



Cape Cod Children's Place FAMILY NEWLETTER

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

Special Thanks!

A big thank you to...
Peter LaBranche, dad of Fin in our Preschool, who cleared a path in back of our playground, so we can go for nature walks; Christy Foster, who came with her daughter Gabrielle, to help us clean and tidy up inside and out on our clean-up day in May; Ellen Anthony, Denya Levine and Mary Wilson, all of whom have brought fun and excitement to our classrooms, with the help of various grant funds. To Mid Cape Home Centers for donating and delivering 2 picnic tables to our school!

Ahh, the easy, carefree days of summer are here. The hectic days of the school year are behind us and we finally have a chance to enjoy a break from our regular routine. So what do we do with all of this unstructured time on our hands?

Many children are perfectly content with watching television, playing video games, or playing on the computer for hours. If you feel like you're in a constant battle with the electronic devices in your home, it's time to get creative and get your children outside. Here are some helpful suggestions to encourage them to be more active in the summer:

Summertime...

- Get Wet! You can have water balloon tosses, water bucket races, or play with squirt toys. Get a kiddie pool or a big tub & fill it with your children's favorite bath toys.
- Get Dirty! Dig & play in the dirt. Plant flowers or search for different kinds of bugs. Give your child a magnifying glass and see what kind of treasures they can find!
- Get Artsy! Bring a table outside so your child can have their own little art area. Provide them with markers, crayons, paints and lots of paper, and let them explore their creative side. Outdoors is the perfect place for messy finger painting.
- Get Educated! Visit your local library (see pgs. 4 & 5 for special events happening at your local library). While at the library, have your child check out different books that they are interested in, and have story time outside.
- Get Gaming! Play different outdoor games & invite some neighborhood children to play, too. "Inside" games like board games & card games can also be moved to a table outdoors.*

*www.nspt4kids.com

Inside this issue:

Support Groups	2
Coming to a library near you...summer	3, 4
Special Events	5

and so much more!

Personal Protection Against Ticks

One of the most important things you can do is check yourself for ticks once a day. Favorite places ticks like to go on your body include areas between the toes, back of the knees, groin, armpits, and neck, along the hairline, and behind the ears. Remember to check your children and pets, too. Remove any attached ticks as soon as possible. **Ticks**

are tiny, so look for new "freckles". If you find a tick attached to your skin, don't panic. Use a pair of fine point tweezers to grip the tick as close to the skin as possible and pull straight out with steady pressure. You **should not** apply kerosene, petroleum jelly, nail polish, or a hot match tip to remove the tick. These measures are not effective and may result in injury.

Circle the calendar date and note where on the body the tick was removed. You may want to save the tick for identification. Your physician may choose to treat you following a deer tick bite. Notify your health care provider if you have been bitten by a deer tick or if you develop a rash or other signs of illness following a tick bite.

(continued on page 5)



Outer Cape WIC Program
 79 Finlay Rd, #2
 Orleans
 508-240-0853

“Breastfeeding Support Group”

July 20, 2011
 10-11 am

With Gabrielle Hathaway, lactation consultant. All moms-to-be and mothers of nursing infants welcome, along with babies up to six months.

“Happiest Baby on the Block”

August 16, 2011
 10 am

Open to WIC participants who are pregnant or have a baby under three months.

Provincetown’s Born to Read Playgroup

Summer playgroup will take place on Tuesday mornings 8:30-11:30 am at St. Mary’s of the Harbor, Commercial St. in Provincetown. Call Linda at 508-292-0478 for information.

New Day!!!

Lower Cape Dads’ Talk

Harwich Community Center
 100 Oak St., Harwich

First Wednesday of every month
 6:00-7:30 p.m.

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.

A Mother’s Gathering

Monday, July 25, 2011
 and
Monday, August 29, 2011
 6:00-7:30 pm
 At Cape Cod Children’s Place
 10 Ballwic Rd., N. Eastham

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 childcare 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 is required; call 508-240-3310. A minimum of 5 people is necessary to hold the group. Please register by the

Thursday before 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 office to schedule an appointment to meet for some individual support.

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





Coming soon to a library near you...

Brewster Ladies Library **508-896-3913**

Summer Story Hour will be held on Wednesday mornings at 10:30 a.m. Children ages two and up are invited to this weekly program featuring songs, stories and crafts. This summer's theme: "One World, Many Stories".

Kids' Science Workshops, a series of nature science workshops with educator Kim Torres will take place on four Tuesdays at 10 a.m. in July: July 5, Sea Life; July 12, Incredible Insects; July 19, Wild About Reptiles; and July 26, Nature at Night. Admission is free and children ages 4 and up are welcome to attend.

Jungle Jim storytelling performance. Thurs., July 7 at 2 pm.

