



Cape Cod Children's Place Family Newsletter

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

CCCCP News...

September is here and for those of us on the Cape it feels like a new beginning and the end of a busy summer. Days are growing shorter and the temperature is feeling cooler. Families are experiencing the excitement of a new school year or perhaps the very first school experience. With this new season also comes responsibilities, requiring us as parents and family members to fulfill our important role by participating in our communities and our schools.

The best way to fulfill that role is by asking questions, learning about the programs that support your family, and expressing your needs and opinions as a voter. All questions are important; every call to your elected officials — town, state or federal— gives them the feedback they want to hear. Each voter can make a difference.

Cape Cod Children's Place staff are here to help answer your questions, and tell you how changes taking place this year in state government may affect your family. The insert in this newsletter will give you information about upcoming elections and becoming a registered voter.

As we enter this beautiful season of Fall let us welcome every opportunity to speak up on behalf of children and families on the Lower and Outer Cape. We are the voices of our children.

Thanks and Giving...

Thanks! To everyone who helped with our second annual Lunchbox Auction, held on July 14 at the Wellfleet Public Library. Many parents, businesses and other individuals gave generously of their time and talent to this fundraiser, which raised over \$7500 to support our programs for children and families on the Lower and Outer Cape.

Our heartfelt thanks go to: The artists who created the lunchboxes; the galleries that supported the auction - Blue Heron, Cove, Harmon, Sandpiper, The Works; the businesses that donated delicious hors d'oeuvres—Blue Willow, Bookstore Restaurant, Catch of the Day/VR's, Christine's Oasis, Hungry Tiger, Laura & Tony's, Lighthouse Restaurant, PJ's, Saltwater Grille, Wellfleet Marketplace, Winslow Tavern; and to Wellfleet Spirits and Dave Cronen for the wine.

Thanks also to Bill Fidalgo, auctioneer; to Beth Seiser, Berti Horn and Cathy Malone for their contributions; to CCCC Board Members who helped at the event; to Seamen's Bank, Cape Cod Computers, Cape Cod Paper Co. and Sir Speedy for their support.

And a GREAT BIG Thank You to Wendy Farrell and Gretchen Payzant for their Tireless work in Pulling this auction together!

Giving...Cape Cod Children's Place Preschool room is in need of some bean bag chairs.

NEW PARENT, BABY & TODDLER NEWS

New Moms: Meet other moms!

free Moms + Babies groups :

These groups are informal gatherings of moms 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.

**** All groups meet from 10:30-noon!**

Mondays, Harwich Community Center, Oak St.

Thursdays, Cape Cod Children's Place, N. Eastham.

Call Cape Cod Children's Place for More information: 508-240-3310

(funding for these groups from Children's Trust Fund)

Free Childbirth Classes for Lower/Outer Cape residents

A new Childbirth Preparation class will be starting on Sunday, October 8 from 4:30-6:30 at Cape Cod Children's Place on Forest Ave. off Nauset Rd. in N. Eastham. Each of the 3 classes in the series will help prepare you for the process of labor and delivery, what to take to the hospital, natural and medicinal ways to stay comfortable throughout the labor process, newborn and postpartum care. All pregnant women and their partners or labor attendants are invited to attend. Pre-registration is required. Please call the Children's Place at 508-240-3310, and leave your name, address, phone number and expected date of delivery. Registration materials and course descriptions will be mailed to you before classes begin.

Sea-Babies

Children's Place Sea-Babies Program is up and running at the Wellfleet Council on Aging. This infant and toddler daycare is open to children from one month to 33 months of age. Enrollment is ongoing year round. Call Karen at 508-240-3310 for information on Sea-Babies fees and space availability. The program serves infants and toddlers.

This program is a collaboration between the Wellfleet COA, Seamen's Bank and Cape Cod Children's Place.

Early Intervention Program—for children birth to three years of age

Do you have any concerns about your child's motor skills, language development or behavior?

