

New Address: 39 Pleasant St., Stoneham
Phone: 781-662-2722

Email: nsfamilynet@hallmarkhealth.org

Website: www.hallmarkhealth.org

We are listed under Clinical Programs.

Summer Schedule

Parent & Infant Group

(Ages Birth - 6 months)

Drop-In

Weds. 9:30 AM - 10:30 AM July 11 - August 15

Location: Dutton Center, 1117 Main St., Wakefield
(near the Most Blessed Sacrament Church)

Suggested donation: \$5 per class

Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of being a new parent. Learn about growth and development, feeding patterns, soothing a fussy child, sleep habits, and other topics. Moms and dads welcome. Suggested donations are optional and tax deductible.

Discounted Zoo Passes: Call the Family Resource Network to reserve a day pass to the Stone Zoo and Franklin Park Zoo. The pass entitles you to an admission rate of \$2 per person for two adults and four children (2-12 years). Children under 2 years old are free. The laminated passes need to be picked up and returned to the Network office. Call 781-662-2722 to reserve a day and arrange pickup and return of pass.

Calling All Dads: If you are interested in getting together with other Dads in Melrose, Stoneham, Wakefield and surrounding communities, send an e-mail to nsfamilynet@hallmarkhealth.org. We will forward this to our father program representative who will add you to the e-mail list to receive future outing messages.

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We Are Moving!

In July, we will be moving our center to a new location at 39 Pleasant Street in Stoneham (the "Pleasant St. Crossing" building at the intersection of Spring St. and Pleasant St.) We will be on the ground level and our door will be at the back of the building. Only our offices will be set up this summer and the playrooms will be ready for the fall.

Office Hours: By appointment only.

We will be checking phone messages and e-mails daily.

Kathy's Corner

When one door closes, another door opens. As we close the doors of the network at 16 Franklin Street, we look back on 9 out of the last 10 years being a part of the Franklin School Community. We shared space with the Mystic Valley Charter School, the 7th grade class from the Melrose Veteran's Memorial Middle School, and most recently the Melrose Early Childhood Center. We thank the Melrose School system and the staff from the EEC for all they did to make our time here a pleasure. We will be opening our doors in the fall at the Melrose Family YMCA Childcare Center in Stoneham at 39 Pleasant Street. The office staff will be taking phone calls and receiving e-mail during this time and will respond within 24 hours. Please feel free to call to reserve zoo passes, to be added to our mailing list, make an appointment to talk to a staff member, or with questions you may have. We encourage parents to get together at local parks, the DCR Wading Pool in Stoneham, the Stone Zoo, or at the library. I look forward to seeing you at our Tuesday Tunes and Tales series being sponsored by The Melrose Cooperative Bank. Wishing you all a wonderful summer full of relaxing days and beautiful family memories. Remember your sunscreen and a hat.

Peace, Kathy

Tuesday Tunes & Tales *Sponsored by Melrose Cooperative Bank*

Location: The Beebe Estate Lawn, 235 W. Foster Street, Melrose

In case of rain: First Congregational Church, 121 W. Foster Street, Melrose

BYO Picnic: 5:30 PM (No picnic in case of rain) Entertainment: 6:00 PM – 7:00 PM

*Donations of canned goods
for the food banks will be
collected at our concerts.*

Tuesday, July 10

Rick Goldin

Drop-In

Children love his live performances because they get to sing, dance and jump along with Rick and his singing animal puppets. His latest recording, "I like to Read" received a Parent's Choice "Recommended" Award, and features songs about books, libraries and learning to read. Rick has been performing songwriter since 1980 and enjoys performing at schools, festivals and family events. For additional information and to hear some of Rick's songs visit his website at www.rickgoldin.com.

Tuesday, July 24

"Big Joe" The Storyteller

Drop-In

Big Joe, that was the name given to him by the preschoolers he taught, and it is the same name he now uses as a professional storyteller. People often describe his storytelling style as "exciting", "animated", "energetic" and "amazing"! Big Joe has been delighting children and families for many years with his exciting storytelling show. With a huge collection of original and classic tales as well as a box filled with puppets, props, and surprises, Big Joe has added lots of humor and fun to Tuesday Tunes and Tales each year. If you love stories, you will love the unique and wonderful experience of seeing Big Joe the Storyteller! See more about Big Joe at www.bigjoe.com.

