

a non-profit family resource center

Volume 5, Issue 1
March/April 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...

CCCP News...

March is literacy month so it's quite fitting that we're kicking it off by adding a new literacy component to our upcoming parenting series. Thanks to a grant from the Cape Cod 5 Charitable Foundation, we'll be providing a lending library of "literacy totes" for families to bring home and enjoy together while reinforcing the many topics addressed during the informative workshops. In addition, our qualified child care providers will be engaging the children in related activities and storytelling while their parents attend the workshop. We feel it's a great way to support parents in the difficult, but rewarding job of parenting while helping to lay the foundation of early literacy for the children.

Feelings, identifying emotions, separation anxiety, temper tantrums, manners and healthy habits are a sample of subjects covered in our literacy totes. All of which help to build on those important protective factors of resiliency as well as social and emotional competence that help keep our families strong.

Thanks and Giving...

Thanks! To Cape Associates, Inc. for making us their Labor of Love! They are donating 1 full day of labor to Cape Cod Children's Place every month for the year 2010. This helps us maintain our facilities through various small jobs.

Thanks! To Main Street Books in Orleans for their support which allowed us to add even more books to our literacy tote collection.

Thanks! To Lower Cape Outreach Council for including CCCP in their food distribution program.

Thanks! To Dr. Bellorini of East Brewster Dental for sponsoring our dental program and providing dental screening, tooth brushes and toothpaste to our classrooms.

Giving! CCCP continues to accept donations of diapers and wipes; new or gently used preschool books; gift cards from local gas stations, grocery, drug and clothing stores.

Giving! Volunteers are always needed 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

Tuesdays 10:00 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.

WIC Breastfeeding Support Group **For moms-to-be & mothers of nursing Infants!**

Please join us for this informative and supportive evening at the:
Outer Cape WIC office
79 Finlay Road, Orleans, MA

Wednesday, March 17, 2010
Wednesday, April 21, 2010
10 am—11 am

Meet with WIC Lactation Consultant Gabrielle Hathaway, I.B.C.L.C., get answers to your breastfeeding questions & learn new information in a confidential & sympathetic group environment. Snacks will be provided!

Questions? Please call the WIC office 508-240-0853.



Silly Fusilli Chili

1 small onion, chopped; 1 small green pepper, chopped; 2 pounds lean ground turkey; one (28 ounce) can tomatoes, chopped, with juice; 1 cup water; one (15 1/2 ounce) can kidney beans, drained; 1 teaspoon garlic powder; 2-3 teaspoons chili powder; 1/4 teaspoon pepper; 1 cup uncooked whole-wheat fusilli pasta; 1 cup shredded reduced-fat Cheddar cheese

1. Wash green pepper and chop. Peel and rinse onion and chop.
2. Sauté ground turkey, onion, and green pepper in pan until lightly browned. Drain off fat.
3. Add chopped tomatoes with juice, water, kidney beans, garlic powder, pepper, and uncooked fusilli pasta to turkey mixture. Simmer covered, about 20 minutes until pasta is tender. Stir occasionally to keep from sticking. Thin with a little water during cooking if necessary.
4. Top with shredded cheddar cheese.

*recipe from umassextenstion.org

Preschool Years / Announcements

Important Council Meetings

The Lower Cape Early Childhood Council needs your help!

On **Wednesday, March 17**, this Council will meet at Cape Cod Children's Place from 6-7:30 p.m. Childcare will be available with pre-registration. We encourage you to attend, especially if you use any of the free playgroups provided in each town by Cape Cod Children's Place for the past 11 years; or if you have attended any of Cindy Horgan's parenting workshops on the Lower and Outer Cape, or if you want to give your input about family needs in your community.

At the March 17 meeting, the Council will be discussing next year's grant-funded programs and starting to plan for the future. We need your ideas and your participation!

The following month, a Council meeting is scheduled for **April 14**, also at 6pm at Cape Cod Children's Place. Come and find out about the future of our Early Childhood Resource Center.

For more information and to register for childcare, call Elizabeth at 508-240-3310.

The Child Care Challenge: What It Means, What You Can Do"

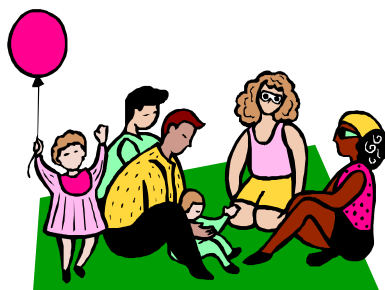
Panel Discussion featuring: Dr. Sherri Killins, Commissioner of Early Education & Care; Elizabeth Aldred, Cape Cod Children's Place; Kristen Lind, Child Care Network; Pat Policastro, Cape Cod Child Development.

**Saturday, April 24, 2010; 10 am—noon (9:30
am coffee)**

**Harwich Community Center
100 Oak Street, Harwich**

Parents, early childhood teachers and caregivers, and interested members of the community are invited to come and participate in this important discussion. The topic is of special relevance to Cape Cod and the Islands as the region tries to retain its workforce, at a time when the economic climate has had a negative effect on professional child care providers and state childcare vouchers.

Co-sponsored by the League of Women Voters of the Cape Cod Area, WE CAN, and Cape Cod Children's Place.



Family Fun Fair

Saturday, March 20, 2010

10 AM—1 PM

Free Admission!

At Nauset Regional Middle School
Route 28 & Eldredge Park Way, Orleans
In the cafeteria (side entrance)

Games * Arts & Crafts * Activities * Information * Resources *
*Door Prizes * Refreshments & Snacks on sale *

This event is sponsored by Cape Cod Children's Place and the Lower Cape Early Childhood Council for information call 508-240-3310

ACTIVITIES & ANNOUNCEMENTS...

E.C.E.C.