Free developmental assessments and services are available for any child from birth to 3 years of age by Early Childhood Intervention, a program of Cape Cod Child Development. A team of professionals work in partnership with parents to provide individualized services to eligible children in their home or other familiar



Apple Pancakes

Ingredients:

1 3/4 c flour, 3 tbs, sugar, 1 tbs. Baking powder, 1/4 tsp. Salt, 1/8 ground nutmeg

2 lg. Eggs, 1 1/4 c. milk, 1/2 tsp. Vanilla extract, 3 tbs. Unsalted butter

4 Macintosh or other small apples

Directions:

Whisk 1 3/4 cups flour, the sugar, baking powder, salt, and nutmeg in a large bowl. In small bowl whisk the eggs with milk & vanilla extract. Melt 3 tbs. Butter in lg. Skillet over med. Heat. Whisk butter into the milk mixture. Add the liquid ingredients to the dry mixture and whisk just long enough for a thick batter. Slice apples into 1/4 inch rounds and dredge in flour until lightly coated. Add 3 apple slices to skillet and brown. Ladle about 2 tbs of batter over each slice. Cook about 2 to 3 minutes. Flip the pancakes and cook an for about 1 more minute.

Preschool Years / Announcements

Value of Routines for Children

"Routine is to a child what walls are to a house; it gives boundaries and dimensions to his or her life." Rudolf Dreikurs, M.D.

- Routines give a feeling of security and safety, children know what to expect
- Established routines also provide a sense of order from which freedom grows, it encourages healthy growth and independence
- Parents job is to set up a routine with which the family can function comfortably
- Routines should not be so rigid that there is no room for flexibility
- Established routines help maneuver through challenging transition times I.e. bedtimes, meal times, morning routines

Playgroup News...

- Toddler Town at the Wellfleet Library resumes on Friday Sept. 15th from 11 am—2 pm
- Parent Chat at the Eastham Library resumes Wednesday Sept. 6 at 10:30 am
- Toddler Time at Brewster Ladies Library begins Friday Sept. 22nd
- Itsy Bitsy Yoga returns this fall at the Eldridge Public Library in Chatham. Call 508-945-5170 for dates and times.
- Wee Read Storytime/Playgroup . Two sessions every Fri. from 9:30-10:30 and 11:00-12:00 for children aged 12 mos.—3 years. Please Call the Eldridge Public Library at 508-945-5170 to register. Drop in storyhour Saturdays at 10:30 for Children age 3 years old and up.

September/October Schedule for the Eastham Tuesday Toddler Time Playgroup Eastham Methodist Church Tues. 10 am to 11:30 am

September 5th—Welcome back!!! Get-to-know-you project

September 12th—Meryl's Music Together pays us a visit

September 19th—Sand Art

September 26—Upstairs FUN!!! Bring a ride on toy

October 3rd—Autumn songs and crafts

October 10th—A special trip to the Eastham Library

October 17th—Singer/songwriter Julie Wannamaker joins us

October 24th—Gourds painting and mask making

October 31st—Halloween Party! Come in costume

Call Laura Handville at 508-255-7452 for details

Check it out!

Visit our website, at www.capecodchildrensplace.com!

We will be adding information and events to the website. If you don't want/need to receive the CCCP Newsletter, please leave a message at 508-240-3310 or contact us through the website. Thanks!



Cape Cod Children's Place
3rd Annual
Spirited Halloween Wine Tasting
an adult evening of
Fabulous wines to sample and enjoy
along with
Live Music and Gourmet Treats
Hosted at
The Candleberry Inn
1882 Main Street, Brewster
Saturday, October 28, 2006 – 5-8 p.m.

\$50 per person – 2 for \$90

MORE ACTIVITIES & ANNOUNCEMENTS...

WE CAN

WE CAN is offering Free Legal Clinics for women. Please call 508-430-8111 to schedule your free half hour appointment.

Thursday, Sept. 14th 9-11a.m. Estates and Wills
1-3 p.m. Divorce Planning

Thursday, Oct. 5th 9-11a.m. Estates and Wills
1-3 p.m. Family, Divorce

WE CAN is located at 537 Main Street, Suite 2H
Rte. 28, Harwichport.

