



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...

This past August Cindy Horgan, Family Support Coordinator for the Cape Cod Children's Place, took a class on media literacy at Wheelock College in Boston. What she came away with was a greater recognition of what a powerful impact media have on our families and our community as well as the commitment to supporting our staff and families in becoming media literate. While it's not realistic to ban TV and computers from our homes altogether, it is possible to put some limits and boundaries on what comes into our homes. What can you do in your family? You can start by defining your family values and deciding how much media exposure is appropriate for your family. Create critical thinkers by asking questions and discussing the hidden messages that are in commercialism. Do these messages support your family values? Encourage creative play by limiting exposure to high tech games. This helps with problem solving and keeps children active.

So as we begin another school year, help empower your family by promoting media literacy. It will not only create a new generation of critical thinkers but it will help to support their reading and writing literacy as well.

Thanks and Giving...

Thanks! To the Cape & Islands United Way and Tom Tracy Productions for making our Raising Healthy Families video project a reality.

Thanks! To everyone who contributed to another successful Art Outside the Box Lunchbox Auction at the Blue Heron Gallery on August 26.

Thanks! To Cameron McPartland (a graduate of CCCP) for all of his help in getting our Center ready for the new school year.

Giving! The pre-school rooms are accepting recyclables for our continued Project 5 cent fundraiser that helps fund enrichment programs for our students.

Giving! Diapers & formula can still be donated at CCCP, Eastham & Orleans Cape Cod Five, and Seamen's Bank in Eastham.

NEW PARENT, BABY & TODDLER NEWS

New Moms: Meet other moms!

free Moms & Babies groups :

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

Wednesdays, 10:00 11:30 a.m. Cape Cod Children's Place, N. Eastham with Monica Keefe-Hess: 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, September 14. This is the first in a series of three. The second class will be held on Wednesday, September 17 and the third class will be held on Sunday, September 21. All classes are from 6:30-8:00 pm at Cape Cod Children's Place on Forest Ave. off Nauset Rd. in N. Eastham. Each of the **3 classes** in the series will inform you about 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.

La Leche League

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

Call Carolyn Witt at 508-255-8521
For information

Rob's Charcoal Grilled Chicken Stew



3 lbs. boneless, skinless chicken breasts chopped into bite size pieces; 1—1 1/2 lbs. carrots; 3 lbs. potatoes sliced into bite size pieces; 2 yellow onions; 2 or 3 peppers (green, yellow or red); 5 chopped tomatoes; 2 big hand fulls of green beans; 6 oz. Teriyaki sauce; 3 oz. olive oil; 2-3 cups of water; ground black pepper (to taste); garlic powder (to taste)

Add ingredients to a large aluminum pan (big enough to hold a Turkey) and cover tightly with aluminum foil. Cook on a charcoal grill for 1—1 1/2 hours. Shake pan carefully every 20 minutes. Check after 1 hour. If carrots are soft, let cool and stir. Serve with bread. This recipe allows for leftovers, so refrigerate for easy meals during the week or freeze for a quick meal later in the month.

Preschool Years / Announcements

WE CAN

537 Main St., Suite 2H
Harwichport

Free Legal Clinics for women:

Thursday, Sept 11

9-11 am—Wills and Estates

1-3 pm—Family Law

Thursday, October 9

9-11 am—Workers' Compensation, Social
"Security

1-3 pm—Family Law

Call 508-430-8111 to schedule a half hour
appointment

Lower Cape Early Childhood Council

This council will hold its first meeting of the new school year on Wednesday, September 17, from 6-7:30 pm at Cape Cod Children's Place. Everyone is invited to come and help plan activities and workshops for the year. Call Elizabeth at 508-240-3310 for information or to give suggestions if you can't make the meeting.

MFN/MFC Subcommittee meeting

The group of playgroup leaders and town coordinators for the Mass. Family Network (MFN) grant will meet on Tuesday, September 23 from 6-7:30 pm at Cape Cod Children's Place. This grant funds free playgroups and other family activities for children aged birth-3 years in the 8 towns from Harwich to Provincetown. The MFN grant works in conjunction with our Mass. Family Center (MFC) grant from the Children's Trust Fund. Come to the meeting or call Elizabeth at 508-240-3310 if you would like to be involved in planning and conducting these programs.

Elections Coming: Make Your Voice Heard!

Important state and national elections are coming up this fall and we encourage ALL parents and other eligible voters to make your voice heard. If you are not sure whether you are registered to vote, or you want to know voting hours, call your town hall and make sure.

