



Cape Cod Children's Place FAMILY NEWLETTER

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

Happy New Year!

Special Thanks!

A Big THANK YOU to: The families and friends of the Sea-Babies program for supporting our recent cookie dough/pie fund raiser, \$541 was raised for our classroom: those Sea-Babies families who helped purchase gifts for 2 children through the Homeless Prevention Council's Adopt-A-Family Program: Brewster for the holidays for donating the proceeds from their raffle to CCCP: The Candleberry Inn for donating proceeds from their teas this holiday season to CCCP: NY Hair and Spa Co. of Orleans for donating the proceeds from their hand-made holiday wreaths to CCCP: Rowley Gallery for their New Works to benefit CCCP.

As we put the busy holiday season behind us & look ahead to the coming weeks, let's remind ourselves to enjoy the small pleasures, and appreciate the gifts we have while fretting less about what may be missing in our lives.

Often we find ourselves getting worked up about relatively minor issues: a child's misbehavior, a snowstorm that we didn't anticipate, a change in plans that inconveniences us or a car that malfunctions unexpectedly. These are challenges, but with the

right attitude we can move beyond them and even find something positive in the disruption. And when big challenges do come along, we can be ready to look for help.

A child's misbehavior can be an opportunity to learn and grow, for the child and the parent. A snowstorm can provide an unscheduled "at-home" day to read and play games together as a family. A missed appointment can offer the gift of unexpected "down time". Even a car that

develops a problem can rearrange our day in a positive way once we get past the disruption to our plans.

We can choose to take advantage of unexpected opportunities and not sweat the small stuff. We can choose to be grateful for good health, and hugs from our children, and laughter with friends. We can choose to appreciate this special place we call home, and our caring community. May 2011 be a year in which we all take time for simple pleasures.

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20 Family Resolutions for the New Year

One of the secrets to New Year's resolution success is making the commitment together as a family. Choose one or more that are right for your family.

1. Set aside one night per week as a family night.

2. Spend at least 20 minutes each day talking as a family

3. Work together on household chores.

4. Read together as a family at least once a week even if your kids are older. *See reading tips from the

Nov/Dec '10 newsletter.

5. Eat dinner together at least one night a week.

6. Laugh together as a family every day.

(continued on page 7)



Cape Cod Children's Place Annual Meeting

Everyone is invited to attend the Cape Cod Children's Place Annual Meeting on **Wednesday January 5, 2011 at 7pm** at the center on Ballwic Rd., in North Eastham.

Information will be shared about current and future programs, funding expectations and future plans. Reports will also be provided on the previous year's programs.

All interested persons are welcome to attend, both those who are familiar with this non-profit resource center and those who would like to learn about the organization. RSVP is requested; call 508-240-3310 for more information.

Council meets to complete Strategic Plan

Come and find out what the Lower Cape Early Childhood Council will be working on in the next three years at the following meetings. **Both will be held from 6-7:30 pm at Cape Cod Children's Place.**

**Wednesday,
January 19, 2011**

Help review the Basic Needs Surveys completed by local families in the past two months.

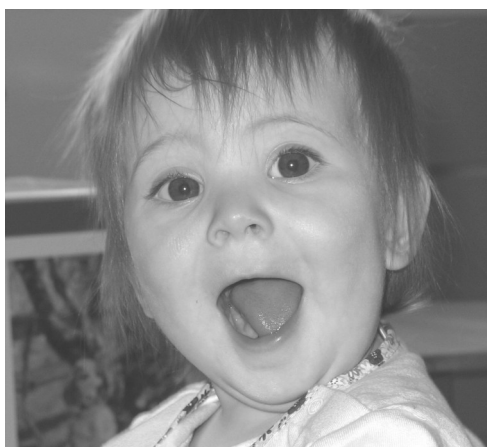
**Wednesday,
February 16, 2011**

Review and approve our local strategic plan.

We need your ideas and input! Please call Elizabeth at 508-240-3310 for more information about this council.



Sea-Babies



celebrate sea-babies' 5th birthday!
wednesday, january 12th
3:00 p.m. to 4:30 p.m.
wellfleet council on aging
715 old king's highway
rsvp to karen at 508.240.3310
by january 7

Come out and play...

Our Sea-Babies Program is turning 5 – help us celebrate!

- ☞ Cake and punch
- ☞ Balloons and face painting
- ☞ and other fun surprises...

Everyone is welcome!





Is your home warm enough? Need help with your Fuel Bills?

You may be eligible for assistance if you meet the Income Eligibility Guidelines below.

Call for information on what you need to apply: Proof of income, Proof of Identity, Fuel bill and heating costs (printouts from utilities, if you have gas or electric heat)

SSCAC, Inc.
66-B Willow Ave
Hyannis, MA 02601

Mon-Fri 9-11:30 & 1-3:00
 (508) 778-0870

Or contact a volunteer staffed outreach site in your Community.
 *See list of sites below:

<u>Household Size</u>	<u>Max. Gross Annual Income</u>
Family of 1	\$29, 126
Family of 2	\$38, 087
Family of 3	\$47, 049
Family of 4	\$56, 011
Family of 5	\$64, 973
Family of 6	\$73, 935
Family of 7	\$75, 615
Family of 8	\$77, 295

