



# 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...

As we embark on a new school year, many families on the Lower and Outer Cape are experiencing more than the usual number of changes this fall. All changes take some planning and accommodations, and starting preschool or kindergarten can require adjustments from both children and adults. But some of this year's changes hold additional challenges—such as the loss of childcare vouchers formerly funded by the Community Partnerships for Children grant, and new uncertainties created by the economic climate.

As we face these new uncertainties together, we also have new opportunities to help each other and support our neighbors and our communities. We are already witnessing examples of this support; the Eastham Part-Time Resident Taxpayer Association is making a generous donation this month to create a new Eastham Working Families Childcare Fund, administered by Cape Cod Children's Place. With this donation, the Eastham Part-Time Resident Taxpayer Association recognizes the important role played by the town's working families in providing services to support the quality of life in Eastham. The association also recognizes the challenges these families face in paying for the childcare they need in order to work. The League Club of Cape Cod has also stepped forward to support some of our programs. These are just two examples of local groups that have taken the initiative to offer assistance in a time of need.

May we meet our challenges one at a time; may we offer a helping hand even before it is requested; and may we recognize generosity and kindness when they come our way. These small steps will help us all to meet our respective challenges with grace and strength.

## Thanks and Giving...

**Thanks!** To Heidi and Gary Senecal for chairing our inaugural Golf Tournament and 5th "Art Outside the Box" fundraiser.

**Thanks!** To all of the Volunteers, Board Members and Staff who helped make this year's fundraiser the most successful yet.

**Thanks!** To Eastham's Part Time Resident Taxpayer association for their generous donations!

**Thanks!** To The League Club of Cape Cod for their program support

**Giving!** Our Sea-Babies program at the Wellfleet COA is in need of a double stroller with harness safety straps. Call Karie or Lacey at 508-349-3052.

# 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

## **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**

**September 17, 2009**  
**October 15, 2009**  
**6-7 P.M.**

**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.**

## **New!**

## **Postpartum Depression Support Group for new mothers**

Begins Tuesday, September 8, 2009

Hospice & Palliative Care of Cape Cod

Contact Aimee Rozum, LMHC for details  
508-957-0267

## **Home Made Baby Wipes**

*(Thanks to the folks at A Baby Center in Hyannis for sharing this great "recipe" - once you try it, you'll never want to purchase baby wipes again!)* If you go to a second hand store you can pick up an electric knife for about \$3 and use it to cut your paper towels in half the short way. Other brands of paper towels that were cheaper than Bounty would fall apart and mold if you left them in the container, so stick with Bounty for best results.\



- $\frac{1}{2}$  Roll of Bounty paper towels
- 1-Cup Water
- 1 TBS baby oil
- 2 TBS baby shampoo or baby bath of your choice
- Rubbermaid cylinder type container or old baby wipe container.

Mix all liquid ingredients in cylinder container. Remove outside plastic and inner cardboard tube from paper towels and place them in the container and put the lid on tight. Flip container over and wait until towels are thoroughly saturated. Pull wipes from middle. Happy wiping!

## Preschool Years / Announcements



### Early Literacy Outreach to Family Daycare Homes

Lucy Gilmore is available to bring books, songs, games and hands-on fun to children in family daycare homes from Brewster to Provincetown. The visits are funded by a Coordinated Family and Community Engagement grant from the Mass. Dept. of Early Education and Care. Funds are limited, so call Lucy at 508-255-8357 to schedule as soon as possible.

### 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](http://www.massresources.org) today and click on benefits screener to find out what you might be eligible for today.

### Cape Cod Children's Place introduces a new Infant/Parent Road Show Series: B.Y.O.B.

#### (Bring Your Own Baby)

For new parents or parents-to-be and their infants. CCCP will offer four Road Shows throughout the year with topics to include nutrition for mother, baby, family; adjustment period for couples and families; stimulating baby's senses; and the first in our series:

#### THE JOURNEY TOWARD LITERACY BEGINS AT BIRTH!

With Jean Ciborowski Fahey PhD

Friday, October 30, 2009

6-8 PM

Cape Cod Children's Place  
10 Ballwic Rd (formerly Forest Ave.)  
Off Nauset Rd. in Eastham

Free dinner will be provided. So bring your baby and join us for a relaxing informative evening on us! Please register by calling; 508-240-3310.

Funding support provided by a grant from the League Club of Cape Cod, administered by Cape Cod Children's Place.