Tuesday, August 7

Marcus Gale Music and Puppets for Everyone

Drop-In

Marcus Gale brings the gift of music and laughter to children and their families. One smiling man arrives with a guitar and his fuzzy dog pals and ... BOOM! Everyone is singing, laughing and totally engaged. His warm humor, caring attention and personal charm make every performance a truly spontaneous and happy occasion. Marcus Gale features interactive concerts with lively stories and singing and dancing for everyone. His mission is to bring the gift of music and laughter to children and their families. Visit Marcus at www.marcusgale.com.

Tuesday, August 21

Tom Knight's Music and Puppet Show

Drop-In

Tom Knight Puppets is a vibrant collection of original songs and skits, each 3-5 minutes long, with variety enough to keep even the very youngest children waiting to see what will happen next. While Tom sings to pre-recorded music tracks, puppets like Henry the Magician, the Little Elephant, Andy the Recycling Guy, and Allie the Alligator act out the stories of the songs. Besides the visual appeal, almost every segment has a part for the audience, including hand motions, singing along, or doing simple dance steps. Tom Knight brings a totally delightful, engaging, artful performance. It appeals to the child in all of us, while effortlessly teaching manners, science, musical styles, and more. Visit www.TomKnight.com.

Special thanks to the Beebe Estate, the First Congregational Church
and Melrose Cooperative Bank for their continued support.

Places to Go and Things to Do

Visit Your Local Library: Each of our communities has a wonderful children's library run by dedicated and talented librarians.

Libraries are more than just books. Libraries have passes to area museums, lit kits, offer story hours, music programs and programs for new moms. The summer reading program this summer is "Dream Big". Call your local children's library for offerings. Melrose: 781-665-2314, Stoneham: 781-438-1325 and Wakefield: 781-246-6334.

Outdoor Activities through the Mass. Dept. of Conservation & Recreation – DCR: The DCR offers a variety of family activities throughout the summer, including playgrounds and swimming pools. Visit their website www.mass.gov/dcr for schedules and more exciting ideas for quality family time. Go to www.hatchshell.com for a listing of "Free Friday Flicks".

Babes in the Woods Hikes: Friends of the Middlesex Fells offers Babes in the Woods hikes on Tuesdays. Visit www.fells.org for more information on the different types of hikes and their schedules.

Local Recreation Departments Contact Information

Melrose Recreation Dept. http://www.cityofmelrose.org/dept_recreation.cfm

Wakefield Recreation Dept. Call Perry Pappas at 781-246-6389 for information.

Free Fun Fridays Calendar: Go to www.highlandstreet.org.

Free Bowling Passes for Kids: Visit the website www.kidsbowlfree.com for more information.

Stoneham Theatre: Tickets and show times are available at www.stonehamtheatre.org or by calling 781-279-2200.

Discounted Stone Zoo and Franklin Park Zoo Passes: Call the Network at 781-662-2722 to check on availability and to reserve a day. The pass will allow 2 adults and 4 children (2-12 years) admittance for \$2 a person. Children under 2 years old are free.

Help Me Grow: Do you have concerns about your child's development physically, socially or emotionally? The Family Resource Network can help. Through the Department of Early Education and Care, we have received access to the Ages and Stages Developmental and Social Emotional Growth questionnaire. You take the age appropriate questionnaire and answer the questions in the comfort of your own home. Once completed, you and a staff member of the Family Resource Network can meet to go over the form and see if there are any areas we can work on together. If you have any questions, please call our office at 781-662-2722 and speak to a staff member.

Let's Talk Literacy: It's summer. It's time to relax, spend time outside, visit friends, and enjoy your time as a family. But don't stop reading. Make it part of your family's summer fun. These quick tips and strategies from Reading Is Fundamental (RIF) will help you motivate your children to continue reading and learning all summer long.

