

F.U.N. Families United Network

A Program of Cape Cod Child Development

Newsletter

A message from Mary

I hope you have had a wonderful summer with your family. I always think of fall as a time for new beginnings. The transition here in New England with the cooler days, the leaves changing colors and the start of school always sets the tone for change.

The fall session for the FUN Program will set a tone for change as we welcome back Jill Silva who teaches the music & movement groups and as we welcome Gaby Ituarte, our new facilitator for the new Solecito play & learn group. In this group, the children will learn the Spanish language and culture through play. We have also added many parent/child activities thanks to a generous grant from the United Way. The grant focuses on Healthy Living Activities. Families will have an opportunity to learn healthy cooking/eating strategies, active play activities, where food is grown locally and

encouraging healthy self-esteem in young children through hands-on fun activities. We are also starting up the ever-popular Effective Positive Discipline series for parents and caregivers. This 8-week series offers families insight into child development and positive strategies that can be put into action immediately. Cindy Horgan, our wonderful parenting specialist and facilitator, will guide families through the 8-weeks with respect, compassion, and best of all-humor. Families are encouraged to sign up quickly as space is limited for childcare. Of course, what session would be complete without a big community event? The fall community event will be the Halloween party being offered through a collaborative effort between the FUN program and the Barnstable Recreation Department. I hope that many of you will join us as we transition

into the fall with the many activities we are offering.

On another note, I would like to congratulate Patti Gill and her husband on the birth of Megan Emily born on 7/12. Patti will be with us as a substitute playgroup leader throughout the fall.

I wanted to take this opportunity to update everyone on the CFCE grant. This grant is the primary support for the FUN Program. I wanted to let everyone know that we did receive continuation funding, but that there was an overall cut to the grant of 6%. We were fortunate that the Barnstable Public Schools had assumed some of the administrative support that was budgeted into the original grant, so that it didn't impact services a great deal when we made the cuts to the budget.

Have a fabulous fall!
Thank you! Mary
mwilson@cccddp.org

Serving families in the Town of Barnstable

Volume 11, Issue 2
Fall 2010

Upcoming Events Sept-Dec 2010

Parent/Child Play & Learn Groups
registration for the
Fall Session
August 23-27, 2010

Call (508)775-6240,
x512 to register.

Our next **Council Meeting** will be held on Sept 13th from 6:00-7:00 pm at the YMCA in West Barnstable.

Please contact Mary for information on how you can participate. Childcare will be provided.

Special points of interest:

- ☉ Fall Calendar/Family Event registration
- ☉ News/Thank you/Wish List
- ☉ Message From Mary

Fall 2010 Parent/Child Play & Learn Groups

All Families United Network Programs are funded by a grant through the MA Dept. of Early Education and Care

	Mon	Tue	Wed	Thu	Fri	
	Bambi and Kathe <u>Playgroup</u> EI Building 9:30-11:00 am	Jill <u>Music & Movement</u> Kiddie Kollege 9:30-10:30 11:00-12:00 **8-week Fee based program- see details below	April <u>Playgroup</u> EI Building 9:30-11:00 am	Mary <u>Music & Movement</u> 9:30-10:30 Kiddie Kollege Birth- 5 yrs. 8-weeks	Kathe <u>Playgroup</u> EI Building 9:30-11:00 am	* All groups are for children under 4 years old unless otherwise noted
◆ <i>For D-Y residents only. 8-week groups</i>		April <u>Art Playgroup</u> ◆ Northside Methodist Church 10:00-11:00		Gaby <u>Solecito Playgroup</u> EI Building 9:30-11:00 am 7-weeks Starts 10/7 * see description below	April <u>Gymport Playgroup</u> ◆ Gymport Gymnastics 9:30-10:30 am	

***ALL Groups have a suggested donation of \$20 per family for the fall session
Sliding Scale and Scholarships available to qualified families.***

All Programs are subject to change due to funding

- **Registration August 23-27, 2010** (voice mail will be returned in the order that it is received). All Parent/Child Play & Learn groups are closed the weeks of 8/23/10 through 9/6/10.
 - Fall programs begin September 7th and go through December 17th, 2010 (unless specified by the leader).
 - **Closures:** 8/23-9/6 (registration/session break/Labor Day observed). Winter registration will be the week of 12/20-24.
- *** Please note that families who were on the waitlist during the summer session will have priority for groups.

