



cape cod children's place FAMILY NEWSLETTER

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

back to School

Special Thanks!

A Big THANK YOU to all the Volunteers, Parents, Board Members, Staff, Artists, Local Businesses and Supporters who made the 2011 Golf Tournament and Art Outside the Box Auction a tremendous success! Check out the details on pages 8 & 9! To Nauset Rotary for their generous donation to CCCP. To Truro Vineyards, Blackfish Tavern, The Trees, Addison Art Gallery, and all who attended our Preview events!

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The easy, carefree days of summer are coming to a close and it's time for us to return to our school year routines. Whether you are sending your child to school for the first time or you're experienced with the back to school process, transitioning from summer vacation to the busy schedule of the school year takes time and planning.

Preparing in advance for the school day or week can go a long way to ensure a smooth transition back to school. Involve children in preparing for school. They

can help lay out their clothes, pack a back pack, or select favorite transitional item or photo.

Children feel more comfortable when they know what to expect. For young children using a pictorial chart to show what their morning routine will look like can help with the change in schedule. For older children, a checklist can help keep them organized and prepare them for the day. Beginning something new can be stressful. Reading books such as

Audrey Penn's *The Kissing Hand* and discussing what the characters are feeling is a great way to help a child sort through some of those new anxieties she may be feeling. Encourage your child to share details of his school day. Knowing your child's daily schedule and theme is helpful for asking specific questions and makes it easier for your child to talk about her day.

Check out the additional tips below for more ways to make this school year a successful one!

10 Back-to-School Tips for a successful school year*

1. If you and your child have fallen out of your bedtime routine this summer, get back into a solid routine! A week before the first day of school is a good time frame in which to begin.
2. Plan and shop for healthy breakfast and lunches a week in advance. This will save you precious time and much stress in the long run!
3. Accidents happen! Prepare a change of clothes in advance, and bring it with you on the first day of school for your child's teacher to keep in the classroom.
4. If possible, arrange play dates, or find out if your local library community center offers free events for young children. Spending time with other children will help your child's social and emotional development.

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Brain Building in Progress

“High quality early education and care promotes healthy brain development in children that provides a strong foundation for their future success. Assisting families, educators, and communities with supporting children’s learning helps collectively ensure a more prosperous future for our Commonwealth and our future economic success” states EEC Commissioner Sherri Killins.

Brain Building in Progress, a public awareness initiative focusing on the importance of Early Education and Care was launched in late August by the Massachusetts Department of Early Education and Care (EEC) and the United Way.

The mission of the initiative is to raise awareness of the critical importance of fostering the cognitive, social and emotional development of young children by emphasizing its future impact on economic

development and prosperity. (www.mass.gov.eec)

It is those early interactions between adults and children,



that back and forth, that helps build those important connections in the brain. CCCP has been fostering healthy brain development in children for over 15

years by providing high-quality care, support and advocacy for families with young children, while helping to sustain a healthy community for Cape Cod’s future.

EEC and the United Way know what we know,—that

Healthy Families = Strong Communities.

To learn more about Brain Building in Progress, visit the initiative’s new website, www.brainbuildinginprogress.org.

The Lower Cape Early Childhood Council

Come and enjoy an evening out at our Lower Cape Early Childhood Council meetings, while speaking your mind about current programs for children and families, sharing your ideas, or just listening to current news. Bring a friend!

This Council will meet on **Wednesdays, September 21 and October 19**. Both

meetings will be from 6-7:30 pm at Cape Cod Children’s Place. The Council meets every month, generally on the third Wednesday, and sometimes schedules workshops or other activities. Contact Elizabeth at ealdred@c4.net or 508-240-3310 with your ideas and questions.





