

a non-profit family resource center

Volume 5, Issue 1
January/February 2010



Cape Cod Children's Place Family Newsletter

for families and caregivers of children from birth
through age six living on the Lower/Outer Cape...

Happy New Year...

Here at Cape Cod Children's Place we are committed to keeping families strong and healthy. Some of the ways we do that are through building those protective factors that help strengthen families. Those factors are: **Resiliency**—creatively solving problems, building trusting relationships, maintaining a positive attitude and seeking help when it is needed; **Social Connections**—help parents build networks of support; **Concrete Support in Times of Need**—connecting parents and children to services in order to ensure that the basic needs of a family, such as food, clothing, and shelter are met; **Knowledge of Parenting and Child Development**—having accurate information about raising young children & appropriate expectations of their behavior help parents better understand and care for children.; **Social and Emotional Competence of Children**—a child's ability to interact positively with others, to self-regulate, and to effectively communicate their emotions has a great impact on relationships.

This New Year resolve to strengthen your family and keep them healthy throughout the year by: attending one of the many playgroups we offer in the 8 towns that make up the Lower and Outer Cape; get support through Moms & Babies, Single Moms or Dads' Talk; register for our Positive Discipline and Effective Communication series or B.Y.O.B. workshop; or just give us a call at 508-240-3310 to connect with our Family Support staff or find out about resources available in your community.

Thanks and Giving...

Thanks! To Brewster for the Holidays for their generous donation of \$3,000 from this year's proceeds to CCCP.

Thanks! To all of the CCCP parents who sold raffle tickets for this year's Brewster for the Holidays Basket.

Thanks! To the Andersen family for all of the hard work and time they put into making improvements to our school.

Thanks! To the Lower Cape Outreach Council for donating food packages to our families in need.

Thanks! To the Eastham Patrolman's Union for their generous donation of holiday gifts to our children.

Giving! These are just a few items on this year's wish-list for Cape Cod Children's Place: diapers and wipes; new or gently used preschool books; gift cards from local gas stations, grocery, drug and clothing stores; volunteers to help with events and various activities.

NEW PARENT, BABY & TODDLER NEWS

New Moms: Meet other moms! free Moms + Babies group :

These groups are informal gatherings of moms (dads and caregivers are also welcome!) and their pre-walking infants. We meet to share stories, ask questions and get familiar with resources that support you such as: nutrition, parenting, breastfeeding, etc.

Mondays, 10:30—noon Harwich Community Center, Oak St. Monica Keefe-Hess: 508-240-3310

Postpartum Depression Support Group for new mothers

Thursdays 10:30—11:30 am

Hospice & Palliative Care of Cape Cod, 765
Attucks Lane, Hyannis

With Aimee Rozum, LMHC

There is a fee associated with this group, but most insurance is accepted and no one is turned away due to inability to pay.

Call Aimee, 508-957-0267 for information or registration.

Cape Cod Children's Place introduces the second in our new Infant/Parent Road Show Series B.Y.O.B. (Bring Your Own Baby):

STIMULATING YOUR BABY'S SENSES

For parents-to-be or new parents and their infants.



With Charlotte Fyfe

February 26, 2010

6-8 PM

Cod Children's Place

10 Ballwic Rd

Off Nauset Rd. in Eastham

Free dinner will be provided. So bring your baby and join us for a relaxing informative evening on us! Please register by calling: 508-240-3310.



Cornflake-Crusted Baked Chicken

4 bone-in, skinless chicken drumsticks; 4 bone-in skinless chicken thighs;

Course salt & ground pepper; 1 lg. egg; 2 cups crushed cornflakes (use Total cornflakes for added nutrients); 1 tbs. olive oil; 1/2 tsp. cayenne pepper (optional)

Preheat oven to 400 degrees. Rinse chicken, and pat dry. Season with salt & pepper. In a small bowl, whisk egg with 1 tbs. water. In a large bowl, mix cornflakes with oil, cayenne, and 1 teaspoon salt. Working with one piece of chicken at a time, dip chicken in egg mixture, then coat with seasoned cornflakes, pressing flakes to help them adhere. Transfer coated pieces to a rimmed baking sheet. Bake until golden brown and crisp, about 30 minutes.

Preschool Years / Announcements

Cape Cod Children's Place Family Roadshow

Truro Central School
317 Route 6
Truro, MA

Wednesdays, January 13, 20, 27, February 3, 2010
5:30—7:30 P.M.