(Eastham Committee on Early Childhood)

E.C.E.C., a non-profit organization, provides quality child care for Eastham's school age children.

Winter/Spring 2010 Fundraising Events:

Friday, March 5 Bake Sale at the Orleans/Eastham Elks Club: ECEC will be selling baked goods during the Friday Fish Fry, 5:30-7:30 p.m. Please contact Christy Foster if you need more information or if you can donate items: 508-255-7982 or by email: dougandchristy@verizon.net.

Saturday, March 27 Tea and Fashion Show: "Tea for You and Fashion Too" 1-3 p.m. at the Eastham COA; tickets \$15; 50-50 raffle will be drawn. For more information call ECEC at 508-240-6900.

Parent/Provider Workshop Series
Robin Titus-Presenter/Facilitator
Harwich Public Schools Psychologist

How We Can Help Children to Develop
Positive Self-Esteem

Tuesday, March 9th
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.

Single Moms

Monday, March 29, 2010
Topic: "Making Lemonade"

Monday, April 26, 2010
Topic: "Making Lemonade"

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, Administered by Cape Cod Children's Place.

Games * Prizes * Face Painting *
Refreshments

14th Annual Winter Carnival

Saturday, March 13th
10:00 am—1:00 pm
Harwich Elementary School
Activity Room
\$3/child or \$10/family

The Suspenders Jugglers at 11:30 a.m.

MORE ACTIVITIES & ANNOUNCEMENTS...

ATTENTION

Harwich Homeowners **In the Harwich Center Area**
Are you in need of critical home repairs?

Do you have any problems with the following?

Plumbing Heat Roof Insulation Hot Water
 Septic System Doors & Windows Flooring
 Foundation Structural Repairs Ceiling Electrical

The Town of Harwich has applied for grant funds that will provide a forgivable loan of up to \$30,000 for repairs to your home. These funds are available for income-eligible households and administered by The Resource Inc., a local, non-profit organization.

Call now to complete a pre-application and get on the list! more information call
 Jean Stanley-Project Manager
 The Resource, Inc.
508-760-4900

Or check us on the Web at theresource.org



CCCP at the 104th Boston Marathon!

On Monday, April 19, 2010 two runners will be running on behalf of Cape Cod Children's Place. The first is **Ryan Macaulay**. If the name sounds familiar, it's because Ryan is the son of **Executive Director, Kate Macaulay**. Ryan calls Brewster his hometown although he now resides in Los Angeles, California. However, Cape Cod is still one of his favorite places in the world and he visits here often to spend time with family and friends. He understands the importance of family and the valuable role parents play in a child's healthy development.

The second runner is **Cindy Horgan**, our **Family Support Coordinator**. Cindy is a native Cape Codder and not only grew up in a large family but is the parent of five children. Many of you have participated in Cindy's popular parenting classes and find her down to earth and practical approach right on target. Both realize how healthy families are the foundation of a strong community.

Please check out our website www.capecodchildrensplace.com and Cape Cod Children's Place on Facebook for details on how to sponsor one or both of these runners.

Dads' Talk

**First Monday of every month
 6:00-7:30 PM**

**At Harwich Community Center
 100 Oak Street**

With 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

Serve New England

The Smart Alternative to Food Shopping!

Save up to 50% and more on high-quality, fresh foods by buying your meats, fruits, veggies and other staples through serve NE Food Program. For more information call:

Harwich 508-432-4931
Wellfleet 508-349-1173

MassResources.org

...a free online resource for Mass. Residents in need of housing, food, health care, and other basic services

MassResources.org provides useful information about a wide range of assistance programs for people in need living in Massachusetts. It provides information on what benefits are available, how to apply, eligibility requirements, benefit amounts and answers commonly asked questions.

Just log onto www.massresources.org today and click on benefits screener to find out what you might be eligible for today.



Maternal Depression and the Effects it has on the Mother/Child Relationship

Presented by Linda Sayers, RNC, FACCE, CLC, Clinical Coordinator Maternity Dept. at Falmouth Hospital and Kathleen Ecker, MSN, NP-BC at MSPCC

Come and learn what role you can play in helping families that may be experiencing maternal depression. Learn how it affects the child and family. Get resources that you can share. Help to take the stigma away from this misunderstood illness by learning more. You will leave knowing who can support you and the family.

Who should attend:

Family Childcare Providers, Early Childhood Teachers and Administrators, Early Intervention Staff, Lactation Consultants, and Family Support Specialists

Date: Wednesday, April 28, 2010

Time: 6:30—8:30 pm

Location: Child Care Network/CACCI Dick Bigos Conference Room,
115 Enterprise Road, Hyannis 02601

Fee: \$10

2 EEC Training Hours in Partnering With Families and Communities

Coffee, Tea, Light Beverages and Dessert will be provided

To Register Call Child Care Network: 508-778-9470 X261

This program is supported by: members of the Cape & Island Maternal Depression Task Force and donations from local businesses.

Cape Cod Children's Place Family Roadshow

Harwich High School
75 Oak Street
Harwich, MA

Tuesdays, March 2, 9, 16, 23, 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, and 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 you are in need of transportation.

This program is funded by a grant from the Cape Cod 5 Charitable Foundation.

Dads' Group

A five week parenting series for Dads and father figures.



Wednesday Evenings
March 3, 10, 24, 31, April 7, 2010
5:30-7:30 p.m.
At Harwich Community Center
100 Oak Street, 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 and Dad.

Free pizza dinner and childcare are included!

REGISTER BY CALLING: 508-240-3310

Please contact CCCP 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.

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



Spring 2010

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.

***Join us for Saturday Toddler Town on March 6th from 10 am to 1 pm**

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.

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

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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Cape Cod Children's Place, Inc.
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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

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



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.