Parent/Child Play & Learn Groups

- **Solecito (Little Sun) Play & Learn Group-** (Starts 10/7/10 and goes through 11/18/10)
Give your child a gift that will stand the test of time! Children have the natural ability to absorb other languages with joy and ease, so why miss that opportunity? In the *Solecito* playgroup, your child will learn Spanish in a fun and creative way. *Solecito* uses different creative tools like songs, flash cards, story-telling & games that will introduce Spanish vocabulary. It will incorporate different themes throughout each of the playgroups, always guided by the child's own interest. *Solecito's* bilingual environment will also allow children to explore Latin American cultural traditions. While dancing, singing and playing, children will learn without even noticing, and best of all, parents and caregivers will be learning too! This play & learn group will be conducted by Gaby, a Montessori certified teacher, Spanish native speaker, and proud mom.
- **Tuesday Music & Movement-** (8-week classes/9:30-10:30 and 11-12:00) at Kiddie Kollege located in the Faith Assembly Church 154 Bearse's Way, Hyannis. This is a fundraiser for the FUN Program. Participation requires a \$75 registration fee per family.
- **For D-Y Residents-** Both the Tuesday **Art Class** and the Friday **Gymport** class are open to residents of Dennis and Yarmouth only. They are funded through the D-Y Partnerships for Families grant.

To register for Play & Learn Groups and programs, call Mary (508)775-6240 x512

Fall 2010 Parent/Child Events and Parent Support & Education

All Families United Network Programs are funded by a grant through the MA Dept. of Early Education and Care
Some programs also funded through the MA Children's Trust Fund, the United Way, collaborative efforts and fundraising.

***All Programs are free. Donations are always appreciated and accepted.
All Programs are subject to change due to funding***

Fall Family Programs & Events

- **Single Parenting Groups**-A non-therapeutic group for single parents to come together to share their strengths and challenges. Dinner and childcare provided. Once a month (9/9 and 10/14) from 5:15-6:45 pm at the Early Intervention Building, Hyannis. Registration required. ***This program is supported through the Cape Cod Neighborhood Support Coalition.***
- **Effective Positive Discipline**-Starts Wednesday September 15, 2010. (This group fills up fast!) An 8-week parenting series for parents with children Birth through 6 years old. It will be held at Northside Methodist Church in Brewster/Dennis line from 5:30 pm-7:30 pm. Pizza dinner, childcare and transportation provided. ***This program is supported by a grant from the MA Children's Trust Fund.*** Registration is required.
- **Cooking with Kids/"Play With Your Food"**- Tuesday, 9/21/10 from 5:30pm-7:00pm-Centerville Recreation Building. Join us for dinner and a program with Kim Condra on getting children involved with preparing food. Registration required. ***This program is supported by a grant from the United Way.***
- **Cooking with Kids/"Rainbow on Your Plate"**- Tuesday, 10/5/10 from 5:30pm-7:00pm-Centerville Recreation Building. Join us for dinner and a program with Kim Condra. Make a shoebox garden craft and a rainbow on your plate. Registration required. ***This program is supported by a grant from the United Way.***
- **Cooking with Kids/"Family Picnic"**- Tuesday, 11/9/10 from 5:30pm-7:00pm-Centerville Recreation Building. Join us for dinner and a program with Kim Condra. Learn about healthy snack and lunch choices and have a chance to pack a brown bag lunch for the next day. Registration required. ***This program is supported by a grant from the United Way.***
- **Cooking with Kids/"Field Trip to the Grocery Store"**- Saturday, 12/4/10 from 10:00am-11:00am-Stop & Shop, Independence Park, Hyannis. Join us for a fun scavenger hunt with prizes with Kim Condra. Registration required. ***This program is supported by a grant from the United Way.***
- **Cooking with Kids/"Healthy Celebrations"**- Tuesday, 12/7/10 from 5:30pm-7:00pm-Centerville Recreation Building. Join us for dinner and a program with Kim Condra. Learn about cooking party-fare. Bring a traditional recipe to share with the group. Registration required. ***This program is supported by a grant from the United Way.***
- **Apple & Pumpkin Picking**- Friday 9/24/10, from 10-11:00am-Crow's Farm- 192 Route 6A, Sandwich. Join us as we walk around Crow's Farm and pick some apples and pumpkins. Registration required. ***This program is supported by a grant from the United Way.***
- **Tour of Crow's Farm**-Saturday 9/25/10, from 1-3pm-Crow's Farm-192 Route 6A, Sandwich. Join us as we take a tour of a working farm. Registration required. ***This program is supported by a grant from the United Way.***
- **Halloween Party**-Saturday, 10/30/10, from 1-3pm-at the Horace Mann Charter School in Marstons Mills. Registration not required. Games, a magician, music, crafts and fun! This program is being supported by a collaboration with the Barnstable Recreation Department.
- **Farm Visit to Taylor Bray Farm**-Saturday, 10/23/10 from 10-11am. 108 Bray Farm Road North, Yarmouth Port, MA 02675. Registration required. ***This program is supported by a grant from the United Way.***
- **Fun With Fitness**-Saturday, 11/6/10 from 10-11:30am at the West Barnstable Community Center, Rte 149, West Barnstable. Join us with Miss Lori for some fun family games and activities to get you moving! Registration required. ***This program is supported by a grant from the United Way.***
- **Pitter Patter Puppet Show**-Saturday, 12/4/10 from 10-11am at the Falmouth Public Library. No registration required. ***This program is supported by a grant from the United Way.***

To register for parent/child events and programs, call Mary (508)775-6240 x512

Thank you!