1. Get caught reading, and set an example for your children. Let them see you with a newspaper in hand or curled up on the couch enjoying a book.
2. Make dinnertime reading time. As family members are preparing meals or cleaning up, have a read-aloud of a favorite classic or an exciting new novel. One person reads each night as the others do chores.
3. Kids can write letters to family, send postcards to friends, or keep a travel journal. They'll be improving their writing skills as they document their summer adventures.
4. Write a list of things you want to do this summer. Don't forget to include reading!
5. Make a chart to keep track of all the books you read this summer.

Summer Reading Resources: www.readingrockets.org www.thechildrensbookreview.com/books-by-age
www.scholastic.com/summer www.education.com/seasonal/summer-reading

10 Simple Ways to Build Your Child's Brain This Summer:

1. Summer is for picnics. Have at least one, even if it's just enjoying a sandwich together on the back steps.
2. Finger paint with shaving cream on a cookie sheet.
3. Go on the biggest and smallest hunt. Where is the biggest chair in your house? Where is the smallest? Find the biggest window. The smallest. The list can be endless.
4. Dolls and action figures like to go swimming, too. Put a dishpan of water outside so your child's dolls/action figures can have their own wading pool.
5. Your child can go "camping" at naptime. Throw a sheet over a table for a tent and spread a comforter inside.
6. Give your child a small bucket of water and a real paintbrush. He or she can paint sidewalks, steps, etc.
7. Rainy days are good days to make forts, using chairs, couch cushions, sheets and blankets.
8. Have your child tell you a story. Write it down and then act it out with costumes and props.
9. Mix together 2 cups of cornstarch and 1 cup of water in a large bowl or plastic tub. Then run your fingers through the mixture. It's like playing with clean, cool mud with a constantly changing texture.
10. Don't forget to play the outdoor games you learned as a child. Do you remember Red Rover? Red Light-Green Light? Flashlight Tag? Teach them to your child.

This is the only summer your child will be exactly the age he or she is right now. Be sure to savor it. Don't forget to let your child hear out loud those words that are in your heart: "I LOVE YOU!"



The Brain Building in Progress Campaign is a public/private partnership of the Massachusetts Department of Early Education and Care, United Way of Massachusetts Bay and Merrimack Valley and a growing community of early education and child care providers, academic researchers, business leaders and individuals. Our mission is to raise awareness of the critical importance of fostering the cognitive, social and emotional development of young children by emphasizing its future impact on economic development and prosperity for everyone in Massachusetts.

The North Suburban Child and Family Resource Network is a community based family and early childhood educators support and education program. To participate, you need only be a parent, early childhood educator, or caregiver of a child from birth through entering kindergarten, and live or work in Melrose, Stoneham, or Wakefield. If you are not on our mailing list and would like to receive future mailings, please call us. Families and educators outside the district may participate in our drop-in programs or, if space is available, our registered programs. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Wakefield Public Schools, in collaboration with the Melrose and Stoneham Public Schools and Hallmark Health. Additional funding sources are from a variety of grants and the generous donations from our families and supporters.

Childcare and Preschool Information: <http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx>

The Massachusetts Dept. of Early Education and Care website allows parents and caregivers access to a listing by town of all licensed childcare providers and preschools. Our office has a checklist of what to look for when visiting the sites. A staff member will be happy to speak with you about any questions and concerns.

The Autism Support Center (ASC) was created to support parents and professionals who need assistance finding information and support about autism, Pervasive Developmental Disorder (PDD) and Asperger's Disorder. Located in Danvers at 6 Southside Road in Danvers, they can be reached at 1-978-777-9135, or by e-mail at asc@ne-arc.org.

The Center for Early Relationship Support of Jewish Family & Children's Service provides a variety of support services to parents of children birth to five, including free weekly Moms groups (including Medford), free home visiting from volunteer mothers called "Visiting Moms", postpartum depression support, and parent consultations. For more information visit www.jfcsboston.org/CERS and www.facebook.com/JFCS.CERS.

Criterion Stoneham Early Intervention: Do you have questions or concerns about your infant or toddler's development? Has your pediatrician recommended that you request an evaluation? Any parent or guardian with concerns about their child's development can request an evaluation for their birth to three year old by calling the Criterion Stoneham Early Intervention Program. An assessment will be scheduled to determine his/her strengths and needs and if your family is eligible for services. Please call 781-935-3855.