"Positive Discipline and Effective Communication"

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, an much more.

Free pizza, beverages and dessert for all, childcare for the kids 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 REQUIRED

Call Cape Cod Children's Place 508-240-3310 with your name & telephone number, number of adults and names and ages of children who will attend. Please call CCCP if your are in need of transportation.



Mother Goose on the Loose -

An early literacy program for babies, toddlers and caregivers

Tuesday mornings at 10:30
Wellfleet Public Library

New!!

Three Monthly Toddler Town Saturdays

10:00 am—1:00 pm

10:00 Stories and Craft

11:00 Toddler Town Playtime

Saturdays: January 16th; February 6th & March 6th

Wellfleet Public Library
55 West Main Street, Wellfleet

Snow Library Orleans

On Saturday, February 6 at 11:00 a.m.. Snow Library will host a visit from Johnny Woodchuck which is part of the 100th Anniversary celebration of Old Mother West Wind by Thorton W. Burgess. The program is open to children and their families and will include the story of Johnny Woodchuck and a craft activity.

No registration is necessary. For more information call Susan Kelley at Snow Library, 508-240-3760.

For more information about the centennial celebration which will continue throughout the year, check out <http://www.thortonburgess.org>.

ACTIVITIES & ANNOUNCEMENTS...

Parent/Provider Workshop Series

Robin Titus-Presenter/Facilitator
Harwich Public Schools Psychologist

Encouraging Positive Behavior

Wednesday, January 27th

6:00-7:30 p.m.

Harwich Elementary School Activity Room

Child-care available \$2.50/child
Please register for workshop & child-care by calling
Francie Joseph 508-430-1692

Made possible with funding from the Massachusetts
Department of Early Education and Care.

Single Moms

Monday, January 25, 2010

Topic: "Surviving the Winter"

Monday, February 22, 2010

Topic: "It's Different Than What I Thought"

5:30—7:00 pm

At Cape Cod Children's Place

10 Ballwic Rd.

Off Nauset Rd. in Eastham

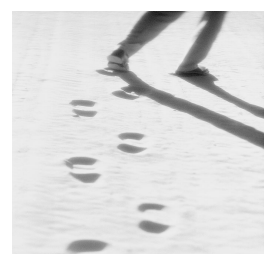
Come join Cindy Horgan and Kate MacAulay for this non-therapeutic group designed to encourage individuals to share their challenges as well as their successes. Meet new friends and be supported and empowered by each other!

FREE pizza dinner and childcare will be provided.
Pre-register by calling 508-240-3310.

Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, Administer by Cape Cod Children's Place.

Preschool Openings

The Rocking Unicorn Nursery School in Chatham has space available in the pre-K class (Mon-Wed-Fri) for 4 & 5 year olds. Please call 508-945-0611 for more information.



"Boot Prints"

Activity: Make a crayon rubbing of your shoe or snow boot.

Materials:

1. white fabric squares (you can find a white sheet to rip

into smaller pieces at thrift stores for a couple of dollars)

2. fat crayons with the skins off.

Procedure: This is a two person activity, ideally an adult helping a child (or two older 5+ children working cooperatively).

First take off the shoe or boot you will be making a rubbing of. The adult should wrap the sheet square snug across the bottom of the shoe. Then invite your child to rub various colors across the shoe. Suggest trying different pressures & sides of the crayon to find out which technique works best. Encourage discussion by talking about colors & the shapes emerging as the shoe bottom image appears.

Comments: Especially on Cape Cod, this is really a year round activity as we can just as easily find shoe prints in the beach sand!

MORE ACTIVITIES & ANNOUNCEMENTS...

"New Works For the New Year"

January 1, 2010

2-4 pm

A Raffle of 7 paintings by gallery artists will
be held at

Elizabeth Rowley Gallery, Rt 6A, Orleans

To benefit Cape Cod Children's Place

Artists include: John Clayton, Giammarino,
Janet Gilmore, Dorothy Strauss, Lorraine
Trenholm

Visit www.elizabethrowleygallery.com to see a
sample of the artists work.

Raffle tickets are available at the Rowley
Gallery, and Cape Cod Children's Place for
\$5.00 each.

Please come and enjoy wine and strata while
you browse the gallery's New Works!