10 Back-to-School Tips for a Successful School Year

(continued from page 1)

- and prepare her for the school environment.
5. Connect with other parents and students on the first day back to preschool. Introduce yourself and your child. Bring a show-and-tell item to break the ice, or a snack to share with the class.
 6. Be prepared for tears. Smile, stay positive, and maintain a calm demeanor when your child is having a hard time saying goodbye. If you start to panic, your child will pick up on your doubt.
 7. Support early literacy by reading to your child every day. As she grows older, ask that she read to you.
 8. Keep books everywhere—in the car, in the kitchen, and anywhere you spend time. Make special weekend trips to the library to freshen up the collection.
 9. Parent involvement in school is important—even in preschool! Talk to your child's preschool teacher (or child-care provider) regularly about his educational and social development.
 10. Preschools and childcare centers often host parent and family activities; attend these as often as possible to help your child begin bonding to the educational system.

*adapted from parentfurther.com



Childcare Subsidy Fund Update

Cape Cod Children's Place administers the following sources of childcare tuition assistance; applications are available at www.capecodchildrensplace.com or by calling 508-240-3310:

Brewster Childcare Scholarship Program: available to Brewster's year-round working families, for children birth-5 years. Funded by the Town of Brewster through the process of the Brewster Human Services Committee.

Wellfleet Childcare Subsidy Program: available to Wellfleet's year-round working

families, for children birth-5 years. Funded by the Town of Wellfleet through the process of the Wellfleet Human Services Committee.

Lower Cape Emergency Childcare Fund: available to all families living on the Lower and Outer Cape, to help pay childcare fees for children of any age, attending any childcare program.

Some of last year's sources of childcare assistance are no longer available. The Bailey Boyd Childcare Subsidy Program was not funded again for the coming year. Other

subsidy programs not funded again are: the Eastham Working Families Childcare Fund; the Truro Childcare Scholarship Program; and the Women of Fishing Families Childcare Subsidy Program.

All families needing childcare tuition aid are urged to get on the state waitlist. Karen Burns at Cape Cod Children's Place can put you on this waitlist for a state childcare voucher; call her at 508-240-3310 to make an appointment to do this in person or on the phone.



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

At the Harwich Community Center, 100 Oak St., with Paul Melville, family support specialist. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age(s), their parenting situation, and where they live. Free pizza and child care. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Harwich Early Childhood Council, and Cape Cod's Youth Suicide Prevention Project. Information or registration: Paul Melville at 508-771-4335 ext. 2 or paul@capecoalition.com.

A Mother's Gathering
at Cape Cod Children's Place
Monday, September 26, 2011
Monday, October 24, 2011

6:00-7:30 pm

A time for moms to share some uninterrupted, adult conversation and a hot meal; while their children have their own "play date" and dinner under the supervision of our capable child care providers. Facilitated by Cindy Horgan; Family Support Coordinator at Cape Cod Children's Place. Upcoming topics to include (but not limited to): Making Time for Yourself, Handling "Mother Guilt", and Changing Family Dynamics. We welcome the group's input for developing future topics of interest. So let us take care of dinner, clean-up and the children, while you enjoy a much deserved break with good friends! FREE. Pizza dinner and childcare included. Pre-registration by the Thursday before group date is required; call 508-240-3310. A minimum of 5 moms needed in order hold group.

*This is a non-therapeutic group designed to provide moms with the opportunity to connect in a safe, supportive environment. If you find your needs are beyond the scope of this group, we encourage you to contact our Family Support offices to schedule an appointment to meet for some individual support.

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 & Effective Communication

Tuesdays
October 4, 11, 18 & 25
5:30-7:30 p.m.

At Truro Community Center, 7 Standish Way, North Truro with Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place. This four-week parenting series will provide skills to support parents with some of the challenges that make this job so difficult.

Topics include:

- discipline without yelling,
- how to handle tantrums,
- understanding temperament,
- the value of routines,
- setting limits and boundaries, and much more.

Free pizza, beverages and dessert for all and free childcare for the children while parents attend the workshop.

Preregistration is required; call Cape Cod Children's Place at 508.240.3310 to register and arrange transportation as needed. Babies under 6 months are welcome, but will stay with their parent(s) during the program.

This program is funded by a grant from the Children's Trust Fund administered by Cape Cod Children's Place.



Learn strategies to parent your children effectively.



Playgroup News...