EMARC: Our mission is to provide and promote services and supports for persons with intellectual disabilities and their families. We annually serve over 700 people from Burlington, Everett, Lynn, Lynnfield, Malden, Medford, Melrose, North Reading, Reading, Saugus, Stoneham, Wakefield and Woburn. For additional information, call Judy Santa Maria at 781-942-4888 ext. 4022.

Melrose Family Room: The Melrose Family Room, located in the Green Street Baptist Church in Melrose, is a non-profit, cooperative organization providing a gathering place for member families with infants, toddlers and preschool children. The room is a wonderful place to play, talk, discuss parenting concerns, and in general, get to know families from Melrose and surrounding communities. The room is open to members for drop-in playtime Monday through Saturday from 8:00 AM to 8:00 PM and Sunday from 2:00 PM to 8:00 PM. If you are interested in being put on the waitlist for September 2012, please email Robin at newmembers@melrosefamilyroom.org. For more information visit www.melrosefamilyroom.org

Parents Helping Parents: Are you a parent feeling overwhelmed, isolated or stressed? This evening group, facilitated by trained volunteers, provides a place for support, sharing, and encouragement with other parents with similar concerns. Call 1-800-882-1250. For more information, visit www.parentshelpingparents.org. 24-Hour Parental Stress Line 1-800-632-8188

Parents of Tots: Parents of Tots is a volunteer-run non-profit organization dedicated to supporting families with young children under six years old in Wakefield and surrounding towns. It provides parents with the means to build a supportive social network for themselves and their children. Membership is \$25 a year and includes a monthly newsletter from September - June. Visit www.parentsoftots.org to register.

"MA 211" Information Center: A resource available to families both on-line and via phone is the "MA 211" information center. This service will assist you with finding information about resources available in your area. Go to <http://www.mass211.org> or dial "211" for assistance.

Local Food Pantries:

Melrose: A Servant's Heart, Faith Evangelical Church, 200 Franklin Street, Melrose, 781-662-8226
Pantry of Hope, First Baptist Church, 561 Main Street, Melrose, 781-665-4470

Stoneham: First Congregational Church, 1 Church Street, Stoneham, 781-438-0097
Stoneham ACS Food Pantry, 9 Gerry Street, Stoneham, 781-392-4545

Wakefield: Wakefield Interfaith Food Pantry, Americal Civic Center, 467 Main Street, Wakefield, 781-245-2510

Malden: Bread of Life, 511 Main Street, Malden 781-397-0404

Donations to the food pantries can be made through the Family Resource Network.

Homelessness Education Liaisons:

Melrose: Greg Zammuto 781-979-2290 or gzammuto@melrose.mec.edu

Stoneham: Tom Arria 781-279-3810 or tarria@stonehamschools.org

Wakefield: Kevin Pierce 781-246-6414 or piercek@wakefield.k12.ma.us

The above community programs and supports are not sponsored by Hallmark Health or the Family Resource Network.

Grandparents Raising Grandchildren In Harmony: The North Suburban Child & Family Resource Network offers a support group for grandparents raising their grandchildren or other relatives raising a young family member. The program meets from September through June and meets twice a month. Please call the office at 781-662-2722 for more information and to be added to the e-mail list.

Kids & Grief Support Groups: Hallmark Health Visiting Nurse Association and Hospice, Inc. provide bereavement support to children ages 5 to 12 who have lost a loved one. Trained bereavement counselors and volunteers facilitate the group. There is also a separate parent support group offered at the same time. Please Call Judy Seifert, Bereavement Coordinator, at 781-338-7861 for more information.

Feeling Fit & Fabulous: Are you at least 16 weeks along in your pregnancy? Are you interested in healthy eating and exercise to help keep you and your baby healthy? Would you like to meet other pregnant women? If you answered yes to any of these questions, this program is for you. Call Karen at 781-338-7607 for more information about this free program. This program is paid for by the North Suburban WIC Nutrition Program. Facilitator is certified in Motherwell Maternity Fitness.