Dads' Talk

First Monday of every month

6:00-7:30 PM

At Harwich Community Center

100 Oak Street

With Matt Daniels & Paul Melville. 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 CPC

10 Ways to Improve Your Energy Efficiency

1. Maintaining an efficient heating system is an important step to conserving energy. Have your heating system serviced at least once every two years.
2. For every one degree Fahrenheit you set your thermostat back, you can save 1-3% on your annual heating costs.
3. Caulk, seal and weather-strip all seams, doorframes and openings to the outside to reduce air leaks. The biggest holes are most often found in the attic and the basement.
4. Shut off heat to unused rooms and close the fireplace damper to seal air leaks.
5. Make sure your attic, outer walls, ceilings and floors are all insulated to prevent heat escaping to the outdoors.
6. Clean or replace filters on furnaces as directed by the manufacturer.
7. Keep draperies & shades on windows that face south open during the day to let sunlight in. Close them at night to keep out the chill.
8. Take showers instead of baths. Showers use 40% less hot water, but make sure you keep them short. A shower costs about 3 cents per minute if you have an electric water heater.
9. Use toaster ovens and microwaves as much as possible. They use less than half of the energy that ovens use.
10. Turn off VCRs, stereos and TVs when not in use. Unplug them when you are away from home for any length of time

To learn more visit: www.energybucks.com or call 1.866.LESS.COST and find out how income-eligible participants can qualify for discounted rates on utilities & home weatherization programs.

Council Meetings

Come join our Lower Cape Early Childhood Council for two informative events:

- On **Wednesday, January 20**, "Red Flags" workshop with Bambi Rosario of Early Intervention and Jenn Thibeault of Chatham Integrated Preschool will present the popular "Red Flags" workshop about the signs of possible developmental delays in children aged birth-5.
- On **Wednesday, February 24**. "What Boys Need" presented by Cindy Horgan, Family Support Coordinator at CCCP.

Both of these events will be held at:

Cape Cod Children's Place

6-8:00 PM

**At Cape Cod Children's Place
10 Ballwic Road, off Nauset Rd.,
Eastham**

Call Elizabeth or Kate at 508-240-3310 for directions or more information. We look forward to seeing you!

Many Thanks!



Kate MacAulay, CCCP director, receives a \$3,000 check from Carol Edmonson, Brewster for The Holidays committee member