## ACTIVITIES & ANNOUNCEMENTS...

### COME TO OUR COUNCIL MEETING September 16th

The Lower Cape Early Childhood Council starts off the new school year with a meeting on Wednesday, September 16, from 6-7:30 pm at Cape Cod Children's Place. Parents are invited and free childcare will be available with pre-registration; call Elizabeth at 508-240-3310.

The Council will play an important role this year in implementing the changes in our grant funds. The former MFN (Mass. Family Network) and CPC (Community Partnerships for Children) grants have been consolidated into the new CFCE (Coordinated Family & Community Engagement) grant. This grant will continue to fund programs for children and families on the Lower and Outer Cape, administered by Cape Cod Children's Place.

If you have young children, if you have attended any of the free playgroups or the Family Road Shows with Cindy Horgan, if you have ideas or comments to share—please come to the Council meeting on September 16. We need you!

### Single Moms

Monday, September 28, 2009

Monday, October 26, 2009

5:30—7:00 pm

At Cape Cod Children's Place

10 Ballwic Rd. (formerly Forest Ave.)

Off Nauset Rd. in Eastham

Come join Bindy Johnston and Monica Keefe-Hess 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, Administer by Cape Cod Children's Place.

### "Cape Cod Children's Place Family Road Show"

#### Positive Discipline and Effective Communication

Wednesdays, October 7, 14, 21, 28 2009

6:00-8:00 P.M.

Orleans Elementary School

46 Eldredge Park Way, Orleans

*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 and telephone number, number of adults and names and ages of children who will attend.

This program is funded by a Mass. Family Centers grant from the Children's Trust Fund administered by Cape Cod Children's Place.

## Snow Library—Orleans

Programs for Children

**Mother & Daughter Book Club** gets underway on Thurs., Sept. 24 at 3:30 pm with When Wishes Come True by Barbara Slater & a discussion of the book with the author.

**Parent & Son Book Club** begins on Thurs., Oct. 1 at 3:30 pm for boys in 3rd grade & the 'Youngest Critics', K thru 2, gets started on Tues., Oct. 6 at 3:30 pm.

**Fall storytimes** will begin on Sept 16 for pre-schoolers ages 3 to 5 and on Sept. 17 for the toddlers under 3 storytime 'Mother Goose-on-the-Loose'. Both are at 10:30 am.

After school on Tues., Sept. 22 at 3:30 pm Greg Jacobs the Family Interpreter from the National Park Service will present an insect program & on Sat. Sept. 26 at 1:00 pm he will show a slide presentation of 'Animal Adaptations'. Children & their families are invited to these two presentations.

Special Halloween Program on Fri., October 30 at 3:30 pm: Storyteller Diane Edgecombe presents 'Once Upon a Halloween', a fun-filled, Halloween event complete with a huge cauldron bubbling over with fog...all tales are appropriate for family audiences and contain a well-rounded blend of suspense and humor.

\*Children may sign up for book clubs at Snow Library beginning Sept. 1...story hours are Wed. & Thurs. mornings at 10:30 a.m.

## 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

**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 life-long love of learning and reading for your young ones. Join us!

## WE CAN

537 Main St., Suite 2H  
Harwichport

Free Legal Clinics for women:

Friday September 25, 2009

9:30-11:30 Divorce and Estate Planning  
Call 508-430-8111 to schedule a half hour  
appointment

Wellfleet Public Library  
Tuesday mornings  
(Beginning September 29)  
10:30 am

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

## MORE ACTIVITIES & ANNOUNCEMENTS...

### "Nothing But Art" Play Group

(Ages Birth—4 yrs)

Beginning September 22nd

Tuesdays 9:30—11 am

Or

Wednesdays 9:30—11 am

10+ week sessions/\$60/session

The ultimate in process art! A wonderfully messy chance for parents and children to play together in weekly art and expression-based activities. Paint, paper, clay, and much more.

Call Monomoy Community Services to register;  
508-945-1501

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### Toddler Occasional Care

(Ages 18 mos.—4 yrs)

Beginning September 21st

Mondays & Thursdays 9:30—12:30 pm

Give yourself a break! Monomoy offers occasional care for families in need of a few hours a week to run errands, make appointments, etc.

Fee: \$21.00/day/child \*sibling rate available.