The Baby Café: A drop-in program offering breastfeeding support and assistance from professionals and other moms. Each location is run by Hallmark Health lactation consultants and counselors. Melrose-Wakefield Hospital Baby Café, Melrose, is held at The Church of the Nazarene, 2 Short Street, Melrose, (781-979-6455) on Wednesday 6 PM - 8 PM and Friday 10 AM - 12 PM. Melrose-Wakefield Hospital Baby Café, Malden, funded by MA State WIC, is held at the WIC office, 239 Commercial Street, Malden, (781-338-7578), on Tuesday from 5 PM - 7 PM.

The North Suburban WIC: Are you struggling to meet your weekly food bill? Are you a new mom on unpaid maternity leave? Has your family recently experienced a reduction in work hours or job loss? You might be eligible for WIC benefits. The North Suburban WIC, a program of Hallmark Health, is a health and nutrition program sponsored by the Massachusetts Department of Public Health and the USDA. Contact the Malden office 781-338-7578 to see if you are eligible.

North Suburban WIC Family Support Coordinator: If you are a WIC participant, the Family Support Coordinator can meet with you and help you find additional community supports. For further information or to set up a meeting, call Madlyna at 781-338-7570 or e-mail her at mjonassaint@hallmarkhealth.org.

Mothers Helping Mothers: If you are in need of a helping hand, call 781-338-7579. Available free items include books, diapers, gently used maternity clothes, infant and children's clothing (to size 10), and baby essentials such as swings, strollers, bouncy seats and pack 'n plays. If you have gently used items you would like to donate, call Karen at 781-338-7607. The store now has summer clothing. We appreciate your generosity, but please, no adult clothing, toys, cribs or car seats. Disposable diapers are always accepted, even opened packages of diapers.

Healthy Families: Healthy Families is a home visiting program for first-time parents age 20 and under. Healthy Families provides home visits, prenatal and parenting education, mentoring, family-focused groups and activities, and connects families to community services and resources. Services are free, confidential, and offered during pregnancy and until the child turns three. Based at Hallmark Health, Healthy Families Melrose/Wakefield serves Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. HEALTHY FAMILIES MASSACHUSETTS is funded by the Children's Trust Fund. For further info, call 781-338-7550 for information.

Financial Counseling: Many people today are not seeking medical attention because of the high cost and their inability to pay for it. Massachusetts Law mandates that all its residents have health insurance. If you are uninsured or underinsured, the financial counselors at Lawrence Memorial and Melrose-Wakefield hospitals are there to help families, couples or individuals apply for health insurance and obtain the care they need. Call (781) 338-7111 to make an appointment with one of our counselors and see what you may be eligible for.

Look aHEAD to a Healthy Future: Protect your child or athlete with Hallmark Health System's Concussion Program. The program offers community outreach education and ImPACT Testing made possible by a grant through the Boston Bruin's Foundation. Call 781-395-7750 for additional information.

Hallmark Health Community Health Education Classes

Call 781-338-7561 for locations, times & to register.

The New Dad Difference

August 1

Expectant and new dads learn how to apply their unique talents to parenting in this 2-hour class. Class offered every other month. Cost: \$25

The Art of Becoming a New Mother

August 1

Expectant and New Moms: Do you ever wonder how you'll become the mother you hope to be? Well, don't worry you are not alone! Join other new and expectant Moms to discuss topics such as picturing yourself in your new role, parent-proven tips for calming a fussy baby, chasing the "blues" away, coping with fatigue and other essential topics such as returning to work while breastfeeding, home safety and much more. Class offered every other month. Cost \$25, \$40 if taken with The New Dad Difference class.

Family & Friends First Aid for Children

July 14 or August 4

Learn how to manage illness and injuries in a child for the first few minutes until professional help arrives. Cost: \$15, \$10 if taken with Family & Friends CPR Training.

Family & Friends CPR Training

July 14 or August 4

Learn how to respond in case of emergencies such as drowning, electrical shock and allergic reactions. Skills taught include choke saving skills. This is a must for all family caregivers including grandparents. Cost: Regularly \$45, special for Network families \$35.