The Primary Election is on September 16; deadline for new voters to register was August 27.

The General Election is on November 4; deadline for new voters to register is October 15.

If you have any questions about these elections, or voter registration, call your town hall. You can also call Elizabeth at Cape Cod Children's Place, 508-240-3310, for help in getting your questions answered.

Question 1 on November State Ballot

Question 1 on our state ballot, on November 4, asks Massachusetts voters whether they want to eliminate the state personal income tax.

This is a very important issue. If the initiative is approved it will have very real effects on education, town and state services, and other programs used by all Massachusetts residents. All voters should seek out correct information before voting on this ballot question. Ask Elizabeth at 508-240-3310 for resources to investigate.

MORE ACTIVITIES & ANNOUNCEMENTS...

Family Child Care Providers Announcement!

Stories, songs, games and hands-on fun are coming to you this year! Lucy Gilmore will be taking her story hours on the road to bring books and more into your homes from Brewster to Provincetown. Keep an eye out for more information regarding this Cape Cod Children's Place/Mass. Family Network funded service or e-mail Lucy to schedule a visit to your home at mkgilmore@comcast.net

Brewster Recreation & The Laurel School Present: Chickadee Time Playgroup

When: Thursdays

Sept. 11—Dec. 11

Where: The Laurel School (Rte. 137, Brewster)

Who: Baby & Mom or Dad or Grandma...
(Ages 2 and under)

Time: 12:15-1:00 pm

Curious & creative babies need to explore the world around them. This informal playgroup will give babies & caregivers an opportunity to play and socialize. You and your child will enjoy the company of others in a clean, fun environment. Drop in any Thursday or call to register in advance!

For more information, please call Brewster Rec @ 508-896-9430 or The Laurel School @ 508-896-4934.

Lunchbox Makeovers: Ten Tips for Packing a Healthy School Lunch

Many lunchboxes are overloaded with fat, sugar and salt and are missing fruit, vegetables, and whole grains. However, since a handful of foods do most of the damage to children's diets and health, a handful of changes can go a long way to improving them.

Here are ten *easy* tips to give you child's lunchbox a nutrition makeover:

(adapted from the Center for Science in the Public Interest website; cspinet.org)

1. Encourage your child to choose 1% or fat-free milk.
2. Leave the cheese off sandwiches, unless it's low-fat or fat-free cheese. Healthier sources of calcium include lower-fat cheese, fat-free or 1% milk, low-fat yogurt, and calcium-fortified orange juice.
3. Switch from fatty luncheon meats to low-fat alternatives.
4. Include at least one serving of fruit in every lunch.
5. Sneak vegetables—like lettuce or slices of cucumber, tomato, green pepper, roasted peppers, or zucchini—onto sandwiches.
6. Use whole grain bread instead of white bread for sandwiches.
7. Limit cookies, snack cakes, doughnuts, brownies, and other sweet baked goods.
8. Limit potato, corn, tortilla, or other chips.
9. If you pack juice, make sure it's 100% juice.
10. Don't send *Lunchables*. Most Oscar Mayer's *Lunchables* get two-thirds of their calories from fat and sugar. Making your own healthy alternative is as easy as packing whole-grain crackers, low-fat lunch meat, a piece of fruit and a box of 100% juice (and it costs less!).



FREE!!!

**Cape Cod Children's Place Family Roadshows and
Parenting Workshops Fall 2008**

(Call Cape Cod Children's Place 508-240-3310 to register!)

September 10 & October 8 **Parent Chat with Cindy Horgan** 8:30 - 10:00 am at Stony Brook Elementary, 384 Underpass Rd., Brewster. This group meets once a month and parents can drop in to discuss different topics that will help to strengthen their skills and support them in their parenting journey. Sign-in at the front desk and get a Cape Cod Children's Place name tag. There is no child care available for this group.

September 11, 18, 25, October 2, 9, 16 **Positive Discipline and Effective Communication** 5:30-7:30 pm at Eldredge Public Library, 564 Main Street, Chatham. A six-week parenting series facilitated by Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place, 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 their parents attend the workshop. You'll have a chance to ask questions, share ideas and go home with education and resource materials. Funded by grants from the League Club of Cape Cod and a Mass Family Centers grant from The Children's Trust Fund administered by Cape Cod Children's Place.