Call Monomoy Community Services to register;  
508-945-1501

### **Dads' Talk**

**Monday, September 7, 2009**

**Monday, October 5, 2009**

**6:00-7:30 PM**

**At Harwich Community Center  
100 Oak Street**

With Matt Daniels & 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

### Tips for New Mothers Struggling with Motherhood's Expectations

1. Acknowledge your full range of feelings (the joy, disappointment, excitement, and fear of caring for a new baby) with at least one person you feel comfortable with and trust.
2. When possible ask others to help with daily chores and routines.
3. Recognize that doing too much too soon is unhealthy. Give yourself time to heal from the pregnancy and childbirth.
4. Understand that it is just as important to take care of yourself as it is your new baby. Practice self-care by setting aside time for yourself.
5. Accept that getting to know your baby takes time.
6. Feeling like a "Mom" (or a "Dad") is a process, and doesn't happen the moment you first hold your baby. Give yourself time to grow into being a parent.
7. Accept that as a parent there will be days of great joy and days of great distress and frustration.
8. Parenting is often a process of trying one thing then another until you've figured out what works; be patient.
9. Seek out a support network: new mothers groups, home visiting program, and/or informal neighborhood group.
10. Know when to seek professional help and don't be afraid to ask.

\*from Jewish Families & Children Services of Greater Boston

### Parent Education and Support Calendar

Cape Cod Neighborhood Support Coalition compiles a free, monthly Cape and Islands wide listing of workshops, meetings, groups and related programs for parents, guardians and primary caregivers of children. If you would like to receive a copy by e-mail every month please contact Paul Melville, Family Support Specialist at 508-771-4338 or paul@capecoalition.com

[www.capecoalition.com/documentsseptember2009.pdf](http://www.capecoalition.com/documentsseptember2009.pdf)

# Cape Cod Children's Place Golf Tournament & "Art Outside the Box" Auction: *Our Biggest and Best Event Ever!*

On August 10, 2009, through the generosity of our sponsors and guests, we raised more than \$20,000 during our Inaugural Golf Tournament and 5<sup>th</sup> Annual "Art Outside the Box" Silent & Live Fine Art Auction in support of Cape Cod Children's Place and the many families we serve!

Held at Ocean Edge Resort and Golf Club in Brewster, the day started out with golf at Cape Cod's only Nicklaus Design private golf course. It was a beautiful



*Celebrity Auctioneer Larry Marsland getting the crowd involved during the live auction.*

and hot August day and all the golfers, at every level of play – got out on the golf course to play 18 holes. The party then moved to Ocean Edge's Mansion Ballroom, large luxury ballroom for cocktails, silent and live auction and dinner.



*A Happy Foursome: Golfers Mae Timmons, Dee Smith, John Cain and Joe Bayne getting ready to hit the links.*

In addition to this already spectacular day, Larry Marsland, Executive Director of Lower Cape Outreach Council, graciously lent us his auctioneer services to lead our live auction. Some notable artists receiving high bids on their painted lunchboxes included Lance Walker, Anne Packard, Jim Holland and William Bartlett.



*Board Member Anne Sigsbee, MD and artist Donna Knight chatting during the Silent Auction.*

We also had two inspirational speakers, Paul Melville and Monica Keefe-Hess. Both speakers reminisced about the life-changing impact of the parenting workshops led by Cindy Horgan, Family Support Coordinator, and the many other services offered at CCCP. As a result, both have



*One of the audience's favorite lunchboxes by artist Lance Walker.*

become better parents and changed careers to child-focused occupations. Monica works part-time at CCCP as our Parent Education Coordinator. The audience was truly captivated by both speakers sharing their heartfelt thanks publicly for the many transforming experiences made possible by getting involved with our organization.

On the 5th anniversary of "Art Outside the Box" Auction and our first Golf Tournament, during these uncertain economic times, our event focused on putting families and their children's needs first. We are proud to serve many more families like Paul's and Monica's thanks to the support of our generous sponsors and guests. Special thanks to this year's co-chairs Gary and Heidi Senecal!

We thank the following businesses and supporters for their generous donations of goods and services which helped make our event a successful one.

All of the businesses mentioned support Cape Cod Children's Place so we gladly ask you to support them!