These free activities are offered in the Lower/ Outer Cape towns for children aged birth through age 3, accompanied by a parent or caregiver. These are drop-in groups, no pre-registration required. These playgroups do not meet on Nauset School vacation days. If Nauset schools are closed due to weather, then the playgroup is also cancelled. Call 508-240-3310 for more information; or email Lucy Gilmore at lucygilmore@gmail.com

BREWSTER...

Thursdays, 10:00 a.m. at Brewster Ladies' Library. Weekly, beginning October 6th. Free play with toddler friendly toys in the meeting room 10:00-11:00 followed by a half hour group stories, songs and games circle time.

CHATHAM...

Winter Family Saturday Science Series. 3rd Saturday of January, February and March at Monomoy Community Center 1-3 pm.

EASTHAM...

Wednesdays, 10:30-11:30 a.m. at Eastham Public Library Children's Room. Weekly, beginning on September 28th! Lively interactive stories, games and songs with Lucy followed by a hands-on project and free play in the children's play area. **special thanks goes to the Friends of the Eastham Public Library for providing matching funds for this program!

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. This group starts **September 19th**. Call Monica Keefe-Hess at 508.240.3310.

Playgroup*

Tuesdays, beginning in October, exact start date and time to be announced. *These groups meet at Harwich Community Center . Please bring your own snacks.

ORLEANS...

Playgroup **New Location!**

Mondays, 10:30—noon at the Orleans Senior Center (we'll meet in their comfortable Day Center). A six-week session beginning October 17th through November (no meeting on November 21st). Open to all grandparents, parents and caregivers with children ages birth to just turned 4. Free play followed by a short interactive circle time with Lucy Gilmore.

PROVINCETOWN...

Provincetown Public Library 10:30 am every 2nd and 4th

Friday, beginning October 14th. Stories, songs, fun, and laughter with Lucy followed by a hands-on project and free play in the children's area.

TRURO...

Second Saturday Science Sessions

10-noon at Truro Public Library. Saturday, Oct. 8th, Nov. 12th, no session in December, Jan. 14th, Feb. 11th and March 10th. Drop by and explore several discovery based science play stations featuring balls, magnets, magnification and much, much more. Geared for your young toddler and preschool aged children.

WELLFLEET...

Fridays, 10:30 AM Weekly, beginning October 21st. Fun! Stories, singing, games and a craft project followed by Toddler Town (an indoor Playground set up just for children ages 0-3 years old) 11:00-1:00 in the meeting room.



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.



NEWS YOU CAN USE...

“Surviving to Thriving” Beginning September 21 for six Wednesdays, 6-8 pm

At Harwich Community Center, 100 Oak St. with Maggie French, professional life coach. This fabulous six-week program will help bring you out from behind whatever holds you back, focus on what is important for you and your family, and identify opportunities that are available to you. Presented by WE CAN. Fee: \$5 per session suggested donation. Information or registration: 508-430-8111 or info@wecancenter.org.

Breastfeeding Support Group September 21, 2011 10 - 11 a.m.

At the Outer Cape WIC office, 79 Finlay Road, Orleans, with Gabrielle Hathaway, lactation consultant. All pregnant and breastfeeding women and babies under six months are welcome. Get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks provided. Sponsored by Outer Cape WIC. Information: 508-240-0853.

“Happiest Baby on the Block” October 19, 2011 10 - 11:30 a.m.

At the Outer Cape WIC office, 79 Finlay Road, Orleans, with Gabrielle Hathaway. Open to WIC participants who are pregnant or who have a baby under three months. Sponsored by Outer Cape WIC. Information: 508-240-0853.

Truro Tots Playgroup Mondays, beginning October 3rd, 9-11 am

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.



Moms and children having fun at a local playgroup.

Eastham Public Library

- Story time, Fridays 10:30 am
 - Lego Club, Tuesdays from 4-5 pm
 - Lucy's Toddler Times, Wednesdays at 10:30 am beginning 9/28
- Call Fran McLoughlin for details; 508-240-5950.

Rocking Unicorn

The Rocking Unicorn Nursery School received a Welch's Harvest Grant in the amount of \$500.00 to create a new school garden. The children planted a variety of herbs, vegetables, and flowers into three raised bed garden plots. The theme of the garden is "Using Your Five Senses through the Four Seasons". Please visit our new website www.therockingunicorn.com to learn more about our program and to see photos of our new garden!