September 20, 27, October 4, 11, 18 & 25 **Dads' Group** 8:00 - 10:00 am A **free** six-week parenting series alternating classroom time with father-child activity days for dads and father figures. Facilitated by Cindy Horgan, Family Support Coordinator at the Cape Cod Children's Place and Adam Pettengill, Early Childhood professional and dad. **Saturday, Sept. 20:** Why dads are so important to their child's development: at Cape Cod Children's Place, Eastham. **Saturday, Sept. 27 (rain date is Sunday, Sept. 28):** Hike at the Cedar Swamp Trail at Wellfleet's Marconi Beach. **Saturday, Oct. 4:** How Understanding my child's temperament makes my job easier: at Cape Cod Children's Place, Eastham. **Saturday, Oct. 11:** Cape Cod Gymnastics: 334 B Hokum Rock Road, Dennis. **Saturday, Oct. 18:** Dad as teacher: Understanding your important role in positive discipline: at Cape Cod Children's Place, Eastham. **Saturday, Oct. 25:** Elements Etc. science and nature program featuring turtles and snakes: at Cape Cod Children's Place, Eastham. Free breakfast and childcare are included.

September 29 & October 27 **Single Moms Group** 5:30 - 7:00 pm at Cape Cod Children's Place, Eastham. Come join Kate Macaulay and Cindy Horgan 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.

*funding for the above programs is provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care.

EVEN MORE ACTIVITIES & ANNOUNCEMENTS...

New Parents Helping Parents Web Site

Parents helping parents launched a new website in July making it easier for parents, volunteers, and professionals alike to learn more about the free, anonymous parent support groups offered around Massachusetts and the 24 hour helpline that they run, the Parental Stress Line (1-800-632-8188).

You can find it at:

www.parentshelpingparents.org

Early Literacy Workshops for Parents and Caregivers

Learn how to help infants, babies, and young children get ready to read and to grow to be successful learners.

Monday evenings
October 20th and 27th
Wellfleet Public Library
8 pm—9 pm

To register, call or e-mail Martha
508-349-0310
mgordon@clamsnet.org

Playgroup News...

- Toddler Town at the Wellfleet Library resumes on Friday September 19 from 10:30 am—2 pm
- Parent Chat at the Eastham Library resumes on Wed., September 17th at 10:30 am
- Toddler Story Hour at Brewster Ladies Library begins September 26th
- Brewster Playgroup at Stonybrook Elementary begins in October, call Raegan for details 508-255-6132.
- Itsy Bitsy Yoga Classes for birth—4 yrs. Begins at the Eldredge Public Library in Chatham September 25. Call Monomoy Community Svcs.
- Nothing But Art Playgroup Tues. & Wed. 9:30-11 beginning September 23. Call Monomoy Community Svcs. For info. 508-945-1501.
- Wee Read Storytime/Playgroup . Two sessions every Fri. from 9:30-10:30 and 11:00-12:00 beginning September 26 for children aged 12 mos.—3 years. Please call the Eldredge Public Library at 508-945-5170 to register. Drop in story hour Saturdays at 10:30 for Children age 3 years old and up.
- Truro Tots playgroup will begin Monday, September 15th from 9-11 am at Truro Public Library
- Orleans playgroup will begin Monday, September 8th at the Orleans Federated Church. No playgroup on October 13th, Columbus day.
- Provincetown Born to Read playgroup will resume meeting at the Provincetown Library location the week of October 7th.

MOTHER GOOSE ON THE LOOSE:

for children from birth to three years old and their parents and caregivers.

Mother Goose on the Loose is an early literacy program that integrates the latest research on infant brain development with traditional story time elements. With songs, rhymes, stories and movement activities, it is entertaining for tots and instructive to parents and caregivers.

It is not too early to begin to foster a lifelong love of learning and reading for your young ones. Join us!

Wellfleet Public Library
Tuesday mornings
(Beginning September 16)
11:00 am

Call or email Martha to register:
508-349-0310 mgordon@clamsnet.org

Cape Cod Children's Place and the children and families they serve would like to thank the following individuals, businesses and organizations for generously dedicating their time and talent in making this year's Lunchbox Auction a success:

ARTISTS

Roy Thurston, Owner/Director, Blue Heron Gallery

Katherine Ann Hartley

Brad McFadden

Vera Champlin

Vincent Amicosante

Rick Fleury

Lorraine Trenholm

Ellen LeBow

Dough Johnson

Jim Holland

Susan Roux

Stephen Roth

Alice Brock

Anne Packard

Lance Walker

Jerome Greene

Allie Coate

Jim Weatherford

Thomas Meyer

Rebecca Zub

Louise Lamontagne

Megan Reilly

Elaine Felos Ostrander

Susan Osmond

Pharr Schulenburg

Jim Holland

John Neubauer

Paul Suggs

William Bartlett

Dorothy Strauss

Lynn Walker

Paul Schulenburg

Shirley Aleman Carson

James Maddocks

Donna Knight

Blossom Newman

Richard Muccini

Jesse Blanchard

Vivian Dickson

Jamie Shelman

Cherie Mittenthal

Bonnie Turner

Emma Tripp

Jill Epstein

BUSINESSES

Winslow Tavern

Belmont Springs

Truro Vineyards

Eastham Superette

Shaws-Orleans

Stop & Shop—Harwich, Orleans, Dennis

Cape Cod Museum of Art

Cape Cod 5 Cent Savings—Eastham

Seamen's Bank—Eastham

Snow Library—Orleans

Ace Hardware

Agway

Barley Neck Inn

Birdwatcher's General Store

Booksmith/Musicsmith

Cape Escape Mini Golf

Cape Ariel Tour & Michele Demond

Candleberry Inn

Chocolate Sparrow

Exteriors Care salon

Flowers by Cathy Malone

Heaven Scent You

J & M Hobbies

Kid and Kaboodle

Kim St. Aubin (Ninety Nine Restaurant)

La Sirena Hair Lounge

Mandy's Cape Creamery

Nauset Ice Cream

Nauset Sports

P.J.'s Family Restaurant

Poli

The Red Barn

Rosina's Café

Russ & Maries Marconi Beach Restaurant

Sea Dog Restaurant

Sickday Surf Shop

St. Aubin's Nurseries

T-Time Mini Golf

Wellfleet Beachcomber

Wellfleet Village Rental by Anne & Dan Needel

Provincetown Inn

Adrian's Restaurant

Saddlebrook Resort, FL Courtesy of Sarah Macaulay

Roe Osborne

Windmill Liquors

American Tent Company

Beacon Room

Ben & Jerry's

Bullfinch Hotel, Boston

Catch of The Day

Cape Trade Winds

Cheese Corner Deli

Dolphin Fleet

Fairway Restaurant

Gift Barn

Image Makers

Kemp Pottery

The Loft

Love of the Breed

Mac's Shack

Nauset Disposal

Nauset Kennels

Phoenix Fruit

Poit's Mini Golf

Race Point Lighthouse Stay

The Red Balloon

Salon 16 West

Sam's Deli

Season's by Cinnamon

So. Wellfleet General Store

Thompson's Printing

VR's Restaurant

Wellfleet Cinemas

W.H.A.T. Theatre

Willy's Gym

FRIENDS OF CCCP

Judy Lynch

Amanda Lynch

Kirsten Leary

Evelyn Jackson

Terri Souza

Dorothy Strauss

Kristen Hilley

Courtney Hurst

Jean Stanley

CCCP Board of

Directors

Sweet Treats



Fall 2008

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 –10:30 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 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

Moms and Babies Wed. 10:00-11:30 at Cape Cod Children's Place for moms and their babies from birth to pre-walking. Call Monica Keefe-Hess at 508-240-3310.

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

"Nothing But Art" Tues. & Wed. 9:30– 11am. A wonderful messy chance for parents & children to play together in weekly art & expression based activities. Paint, paper, clay, and much more. Birth — 3 years w/parent, younger siblings welcome. No fee 6-8 week sessions. Call 508-945-1501 for info.

Itsy Bitsy Yoga Thurs. at Eldredge Public Library. Tots 10-11am (crawling-2 yrs) yoga that continues to build the parent/child bond & help your tots feel happier & more confident in their moving bodies. Infants 11-12 pm (birth-crawling) a calming & nurturing yoga that helps soothe & support the development of your baby's body. Call Monomoy Community Services : 508-945-1501 for info.

Provincetown

Born to Read Playgroup: Tue and Thurs. 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: Tue, Thu; 9-10:30 am and 10:30-noon
Parent Coordinator: Melanie Bach. Call 508-430-8603 for information

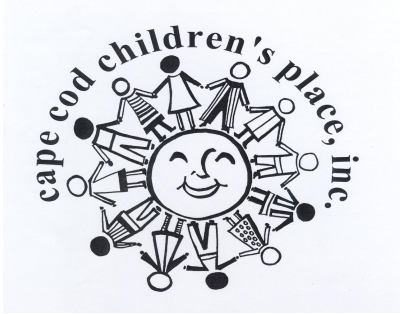
Above groups meet at Harwich Community Center

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 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.



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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
- **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.

Children's Trust Fund



Preventing Child Abuse * Strengthening Families