Motivating Kids to Get Fit

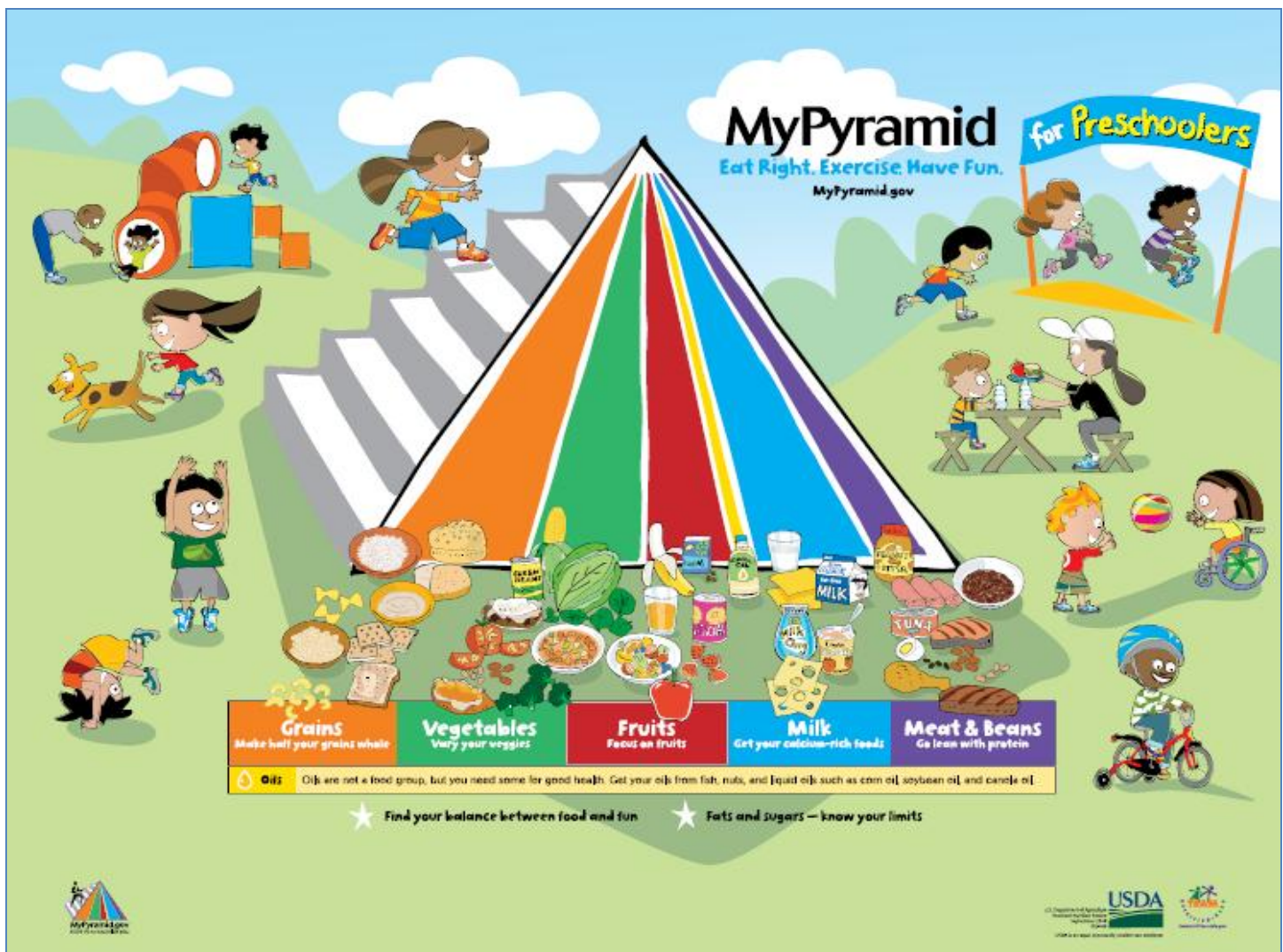
- Focus on fun. You don't have to call it "exercise", just consider it an activity. Find out which ones your child likes and encourage those.
- Limit TV and computer time. The American Academy of Pediatrics recommends no more than "two hours of daily media exposure" for children ages two and older. When they are watching or clicking, make sure they take breaks and move around.
- Schedule play dates. The key word here is "play". Have your child get together with a friend and play a game or tag, race down the block or kick a ball around.
- Get fit as a family. Create some funny dance moves. Put up a net and shoot hoops. You could also visit a zoo, play miniature golf or enjoy other activities where a lot of ground is covered on foot.
- Choose fitness-oriented gifts. For you child's next birthday, consider giving him or her a jump-rope, mini-trampoline, hula-hoop—something that will encourage movement.
- Clean up. Chores don't have to be a bore. Sing a silly song with your child as you both wipe tables and counters. See how long both of you can hold a funny face while folding and putting away clothes. Older kids can help wash the car.
- Skip the mall. Go to the playground instead. Fresh air always does a body good; especially a little one.
- Be a model of fitness. It's much easier to motivate kids to be active, if you lead an active lifestyle.
- Encourage walking or biking whenever feasible. This is easy to accomplish if you live near stores, libraries or other places you visit regularly. If you live in a remote area, establish a safe route to tour on bike or on foot with your child.
- Be a fitness advocate at your child's school. Do you know how much physical activity your child gets at school? Now's the time to find out.

*Source: PBS Parents

How to boost fruits and vegetables in your family's diet

As a parent, you have the most control over what your children eat—or at least what foods they can choose from. You play an important role for modeling healthy eating habits, buying and preparing healthy foods, and scheduling meals and snacks. Try these simple ways to help your kids learn to enjoy fruits and vegetables.

- Introduce vegetables and fruits early (during infancy and toddler years) and continue serving them often. Repetition is the key, so don't give up!
- Be prepared. Always keep a supply of cut up fruits and vegetables in the refrigerator for snacking. Store them in clear containers at eye level.
- Serve a vegetable or fruit at every meal and snack time, including foods sent to school.
- Add extra veggies to foods that you make from scratch or to prepared foods.
- Don't overdo the juice. Serving 100% juice is a healthy choice, but it doesn't substitute for whole fruit. Limit juice to 12 ounces a day for kids over age 6, and serve only 4-6 ounces a day for kids age 6 and under.
- Serve fruit for snacks and dessert—try blending frozen fruit into shakes.



Thank you to the following businesses for their generous support!



The health
of community
starts with
the health of
our children



SEAMEN'S BANK
MEMBER FDIC/DIF
seamensbank.com

Cape Cod's First Community Bank

Cape Associates, Inc.
BUILDERS · PAINTING · SERVICES

Dr. Anne Sigsbee, MD



Fall/Winter 2009

Following free activities are offered in the Lower/Outer Cape towns for children aged birth-3, accompanied by a parent or caregiver.