Eldredge Public Library

- **Wee Read Storytime/
Playgroup**
Fridays at 10 am. Ages 12 mos-3 yrs. Registration required.
- **Saturday Drop-in Story hour**
10:30 am - ages 3-5 years.
- **Itsy Bitsy Yoga**
Thursdays: 9:30 am **Tyke**; 10:30 am **Tot**; 11:30 am **Infant**
Call to register ; 508-945-5170

“Everything You Wanted to Know about Family Law but were Afraid to Ask” September 17, 2011 11-1 pm

At Duffy Health Center, 94 Main St., Hyannis, with Jeni Landers, attorney. Workshop covers: legal resources supporting families, information about custody and child support for married and unmarried parents, becoming your grandchild's (or another child's) guardian, and getting divorced. There will be a Q & A session, so you're encouraged to bring questions. Women are encouraged to attend this workshop before consulting an attorney. Fee: \$5-20 suggested donation. Sponsored by WE CAN with support from the Massachusetts Bar Foundation and the Cape and Islands United Way. Information or registration: 508-430-8111 or info@wecancenter.org.



The Last Gasp Bike, Boat 'n Bake Fundraiser!

Cindy Horgan and Kathy Fee are riding in The Last Gasp to benefit Cape Cod Children's Place!

Sunday, September 18, a 62-mile bike ride from Sandwich to Provincetown.

Please help them by making a contribution by September 12, 2011. Here's how you can do that:

Mail a check payable to The Last Gasp to Cape Cod Children's Place, PO Box 1935, N. Eastham, MA 02651 or **drop it off** at CCCP, 10 Ballwic Rd. in Eastham; call us at 508-240-3310 for directions.



Donate online at: thelastgasp.com; choose donations button from menu at left on the home page; click on charitable donations link in center

of page; on next page specify that you are making a donation to a rider and the amount you wish to donate. Press add to cart button, then press checkout button and fill in billing information. When asked for riders/team name, type in Kathy Fee Kathy@c4.net or Cindy Horgan chorgan@capecodchildrensplace.com

Press continue and follow remaining instructions.

Thank you for your support!

We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results.

Herman Melville

Rowley Gallery Artists Reception & Raffle

Celebrate Columbus Day weekend at a group show and free reception from 5 - 7 p.m. on Saturday, October 8 at Rowley Gallery at 84 Route 6A in Orleans. The Rowley Gallery Artists Reception features these well-known artists **John Clayton, Loretta Feeney, Mary Giammarino, Janet Gilmore, Susan Kanaga, Page Railsback, Mike Rooney, Dorothy Strauss, and Lorraine Trenholm.** Participate in the raffle of 9 paintings by the 9 artists

represented by the gallery during the reception. All proceeds benefit Cape Cod Children's Place. Stop by for a glass of wine, delicious "nibblies" and acoustic music.



An oil painting by Mike Rooney titled "Summer House."

To preview the paintings and others, go to www.elizabethrowley-gallery.com. Raffle tickets may be purchased before or during the event. To purchase raffle tickets in advance, stop by the Rowley Gallery or Cape Cod Children's Place.

For more information call us at 508.240.3310 or Liz Rowley at 508.255.3690.



Art Outside the Box™ Auction & Golf Tournament : A Better Than Ever Day!

Cape Cod Children's Place held another fun and successful event on August 8. Through the generosity of our sponsors and guests, we raised



Seamen's Bank golf foursome; Mike Silva, Mike Meads, Alan Cabral, and Dan Silva.

more than \$40,000, to support Cape Cod Children's Place and the many families we serve, during our Golf

Tournament and 7th Annual Art Outside the Box™ Silent & Live Fine Art Auction!

Held at Ocean Edge Resort and Golf Club in Brewster, the day started out with golf at Cape Cod's only Nicklaus Design private 18-hole golf course. Congratulations to **Paul Garganigo (board member & parent), Nathan Baudo (parent), Dennis Cremins & Mike Kager** who placed 1st.