Babysitting Basics

August 11

This engaging program is designed to help your babysitter learn child safety skills, how to play with children, calm a fussy baby and more. Participants must be at least 11 years old and have completed the fifth grade. To ensure personal safety, our program does not provide a list of babysitting graduates to prospective employers. Cost: \$45

Family & Friends CPR for Babysitters

July 14 or August 4

This course is informative and easy-to-learn. It is a great choice for families seeking rescuer and relief of choking skills for their current babysitter. Cost: \$35 for graduates of Babysitting Basics. Call 781-338-7561 for more information.

Shopping with Tots Call 781-979-3615 or visit www.hallmarkhealth.org and click on "Events Calendar".

Are your shopping trips with your toddler stressful? Do you frantically run through the store and grab whatever you can before your toddler melts down? Come join a Registered Dietitian from Hallmark Health to learn successful strategies for a healthier trip to the grocery store! Bring your toddler (2-5 years old) for a scavenger hunt through the store! We'll make food-shopping fun with colors and numbers! Each family receives a \$10 gift card to Shaw's! Next date is Tuesday, August 14th at 9:30 AM.

My Life, My Health To register, call Kathy Byrne at 781-338-7572.

My Life, My Health is a six-session community workshop designed to give adults with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their healthcare. Subjects covered at the workshops include techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. For additional information or to register for this free program, call Kathy Byrne at 781-338-7572.

Looking for a Doctor?

To find a physician near you
call:
1-800-540-9191
www.hallmarkhealth.org

The Family Resource Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. The fee for each quarterly sponsorship is \$25. Please e-mail us a short description of your business. Call 781-662-2722 or e-mail us at nsfamilynet@hallmarkhealth.org for additional information.

Attorney Anna Bastian dedicates her practice to Wills, Trusts, Estates, and Real Estate. In the field of Estate Planning, she works closely with her clients to create individualized safety nets for their families. She offers weekend consultation hours. 20 West Emerson Street, Melrose, 781-665-7031. Visit www.annabastianlaw.com for more information.

Bay State Centre Family Chiropractic: Dr. Scott Darragh
Pediatric Care - Pregnancy Care - Adult Care - Special Needs Wellness Care Handicapped Accessible
Chiropractic care offers conservative, non-invasive, drug-free solutions to improve the quality of your life and health. We work with infants, children and adults. Visit us at 340 Main St, Suite 102, Melrose MA ~ phone: 781-662-3333 ~ email: info@baystatedc.com ~ website: www.BayStateDC.com

Bodyography encourages you to visit our one of a kind Wellness Center in the area. We continue to celebrate our 10th Anniversary of doing business in Melrose as we enjoy our new location at 18 A Essex Street. Our award-winning Center offers Massage Therapy, Reiki, Chinese & Japanese Style Acupuncture, Chinese Herbal Medicine, and Skin Care including Facials, Waxing, and DermaSound Treatments. Bodyography has the distinction of offering Facial Rejuvenation Acupuncture, as well as Bamboo Fusion Massage both currently exclusive to Bodyography. Stop in to visit and see what you have been missing. Visit us on Facebook as well as www.bodyography.net. We welcome NSCFRN members. Take advantage of a 25% discount on Infant Massage Instruction and a 10% discount on all other services. 781.665.4005

Desperate Lousewives® is an all natural lice removal service, located out of Stoneham/Reading Massachusetts. We are trained and certified technicians in "The Shepherd Method™" of strand-by-strand nit removal, servicing Massachusetts, New Hampshire and Maine. We offer headchecks and treatments in the comfort of your home and provide you and your family with guaranteed results and peace of mind. We also carry a full line of preventative products. Call Kimberly and Elisa at 1-855-GOT-LICE (1-855-468-5423).

Kidzfun is a dynamic and exciting music and movement program offering weekly classes for toddlers through age 6, as well as the best birthday parties around for ages 2-10. We have a beautiful large facility in Wakefield and a new space at the Reading Athletic Club in Reading. Our main goal is to encourage and nurture a love for physical fitness, healthy lifestyles, and being valued and accepted in a group for each child's uniqueness. Owner, Theresa McLennan, has over 30 years teaching children's fitness. Check us out at www.kidzfunparties.com, or call 781-558-5084.