<u>Businesses</u>	<u>Inc.</u>	Margaret Burdick	<u>Community Artists</u>
Seamen's Bank	Dolphin Fleet	Nancy Nicol	Jane Kinzer
Cape Associates, Inc.	Eastham Discount Fuel	Robina Carter	Linda Sturtevant
Dr. Anne Sigsbee, MD	Enzo's Restaurant	James Maddocks	David Fontes
Monomoy Fuel	Four Points by Sheraton	Kendra Mattozzi	Caroline Cline
Prestige Dry Cleaners	Fuller's Package Store	Vera Champlin	Jamie Shelman
Arnold's Restaurant	Harwich East Liquors	Richard Muccini	Elise Rieger
Cape Cod Speech & Language	Heidi & Gary Senecal	Selina Trieff	Sue Towner
Cape Computer/C4.net	Jan LaTanzi	Dorothy Strauss	Dawna Mayo-Horton
Internet Services	Dr. & Mrs. Jim Butterick	Jesse Blanchard	Lesa Sverid
Crocker Nurseries	Joe's Bar & Grill	John Neubauer	CeCily Santaro
Eastham Superette	Katrine Burkitt	Lynn Walker	Janet Gibbens
Fairway Restaurant & Pizzeria	L'Alouette	Charles Burdick	Nashira Russell
Nauset Regional High School	Larry Marsland	Jo Leal Clark	Cannon Family
Jake Michael Ryan/Dee Smith	Lawrence Ellis	Blossom Newman	Diane MacGregor
Photography by Roe Osborne	Laxmi Designs	Doug Johnson	Cindy Lowman
Sir Speedy	Mardi Burnham-Brayton	Sandra L. Dunn	Alli Coate
<u>Supporters</u>	Marion & Robert Osterberg	Donna Knight	Kate Fournaris
Agway of Cape Cod	Mary Howe	Jack Kitson	Pat Falco
Art's Dune Tours	Meint Olthof	Lora McNeece Barrett	Grace Weirkert
Beachcomber	Nauset Beach Club Restaurant	Louis Lamontagne	Lorraine Rosenbaum
Beacon Room	Nauset Disposal	Rachel White	Joyce Aaron
Birdwatcher's General Store	Nauset Marine	Vincent Amicosante	Tonya Felix
Blue Heron Gallery	Ocean Edge Resort & Golf Club	Katherine Ann Hartley	Daniel
The Bramble Inn & Restaurant	Orleans Inn	Jim Holland	Brandy Schifone
Brewster Wine & Spirits	Orleans Wine & Spirit	Toni Gisone	Desiree Cole
Bruce Abbott & Fred Fried	Peter MacDonald	Stephen Roth	Lee Sutton
Bubala's	Race Point Lighthouse	Maryalice Eizenberg	Mary Gorfinkle
Candleberry Inn on Cape Cod	Ryan Macaulay	Vivian Dickson	<u>Nauset Boxes</u>
Capastrano Bike Shop	Sandy Bayne	Rick Fleury	Sylvia Tomayko-Peters
Cape Cod Beer	Sarah & Rob Nitsch	Beverly BridgewaterFuller	James Golden
Cape Sail	Sense of Renewal	Lance Walker	Brian Drake
Cassie & Eileen Riggins	Stephen & Evelyn Cederbaum	Martine-Alison Chabert	Sarah Hassett
Christian Schultz	Stop & Shop—Harwich	Shirley Aleman Carson	Taylor Sheehan
Deborah M. Geithner	Stop & Shop—Orleans	N. Cameron Watson	Dave McKenna
Deb Greenwood	Willow Bend Country Club	Elizabeth Fleeson	Emmett Zreebz
Desmond Well Drilling	Windmill Liquors	Anne Packard	Sarah Hufnagel
	Winslow's Tavern	Beth Zink	Tyler Higgins
	Zia Pizzeria & Café	Susan Roux	Max Plummer
	<u>Galleried Artists</u>	William Bartlett	Grace Coburn
	Judy Lynch	Lorraine Trenholm	Hillary Daniels
		Katrine Burkitt	Amber Smith
		Jim Kilmartin	Robyn Argo
		Greg Stone	Dylan Griffin
			Laura Archambault



## Fall 2009

The 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.

\*This group resumes Friday, Sept. 25th\*

### 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

\*This group resumes Monday, September 21st\*

### 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

\*This group resumes Wednesday, September 9th\*

### 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  
\* These groups resume on Friday, October 2nd\*

### Chatham

Itsy Bitsy Yoga Thurs. beginning Sept. 17 at Eldredge Public Library. Sessions for Tykes (2-4 yrs), Tots (Crawling—2 yrs), and Infants (Birth—crawling) 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: 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.

\*This group resumes Mon., Sept. 14th\*

Playgroups: Tues., 10:30– noon. Call Parent Coordinator Melanie Bach for information 508-430-8603.

\*This group resumes Tues., Sept. 29th

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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

\*This group resumes November 16\*

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.



Cape Cod Children's Place, Inc.  
PO Box 1935  
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](http://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
- **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.