Brewster

Toddler Story Hour Fri, 10-11 am at Brewster Ladies' Library

Call Pat Policastro 508-896-2136 for more info.

Truro

Truro Tots Playgroup: Mon, 9-11 am at Truro Public Library. Please call to learn about special events the library has planned.

Call Maggie Hanelt at 508-487-2693

Eastham

Parent Chat & Playgroup Wed., 10:30-11:30 am at Eastham Public Library. Weekly story time and craft with Lucy Gilmore. Call Fran McLoughlin 508-240-5950

Wellfleet

Toddler Story Time Fri, 10:30-11 am A mix of stories, songs and projects geared for toddlers and their caregivers

Toddler Town: Fri, 11 am-2 pm A PARENT supervised indoor play facility geared for children up to 3 years and their families.

Both at Wellfleet Public Library: 508-349-0310

Chatham

Itsy Bitsy Yoga Thursdays at Eldredge Public Library. Sessions for Tykes (2-4 yrs) 9:30 am; Tots (Crawling—2 yrs) 10:30 am; and Infants (Birth—crawling) 11:30 am. Enrollment is ongoing. Introduce your child to the many benefits of Yoga. You and your child will enjoy practicing Yoga, discovering movement, and singing rhymes in a child-friendly, relaxed environment. There is No Fee for this program. Call Monomoy Community Services : 508-945-1501 to register.

Provincetown

Born to Read Playgroup : Tues. 9-11 am at Provincetown Public Library. Call 508-487-7094 for info.

Harwich

Moms and Babies Mon. 10:30-12 For moms and their babies from birth to pre-walking. An informal place to meet other moms and to share information and resources. Call Monica Keefe-Hess at 508-240-3310. *Group will not meet on 1/18 & 2/15.

Playgroups: Tues., 10:30– noon (11-12 join us in the gym with E.I.); Thurs. 9-10. Call Parent Coordinator Melanie Bach for information 508-430-8603.

Above groups meet at Harwich Community Center, 100 Oak Street

Orleans

Playgroup: Mon, 9:30-11 am Federated Church.

Parent Coordinator: Allison Pillsbury 508-737-6094

*Playgroup will not meet MLK Day Jan. 18 & President's Day Feb. 15

Funding support for most of the above programs is provided by grants from the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place.
Call 508-240-3310 for more information.



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10 Ballwic Rd., off Nauset Road
North Eastham, MA 02651

Phone: 508-240-3310 or
800-871-9535
Fax: 508-240-2352
www.capecodchildrensplace.org

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Helpful telephone numbers:

- **Outer Cape Women, Infants & Children's Nutrition Program (WIC):** 1-800-675-1188
- **Fuel Assistance Program** (emergency help for fuel/heating costs): 508-746-6707
- **Homeless Prevention Council** (resources, referrals, housing, etc.) 508-255-9667
- **MSPCC** (MA Society for the Prevention of Cruelty to Children): 508-775-0275
- **Alanon** (support for families of those with drinking problems): 508-394-4555
- **Healthy Connections** (insurance and MassHealth referrals, applications and info): 508-255-1903
- **Mass-APEAL** (free clothing shop in Wellfleet / info on Food Share program): 508-349-1173
- **Lower Cape Outreach Council** (financial assistance for emergencies, food, clothing): 508-240-0694
- **LaLeche League** (breastfeeding information): Carolyn Witt at 508-255-8521
- **Maternal Depression** (resources and referrals): Cindy Horgan 508-240-3310
- **The Center for Breastfeeding** (toll free line to get answers to breastfeeding questions) 1-888-890-2229
- **Consumer Credit Counseling Service** (non-profit assistance with budgeting & debt consolidation): 1-800-208-2227
- **Family Support Program** (free referrals to parenting resources, child & family therapists, etc): Cindy Horgan 508-240-3310
- **Massachusetts Child Support Enforcement** (Hyannis office): 508-771-2414 ext. 3
- **Parental Stress Line:** 1-800-632-8188
- **Provincetown Family Resource Center** (support, referral and financial aid through John A. Henry Trust, administered by CCCP.
Located at the Grace Goveia building, limited hours. Call CCCP 1-800-871-9535 or Tuesdays call 508-237-2688.