To all the Families that made financial donations for participating in the groups and who donated snacks and supplies for the Parent/Child play & learn groups, **Yvette Walsh-** for her generous donation of used toys to the FUN Program, **Cape Cod Neighborhood Support Coalition-** for their support funding the facilitator of the Single Parent Support Group, the **Osterville Free Library-** for funding and hosting the summer Music & Movement program, **d’Parma Italian Table** in West Yarmouth for providing dinner to the Single Parenting group, **Not Your Average Joe’s** in Hyannis- for providing dinner to the Single Parenting group, **BMC HealthNet Plan-**for donating hand sanitizer, sun block and other materials to the Single Parent Group, **Selissa Johnson-**for the recycled craft supplies, and to **Christina Arabadzhieva (Co-Chair) and Tracy Kramer (parents in our programs)-**for volunteering their time and support on the Early Childhood Council for Barnstable Families.

A way to help our program is to visit our sponsors and tell them thank you for their support of the FUN Program. When visiting a sponsoring business please cut out and hand them the small thank you note below. Showing your appreciation for their support, even during these tough economic times, doesn’t cost a thing and means so much.

Thank you!

Thank you for supporting the Families United Network (FUN) Program of Cape Cod Child Development.

Your generosity means so much to my family. Because of your generous support of this program, our family and many others have been able to participate in the family support and parent education programs they offer.

Thank you for helping to build strong families and a stronger community!

“Because all families deserve support.”

Families United Network (FUN) Program of Cape Cod Child Development
508-775-6240x512 email: mwilson@cccdp.org

FUN Program Wish List

The following support would be most appreciated:

- **Parent Volunteers-**
 1. To help install tiles for a small wall mounted tile mosaic at our Pearl Street location- anyone know how to do tiling??
 2. To assist in fundraising efforts-we are looking for parents willing to help secure donations of gift cards, services, and items for a raffle fundraiser for November/December 2010.
- **Financial donations-**Should you care to make a financial donation to the FUN Program, please make checks payable to: Cape Cod Child Development, Attention Mary Wilson, 83 Pearl Street, Hyannis, MA 02601(We will use your donation to help support the programs that we currently offer by providing childcare, food and transportation to families who need it in order to participate in our parenting classes and for supplies we may need for the play and learn groups.)
- **Antibacterial Hand Wipes, Gymboree Bubbles (refills)**
- **Shaklee Disinfecting Cleaning Wipes- (these are non-toxic/environmentally safe wipes- we are moving away from Lysol and Chlorox wipes)** Call Carey Morrison for info on how to order them for our groups – 508-367-1428
- **A Locking Storage Unit or shed to store our program materials**

***All donations to our program are tax deductible according to current tax guidelines**

Shaw's / Star Market (Albertson's) has a program called **Neighborhood Rewards** where every purchase you make can help our program. Cape Cod Child Development is registered on their web site. To participate in the program and help to raise money for the agency, go to www.shaws.com/neighborhoodrewards and link the number on your Shaw's Reward card to our organization. **Our Neighborhood Rewards ID number is 49001019316.** Then shop at Shaw's or Star Market on **Tuesday, Wednesday and Thursday** and use your Shaw's Rewards card. Shaw's will contribute 1% of each supporter's eligible Rewards Card purchases made on those days to your designated non-profit organization.

More News!

- **Cape Cod Neighborhood Support Coalition** offers free and confidential information and referral service for families on the Cape and Islands, including parent education and support. For the most current listing of Parent Education and Support activities, log onto: <http://capecoalition.com/calendar.html> or call (888) 992-2672.
- Are you a parent experiencing stress around raising your children? Parenting is one of the hardest jobs there is! Please know that there is someone available to help 24 hours a day. Call the **24 Hour Parental Stress Line** at **1-800-882-1250** and someone can help.
- **Moms Night Out**– Come join together with some other Moms for some well deserved down time that's just for you! Contact **Cory Story** at: madamzim@yahoo.com to find out what is planned.
- **Car Seat Safety Inspections**- Tuesdays from 10am-12pm at A Baby Center in Hyannis. Call Kate at 508-322-1519 to make an appointment.
- **!!!!** Please take the **Community Survey** for families by logging onto: <http://www.cccd.org/assets/1276700137-CommunityQuestionnaire2010eng.pdf> It is important to hear from as many families as possible so that the Council for Barnstable Families can work on what matters to you the most.
- The **Mid Cape Family Resource Guide** is now online! Log onto <http://www.cccd.org/assets/1276256903-Mid-CapeResourceDirectory.pdf> It is a valuable resource for many families and professionals looking for community resources that support families.