Linda O' and Alison; Agent Expertise.com RE/MAX Heritage

Real Estate has changed dramatically. Few agents are up to the challenges of strategizing for successful sales, protecting their clients from expensive mistakes and dispensing critical, but often hard, advice to clients to help them reach their goals like Alison Socha and Linda O'Koniewski and their AgentExpertise.com team. Today's buyers and sellers need better data and advice like never before. Call us at RE/MAX Heritage, 781.979.0100, to experience the difference.

Melrose Day Care Center (MDCC) and Pre-School has been successfully serving families for over 30 years. MDCC strives to serve the greater Melrose Community by providing high quality early childhood care. Children from 1 month-6 yrs old are welcome. On-site cook serves breakfast, lunch and snacks. We are open from 6:30 a.m. to 6 p.m. Monday through Friday. Please check us out at www.melrosedaycarecenter.com or call us at 781-662-6539 for a tour.

Hallmark Health System/North Suburban Child & Family Resource Network makes no representation as to the quality or safety of any product, person or service being promoted through paid sponsorship in this publication.

More Network Sponsors

Melrose Family YMCA Childcare Center in Stoneham Owned and operated by the Melrose YMCA, we serve families with children from six weeks to six years old. This NAEYC accredited childcare program embraces a family-centered philosophy where family interaction is welcomed and encouraged. The center also provides year round after school care for older children. Call Director Maureen at 781-279-2002 for additional information and a tour of the facility.

Melrose YMCA is an organization dedicated to building strong kids, strong families and strong communities. Every day the Y and it's neighbors work side-by-side to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. We are located at 497 Main Street in Melrose. You can call 781-665-4360 for additional information or visit our website at www.melroseymca.org

Reading Gymnastics Academy, Inc. We are the leader in providing quality instruction in Gymnastics. For 30 years we have taught children from when they begin to walk through 18 years old. We offer PLAYGYM - our parent and child program for ages 1 to 3; Jr. Gymnastics for our Pre-Schoolers ages 3 to 5. Regular gymnastics and Boys Power Tumbling are for ages Kindergarten to 18. We offer fun vacation camps during the summer and school holidays. Check us out at www.readinggymnastics.com or email us at gymnast@readinggymnastics.com. We are located at 172 Woburn Street, Reading, and can be reached at 781-944-2277.

Roman Music Therapy Services and Sprouting Melodies: Are you looking for ways to connect with your baby or toddler and support them in their developmental growth? Sprouting Melodies will support your child in building healthy relationships, learning to trust their environment and make life at home a lot more fun with music! We want all families to benefit and learn how making music at home benefits a young child's growth and development! Call us to learn more about our programs for children, teens and adults with special needs and older adults. Visit us online at www.RomanMusicTherapy.com or www.SproutingMelodies.com or call 781-665-0700.

Sign to Me, Sing to Me! Would you like to be able to have more meaningful "conversations" with your one year old? Would you like to increase your toddler's vocabulary and preschooler's early literacy skills? Sign to Me, Sing to Me teaches basic American Sign Language through songs and games that parents and teachers can use to enhance communication and learning. We offer Private Playgroups for parents/caregivers, Workshops for teachers and other organizations, and Enrichment Classes for daycares and schools. Please call Jill Tully at (781) 710-3672, email jilltully@comcast.net or visit the website at www.signtomesingtome.com for more information. Mention this ad and receive \$5 off first playgroup.

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. For ages 2 and up! With locations throughout the Metro Boston area including: Wakefield's Sullivan Park, Lynnfield's Centre Congregational Church, Andover's Kids Club, Winchester Recreation Department, Arlington Recreation Department, Somerville's Foss Park, Charlestown's Community Center and more! Join us this Summer for weekly classes or one of our Kick It and Fun in the Sun week long programs. For more information or to enroll in a class: Website: www.supersoccerstars.com Email: boston@supersoccerstars.com Phone: 781-777-7171.

The Children's Gathering is a fully licensed, NAEYC Accredited year-round preschool, offering half-day and full-day programs. We have been serving Wakefield and the surrounding communities since 1984, at 101 Cedar Street, Wakefield MA. Please visit us at www.thechildrensgathering.com, or call 781-246-3761 for more information. The Children's Gathering. . . Education with Love!

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