The party continued at Ocean Edge's Mansion Ballroom, with cocktails, plenty of hors d'oeuvres, music by **Hyannis Sound** as well as **Robertchez** (joined by local favorite **Bruce Abbott** for a brief jam). Artist **Stephen Roth** gave a live painting demonstration during the silent auction.



"The Boys of Summer" aka the Hyannis Sound delighting guests as they arrive.

Our evening's speaker, **Pam Daniels**, is a parent, CCCP supporter and employee of ECEC (Eastham Committee on Early Childhood). Pam highlighted, "It is through the Children's Place that I learned that I don't have to do this on my



Warren and Prudie Kerry of Eastham enjoy the evening with friends and family.



Volunteer and parent, Sarah Nitsch displays this year's top selling lunchbox by artist Donna Knight.

own—that a hand up is not, nor is it intended to be, a hand out, and that falling down is a part of life but getting up is living." Adding to this spectacular day, **John Terrio** provided his engaging auctioneer services. Some notable artists receiving high bids on their painted lunchboxes included

Donna Knight, Rick Fleury, Katrine Burkitt & James Lantry.

On the 7th anniversary of Art Outside the Box™



Jeanne and Michael Cole of Cape Associates and friend Keith Clark having fun at the Wine Pull.

Auction and our 3rd Golf Tournament, in these challenging economic times, our event focused on putting families and their children's needs first. We are proud to serve more families, thanks to the support of our generous sponsors and guests. Special thanks to this year's chairs, **Moira Noonan Kerry** and **Scott Kerry**, who truly made the event an amazing success!



Support the businesses that support Cape Cod Children's Place, Inc.

TITLE SPONSOR

Seamen's Bank

LUNCH SPONSOR

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Cape Associates, Inc.

Cape Cod Five Cents Savings Bank

First Citizens' Federal Credit Union

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Anne Sigsbee, M.D.

HOLE SPONSORS

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Land Ho!

Monomoy Fuel

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Cape Sail

Changes

Charter Boat Terry II

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Cindy Eager

Clayworks

Coach Bags

Cobie's Restaurant

Crocker Nurseries

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Emily Chapman

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First Encounter Coffee House

Flowers by Mary

Friend's Market

Glenn & Richard Svenningsen

Grand Old Deli

Green Mountain Coffee Roasters

Harpoon Brewery

Harwich East Liquors

Holly Ridge Golf Club

Hot Chocolate Sparrow

Idle Times Bike Shop, Inc.

If the Shoe Fits

Jason Archambault

John & Judy Stetson

Kelley's Flowers

Kid & Kaboodle

Kurt Martin

La Quinta Resort & Club/PGA West

Lee Sutton Photography

Local Color & Cuts

Mac's Shack

Mahoney's Atlantic

Mary Howe

Mid-Cape Home Centers

Nauset Fish & Lobster/Sir Cricket Fish
& Chips

Ocean Spray Cranberries

Oceana

Outer Cape Dental

Patricia Hardie

Peter & Rebecca Noble

Phoenix Fruit

Pirate Brands

Quiet Mind Studio

Race Point Lighthouse

Reebok

Russ & Marie's Marconi Beach Restau-
rant

Sally Macort

Super Stop & Shop #045 Harwich

The Beacon Room Restaurant

The Brewster Book Store

The Salon/16 West

The Wicked Oyster

Truro Liquors

Truro Vineyards of Cape Cod

Wellfleet Harbor Actors Theater

Wellfleet Spirits Shoppe

Wellfleet Theatres

Westin St. John Resort & Villas

Willy's Gym

Winslow Tavern

Wonderful Hands

Z Donut Company

Special thanks to staff, board, and many volunteers who
gave freely of their time and talents.



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 on-line at our website.

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HELPFUL FAMILY CONTACTS & RESOURCES

For a more comprehensive list of resources and services check out [The Lower Cape Family Resource Guide](http://www.capecodchildrensplace.com) on-line at www.capecodchildrensplace.com or request a copy at 508.240.3310.

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 Warm Line	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 Women, Infants and Children's (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 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