<p>Cape Cod Council of Churches Hands of Hope Outreach Center 49 RT 28 W Harwich, MA Mon—Thurs 1-3 508-432-1312 Catherine, Lee</p>	<p>508-430-7550 Betsy, Sara</p>	<p>26 Alden St. Provincetown, MA Call for appt., Mon-Thurs. 8-6:00 508-487-7080 Dennis</p>
<p>Eastham Senior Center (COA) 1405 Nauset Rd N. Eastham Mon—Fri 508-240-2327 Cindy</p>	<p>Harwich Family Pantry 133 Queen Anne Rd. Harwich, MA Tues & Thurs 10-12 & 1:30-3:30 Sat. 10-12 508-432-6519 Ron, Ginny, Mary, Susan, David</p>	<p>Truro Council on Aging 25 Library Lane Truro, MA Call for appt, Mon-Fri 508-487-2462 Katherine, Martha</p>
<p>Harwich Council on Aging 100 Oak Street Harwich, MA Call for appt., Mon-Fri 9-4:00</p>	<p>Orleans Council on Aging 150 Rock Harbor Rd. Orleans, MA Thurs 9:30—2:00 508-255-6333 Anita, Sandra</p>	<p>Wellfleet Council on Aging 715 Old Kings Hwy Wellfleet, MA Call for appt, Mon-Fri 508-349-2800 Terri, Linda</p>
	<p>Provincetown Council on Aging</p>	

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.

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

Monday, January 31, 2011
Monday, February 28, 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

Thursdays:
January 6, 13, 20,
27, 2011
5:30-7:30 p.m.

At Stony Brook Elementary School, 384 Underpass Road, Brewster. 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 dis-

cussed 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 required; 508-240-3310. Please contact CCCP if you are in need of transportation. This program is funded by grants from the Children's Trust fund administered by Cape Cod Children's Place.



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 a.m. at Brewster Ladies' Library. Stories & songs with Lucy will be in the Children's area in the Library at 10:00 am.

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. Parent Chat begins at 10 followed by Weekly story time and craft with Lucy Gilmore at 10:30. Call Fran McLoughlin for details at 508.240.5950. This group follows the Nauset School District's School Calendar, although all are wel-

come to use the facility during school vacation.

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. This group meets in the gym from 9:30-10:30 and then in the play room from 10:30-11:30. 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 CCCP 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 featuring stories, crafts and playtime. Call Martha Gordon at 508.349.0310.

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...

This is not 'just the baby blues'

Post Partum Depression Support Group. Meets Wednesdays at 10 AM (babies welcome!)

Waquoit Healing Arts Ctr.
446 Waquoit Hwy, E. Falmouth
(by the Moonakiss Café)
Pre-registration is required

Call
Aimee Rozum LMHC
774-216-6522

Breastfeeding Support Group

*January 19, 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. Call 508-240-0853 for information.

Free Family Law Legal Clinic for Women

Jan. 21 9:30-11:30

At We Can, 537 Main St. (Route 28), Suite 2H, Harwich Port. Individual, half-hour consultations on the legal issues involved in divorce; child custody and support; and other family law matters with attorney Nicole B Norkevicius are available by registration only. This is an opportunity for low and moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Information or registra-

tion: 508-430-8111 or
kara@wecancenter.org.

Funded by a grant from the Massachusetts Bar Foundation.

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

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 To-
gether) Book Group**

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

New 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.

"It Takes A Village..."

January 11, 2011

6:00-7:30 pm

Harwich Elementary School Professional Library

Topics include: developing a positive environment for your child and utilizing healthy resources. 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 at the library will be held on 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.



Family Resolutions (continued)

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|---|--|
| 7. Practice good money management skills helping children learn to save and spend wisely. | 14. Connect with other families around you to build friendships and positive support systems. *See page 5 for play-group info. |
| 8. Work together on a special family project. | 15. Encourage each other with praise rather than being critical. |
| 9. Look at family photos regularly. | 16. Let children make appropriate decisions for themselves to promote responsibility. |
| 10. Listen to older family members tell stories about your family's history. | 17. Hold family meetings to solve problems, share good news and plan fun events . |
| 11. Volunteer time, resources, or both to a charity that serves children and families. | 18. Discipline with love, patience and understanding. |
| 12. Learn about a new culture as a family. | |
| 13. Deal with any unsettled family business to promote | |

peace in your life.

*Attend our four-week series & gain the tools you need to be successful.

19. Make it OK to talk about feelings (even the bad ones).

20. Think of 20 ways that your family can connect over the next year.

(adapted from Prevent Child Abuse Illinois)

*“cheers to a new year
and another chance for
us to get it right”*

Oprah Winfrey

Food Allergy Facts:

Over 3 million American children have food allergies. Foods that most often cause an allergic reaction are: Peanuts, Tree Nuts, Wheat, Soy, Milk, Eggs, Fish and Shellfish. However, other, less common foods can also cause allergic reactions. Reactions can range from mild to deadly.

Common warning signs & symptoms of an anaphylactic reaction are:

- Complaint of tingling, itchiness, or metallic taste in mouth
- Hives
- Difficulty breathing
- Swelling and/or itching of the mouth & throat area
- Diarrhea

- Vomiting
- Cramps & Stomach pain
- Paleness (due to a drop in blood pressure)
- Loss of consciousness

How to protect the lives of friends who have food allergies:

- Never take food allergies lightly.
- Wash hands after eating.
- Ask what your friends are allergic to and help them avoid it.
- If a friend who has food allergies becomes ill, get help immediately.

*Information from the Food Allergy & Anaphylaxis Network. For more information visit: www.foodallergy.org



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 N. EASTHAM, MA
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 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