger paint more, and point fingers less.
I would do less correcting and more connecting.
I'd take more hikes and fly more kites. I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.

Diane Looman's

Get on the subsidy waitlist now!

Karen Burns at Cape Cod Children's Place is ready and able to put your family on the childcare subsidy waitlist for the MA Dept. of Early Education and Care. Just call her at 508-240-3310 or stop by; schedule it in advance to be sure Karen will be available. You will only need to provide basic information (address, names, birthdates, phone) and a verbal estimate of your annual gross income. Karen will do this over the phone or while you sit with her; it will take about 15 minutes. It's easy!

Family Fun Fair!

*Saturday, March 26
10 am to 1 pm*

**Nauset Regional Middle
School,
Orleans**

Free children's activities, information about resources, fun for the whole family!



PRSR STD
 U.S. POSTAGE PAID
 ORLEANS, MA
 PERMIT NO. 54

cape cod children's place
 P.O. Box 1935
 10 Ballwic Road, off Nauset Road
 N. Eastham, MA 02651

508.240.3310 telephone
 800.871.9535 toll free
 508.240.2352 fax

info@capecodchildrensplace.com
www.capecodchildrensplace.com

Check out this newsletter "in color" on-line at our website.

Our newsletter is funded by grants from the Massachusetts Department of Early Education and Care as well as other sources.



HELPFUL FAMILY CONTACTS & RESOURCES

For a more comprehensive list of resources and services check out [The Lower Cape Family Resource](#)

A Baby Center	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
Al-anon	508.394.4555	Offering support for friends and families of problem drinkers
Cape & Island Breast Feeding WarmLine	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
Child Support Enforcement-Mass DOR	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
Consumer Credit Counseling	800.208.2227	Budgeting and debt consolidation assistance
Family Support Program and Maternal Depression/Cindy Horgan	508.240.3310	Free referrals to parenting resources, child and family therapists, etc.
Fuel Assistance Program	508.746.6707	Emergency fuel/heating help
Healthy Connections	508.255-1903	Referrals for free/low cost health insurance
Homeless Prevention Council	508.255.9667	Counseling, advocacy, resources and referral services
La Leche League/Gabrielle	508.237.8786	Providing education, information, and support to women who want to breastfeed
Lower Cape Outreach Council	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
Mass APEAL	508.349.1173	Free clothing as well as information on Serve New England Program
MSPCC	800.272.9722	Protecting and promoting the rights and well-being of children & families
Outer Cape Health Services	508.349.3131	Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation
Outer Cape WIC Nutrition Program	800.675.1188	Supplemental foods, health care referrals, and nutrition education
Parental Stress Line	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
Provincetown Family Resource Center	800.871.9535 or Tues.508.237.2688	Providing support, referrals, and financial aid through the John A. Henry Trust administered by Cape Cod Children's Place
WE CAN	866.430.8111	Assisting Cape Cod women through the transition of divorce, career change or growth, job loss, illness, or retirement