Summer Sing-A-Long with Cathy Hatch on Fridays, July 7 & 22 and Friday, August 5 at 10:30 am. Children in pre-school and older are invited to participate.

Magic Show with Magician Steve Rudolph Journey "Around the World with Magic!" on Thursday, July 14 at 2:00 pm.

Pitter Patter Puppets with Mary Wilson Thurs., July 21 at 2 pm.

"Under One Sky" multicultural music and stories by Davis Bates and Roger Tinnell. This program for all ages will be held on Thursday, July 28 at 2:00 pm.

Coastal Explorers. Takes place in the Brewster Ladies' Library parking lot on Thursday, August 4, from 10 am to 3 pm.

Secret World of Bubbles with performer Keith Michael Johnson will take place on Thursday, August 11 at 2 pm.



Families and children of all ages are welcome. This program is funded by the Kristi A.P. Hay Memorial Fund.

Junk Day—create crafty masterpieces from recycled scrap materials. Tuesday, August 23 at 10:00 am.

Drum Circle Program. Drum Circle Facilitator Otha Day leads this fun and lively drum/rhythm circle event on Tuesday, August 23 at 4:30 pm.

Brooks Free Library, **Harwich** **508-430-7562**

Story Time every Tuesday and Friday at 10:30 am

Creative Movement/Movin' and Groovin' Wednesdays at 11:15 am

Multicultural Crafts Tuesdays 2:00 pm: July 5, Soap Carving; July 19, Sand Painting; July 26, origami; Aug. 2, Ojo de Dios; Aug. 16, Rain Sticks.

Thursdays:

Wild About Reptiles July 7, 11 am

Steve Rudolph Magic Show July 14, 11 am

Creature Teachers Live Animals! July 21 2 am

Barn Babies (registration required) July 28 2 pm & 2:30 pm

Cape Cod African Dance & Drum Aug. 4 11 am

Secret World of Bubbles Aug. 11, 11 am

Read to Dogs! Live Dogs! Aug. 18, 2 pm

Fridays:

Games Around the World! July 22, 2 pm

Trevor the Juggler July 29, 2 pm

Magic Show! Aug. 5, 2 pm

Big Ryan's Tall Tales Aug. 12, 10:30 am

Harwich Junior Players! Aug. 19, 1 pm

Saturdays:

Big Ryan's Tall Tales July, 2 11 pm

Pitter Patter Puppets July 23 10:30 am

Make Your Own Book! (registration required) July 30, 10:30 am

Eastham Public Library **508-240-5950**

Preschool Story Time Fridays, 10:30 am

Tuesdays 6:30 pm at Eastham Council on Aging:

July 5—Dinoman (huge inflatable dinosaurs and dino-information)

July 12—Pitter Patter Puppets with Mary Wilson

July 19—Denya Levine's World-wide Music and Fun

July 26—Making Music with Ellen Hoffman

Aug. 9—TBA

Aug. 16—Big Ryan's Tall Tales

Aug. 23—Animals of Australia by Animal Creatures

Wednesday "craft"-ernoons from 1-3 pm. A free, drop-in, do-it-yourself craft program. Crafts are appropriate for children ages 5-12 with adult supervision.

"Reading to Dogs" Thurs., July 14 and Aug. 18 from 10-11 am.

Coastal Explorer will be available for a drop-in visit on Thurs., July 28 from 10 am—3 pm.



Coming soon to a library near you...

Eldredge Public Library Chatham 508-945-5170

Saturday Drop-in Story Hour
10:30 am 3 yrs. & up.

WeeRead (registration required)
Fridays 10 am. 12 mos.-3yrs

Itsy Bitsy Yoga (registration required) Thursdays. 9:30 Tyke (2-4 yrs.), 10:30 Tot (crawlers -24 mos.), 11:30 Infant

Toe Jam Puppet Band Sat.,
July 2 10:30 am

Inca Son Music and Dance of the Andes Fri., July 8 11 am Gr. K and up.

Continental Crafts Mondays,
3:30 pm Gr. K-5.

Friday Family Flicks 2-4 pm.
For families of all ages with adult companion.

Creature Teachers Presents...Australia Tues., July 12
Gr. K & up.

Dream Tale Puppets Sat., July
23 10:30 am ages 3 & up.

**Keith Michal Johnson's
Amazing Americans** Tues.,
July 26 Gr. K & up.

Barn Babies Thurs., July 28 10
am

Caravan Puppets Presents...The Emerald Isle! Tues.
Aug. 2 1:30 pm Gr. PreK - 2.

Making Music with Ellen Hoffman Fri., Aug 5 10 am. Children
2-3 yrs.

Family Concert with Steve Blunt Tues., Aug. 9 1:30 pm.
Gr. K-2.