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 50-349-1173

OUTER CAPE HEALTH SERVICES

COVERING KIDS AND FAMILIES

FAMILY FUN FEST

SUNDAY, SEPTEMBER 24, 2006

10:00—3:30

Bring your whole family to a fun-filled day at Cape Escape, the Ultimate Adventure Golf in Orleans for free miniature golf and for fun activities. Meet our staff, learn about how health care reform can affect your family, and apply for free or reduced care health insurance.

New news at CCCP...

We would like to welcome Monica Keefe as our new Parent Education Coordinator. Monica has helped coordinate both the Eastham Parent Chat playgroup and the Eastham Toddler Time playgroup. She looks forward to her new role at CCCP. We wish Kim Concra the best of luck in her new position with Barnstable County as Nutrition Educator and Food Safety Specialist and we hope to see her at future Roadshows!

OUTER CAPE WIC PROGRAM

800-675-1188

Providing nutritious foods, health information and referrals to pregnant women, infants and children to the age of 5. Offices in Harwich, Orleans, Wellfleet and Provincetown.

La Leche League

Information and support for breastfeeding moms and moms-to-be!

at Cape Cod Children's Place on
Forest Ave. in North Eastham from 3:30-5 pm

Wednesday, Sept. 27th

Wednesday, Oct. 25th

For more information, call Carolyn:
508-255-8521



Fall 2006

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

Brewster

Playgroup: Thurs, 9:30-11 am at Stony Brook Elementary School

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

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

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

Moms and Babies Thurs. 10:30-12 at Cape Cod Children's Place for moms and their babies from birth to pre-walking. 508-240-3310

Toddler Time Playgroup: Tue, 10-11:30 am at Eastham Methodist Church. Call Laura Handville at 508-255-7452 for information

Parent Chat & Playgroup Wed., 10:30-11:30 am at Eastham Public Library. Special guests every month. Call Natalie Marsh 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-4 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

Provincetown

Born to Read Playgroup: Tue and Thurs. 9-11 am at the Provincetown Library 508-487-7094

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 at 508-240-3310

Playgroups: Tue, Thu; 9-10:30 am and 10:30-noon

Parent Coordinator: Peggy Donoghue. Call 508-430-1692 for information

Chatham

Toddler Recreation: Fri. 10:30-12. Collaborative program with Chatham Rec. Ages 0-5 yrs.

"Nothing But Art": Tues. 10-Noon Parents and children play together in weekly art and expression based activities. Birth-4. 6-8 week sessions.

Toddler Enrichment: Wed. 9:30-Noon. Seasonal adventures on Cape Cod. Call for a list of trips and dates. For 15 mos.-5 yrs. With adult.

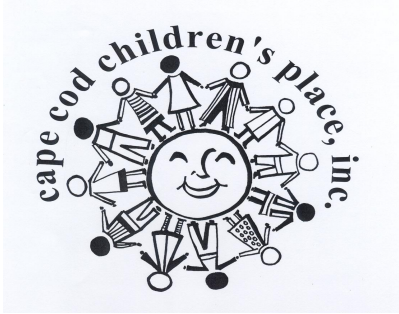
Itsy Bitsy Yoga: Mon. at St. Christopher's Church. Tots (crawling-2yrs.) at 9:30 am, Infants (birth-crawling) at 11am. Call Monomoy Community Services : 508-945-1501

Orleans

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

Parent Coordinator: Allison Danie 508-432-0027

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



Cape Cod Children's Place, Inc.
PO Box 1935
Forest Avenue, off Nauset Road
North Eastham, MA 02651

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

This newsletter is funded by grants from the Massachusetts Department of Early Education and Care and the Children's Trust Fund



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
- **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
- **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
- **Pediconnections/VNA** (home visits, parental support, obtaining medical equipment, lactation support) 877-267-7700
- **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.

Children's Trust Fund



Preventing Child Abuse * Strengthening Families