Museum of Science Presents...Super Cold Science!
Thurs., Aug. 11 2-3 pm. Gr. K &
up.

Big Ryan's Tall Tales Sat.,
Aug. 13 10:30 am. Children 3 yrs
& up.

**Drum to the Beat Drum Circle
with Otha Day** Tues., Aug. 23.
For children and families of all
ages.

Provincetown Public Library 508-487-7094

Story Time Mondays, 10:30 am
Story Time with Lucy Gilmore
Fridays in July, 10:30 am.

Songwriter, Mr. G Fri., Aug. 5
10:30 am

Didgeridoo Down Under Fri.,
Aug. 12, 10:30 am

**Wednesday Evening Family
Programs (all programs are
6:30-7:45 pm, unless otherwise
noted):**

The Elbows July 6th



Dumbledore's Army Harry Pot-
ter Tribute Band July 13th.

**Julie & Denya's Fantastic
Global Music Adventure** July
20th.

Magician Steve Rudolph July
27

**Cape Cod African Dance and
Drum Company** Aug. 3rd.

"Whales and Their Food" Aug.
10

**Storytellers Bob Kanegis & Liz
Mangual** Aug. 17

Animal World Experience (this
program begins at 6 pm) Aug. 24

Snow Library, Orleans 508-240-3760

Pajama Story Time Wednesday
evenings this summer beginning
July 6 at 6:30 pm.

Bubbleology for Kids Thurs.,
July 7 at 11 am.

Truro Public Library 508-487-1125

Story Time Thursdays 10:30 am
for ages up to 5 yrs.

**Children's Community Garden
Group** Thursdays 7/7-8/25 3-4
pm.

**Wednesday Night is Family
Night 6:30 pm:**

Sumi-e Class (please call to sign
up) July 6th.

A Taste of Japan (please call to
sign up) July 13.

Indian Henna Tattoos Limit 15
participants (please call to sign
up) July 20.

**Cape Cod African Dance &
Drum** July 27.

Quirky Circus Aug. 3

A Bird's Life Aug. 10 (Ice Cream
Social—6 pm).

**Horseshoe Crabs "Horsing
Around"** July 26, 10 am.

Coastal Explorer Aug. 11, 10-3
pm. For all ages.



Monday, August 8, 2011

SEAMEN'S BANK
MEMBER FDIC/DIF

Presents the 7th Annual Cape Cod Children's Place

Golf Tournament & Art Outside the Box™ Auction

The Gala Event of the Summer at the Ocean Edge Resort & Golf Club
Benefiting the Cape Cod Children's Place

To register or for more information, please call 508.240.3310
or visit www.capecodchildrensplace.com/event

**Art Outside the Box Lunchbox Preview
At Truro Vineyards of Cape Cod
Monday, July 25th from 6pm to 8pm**

Join us for a special edition of Truro Vineyards Wine, Appetizer, Art and Music series (WAAM) for the second preview of the 2011 unique hand-painted lunch boxes. Enjoy food by Blackfish and music by Kerryanne Lardner, Darren Wortherspoon and Dennis Witnauer as you get a glimpse of the lunch box art available for our 7th Annual Art Outside the Box Auction and Golf Tournament in August.

Tickets available for \$30 per person. You will receive a Truro Vineyards wine glass with one complimentary glass of wine, delicious appetizers and music. Additional wine available for purchase by the glass for \$6.

Reserve your tickets at Truro Vineyards by calling 508-487-6200 ext. 4.

Help Wanted

Do you have some time to invest in the lives of children? Come and work with our staff of committed early childhood professionals who are helping families create the foundation for learning on which these children will build their lives. Our teachers are fun loving, creative and hard working.

Cape Cod Children's Place is looking for volunteers for our early childhood program classrooms. Experience with children is preferred. An application/interview process is required along with a CORI background check. A 2-3 hour training will be provided to volunteers prior to working in the classroom. A commitment of 1 day a week (8:30 am—12:30 pm) will be requested.



(ticks...continued from pg. 1)
When going outside to an area likely to have ticks: Stick to the main pathways and the center of trails when hiking. Wear a light-colored, long-sleeved shirt with long pants and tuck your pants into your socks. This may be difficult to do when the weather is hot; but it will help keep ticks away from

your skin and make it easier to spot a tick on your clothing. Use bug repellents. Repellents that contain DEET can be used on your exposed skin. Permethrin is a product that can be used on your clothes. Always follow the product instructions and use repellents with no more than 20-35%

DEET on adults and 10-15% DEET on children. Never use insect repellents on infants. There are fact sheets containing more information about repellents at mass.gov/dph/epi. Talk to your veterinarian about the best ways to protect your pets and livestock from ticks.

*Source: www.mass.gov



PRSRT 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 Guide* 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 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