



### New Location

North Suburban Child & Family Resource Network  
Woodville School  
30 Farm Street, Wakefield, MA 01880  
Phone: 781-246-5187

Summer Office Hours: By appointment only.  
We will be checking phone messages and e-mails daily.

Email: [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org)

Website: [www.hallmarkhealth.org](http://www.hallmarkhealth.org)

We are listed under Clinical Programs.

**Kathy's Corner:** The Family Resource Network has a new home and is excited to be funded to serve additional communities this year. In addition to serving Melrose, Stoneham, and Wakefield, we are honored to be serving families and caregivers in Lynnfield, North Reading, Reading and Winchester. During the summer, we will be visiting a park or library in each town, to enable us to meet families and have some fun in the sun. If you live or work in one of the new communities and are interested in becoming a member of our Advisory Council please contact me. The Advisory Council helps to shape the future of The Family Resource Network. Wishing you a warm and healthy summer.

### **Caring, Sharing and Connecting:** Looking to meet other parents and caregivers of young children?

The North Suburban Child and Family Resource Network is a great place for you and your child. The Family Resource Network supports all parents, caregivers and educators of children prenatal through entering kindergarten in Lynnfield, Melrose, North Reading, Reading, Stoneham, Wakefield and Winchester as well as other surrounding communities. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Wakefield Public Schools, in collaboration with Hallmark Health System. Additional funding sources are a variety of grants and generous donations from our families and supporters. Our goal is to help parents and caregivers create a nurturing family environment as well as to promote family well-being through education and community support. The Family Resource Network provides parent education workshops, playgroups, support groups, family activities and information on parenting and community resources. The programs help parents and caregivers build connections with other families and human service providers in the community. Resources for services for older children are also available. If you are not on our mailing list and would like to receive future mailings, please call (781) 246-5187.

### **Tuesday Tunes & Tales / Basket & Blanket Family Events**

This summer, the Family Resource Network and the Melrose Public Library are collaborating to bring you a fantastic concert series. All shows start at 6 pm. Bring your picnic basket and a blanket and enjoy the show! In case of rain, the performance will be held at the First Congregational Church, 121 West Foster Street, Melrose. Food is not allowed in the Church.

#### **Tuesday, July 29**

#### **Matt Heaton and the Outside Toys**

#### **Drop-In**

Location: Melrose Public Library Lawn, 69 West Emerson Street, Melrose

Led by guitarist/singer Matt Heaton, the Outside Toys bring an infectious sense of fun and stellar, no nonsense musicianship to discerning kids and their parents. The trio's rootsy mix of updated traditional folk songs, rockabilly, surf, and country make for a concert the whole family can rock out to.

#### **Tuesday, August 12**

#### **John Henry's World of Magic**

#### **Drop-In**

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

Abracadabra is a wonderful magic show for the entire family. There is plenty of audience participation and magic that everyone from three to ninety three will enjoy. A former Scout leader, soccer coach, ski instructor and teacher, John Henry became a professional entertainer and never stopped teaching. His years of experience working with children takes his presentation to another level and his magic show will leave your children with a thoroughly entertaining and memorable learning experience. This program is funded by a grant from the Melrose Arts Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

**Special thanks to the Beebe Estate, the First Congregational Church, Lilah Rose and the Melrose Public Library.**

**Parent & Infant Group (Newborn - 6 months) Suggested Donation: \$5 per class Drop-In**

**Mondays, 10:30 AM – 11:30 AM July 14 – August 18**

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

Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of caring for a new baby. 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.

**Family Resource Network on the Road 9:30 AM – 11:00 AM Drop-In**

Join staff members from the Family Resource Network for a morning of fun with friends. Please make sure you sign in. We will bring bubbles, puzzles, books, information regarding other family fun and resources in the community. We will gather to sing some songs, read a book, bring out the parachute or have a parade. This is a great opportunity to meet with friends or come and make some new friends. Don't forget your sunscreen, a drink and a snack. If it is raining, we will not be playing. Call the Family Resource Network at 781-246-5187 if you are in doubt.

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| Tuesday, July 15     | Steele Park (behind Town Hall), Stoneham  |
| Wednesday, July 16   | Ginn Field, 35 Waterfield Road, Winchester  |
| Tuesday, July 22     | Glen Meadow Park, 25 Trickett Road, (look for Glen Meadow Park sign on left), Lynnfield |
| Wednesday, July 23   | Moulton Park, 14 Harrington Court, Wakefield  |
| Tuesday, July 29     | Flint Memorial Library, Activity Room, 147 Park Street, North Reading *Rain or Shine*   |
| Wednesday, July 30   | Memorial Park, Harrison Street, Reading   |
| Tuesday, August 5    | Steele Park (behind Town Hall), Stoneham  |
| Wednesday, August 6  | Glen Meadow Park, 25 Trickett Road (look for Glen Meadow Park sign on left), Lynnfield  |
| Tuesday, August 12   | Flint Memorial Library,, Activity Room, 147 Park Street, North Reading *Rain or Shine*  |
| Wednesday, August 13 | Moulton Park, 14 Harrington Court, Wakefield  |
| Tuesday, August 19   | Memorial Park, Harrison Street, Reading   |
| Wednesday, August 20 | Ginn Field, 35 Waterfield Road, Winchester  |

**Melrose Recreation Dept. - Story Time & Parachutes Registration required, call: 781-979-4179**

**Ages:** 2 – 5 years old **Cost:** \$14 **Time:** 10:15am – 11:00am **Dates:** Fridays, July 11 – Aug 8 **Location:** \*See Below

Lay your blanket down under a shaded tree or under the hot summer sun and join the Melrose Recreation Department as Kathy Harlow from the Family Resource Network reads new and classic story time books to all in attendance. Kathy will share ideas of things to do with kids at home to reinforce the story and also to keep literacy a part of each day. After we are done reading, all participants will have a chance to work off that energy by running underneath and all around our giant parachute. Our Story Time and Parachutes is led by our Park Instructors, but parents are encouraged to jump in to help. After the class, stay and enjoy our Pizza Party Friday event with our supervised bounce house!

**Dates & Locations for Story Time & Parachutes:** \*Location for this program changes each Friday\*

**July 11** Gooch Park (Florence, Maple, Vinton St.); **July 18** Hesseltine Park (Hesseltine Ave.); **July 25** Volunteer Park (Warren and Melrose St.); **Aug 1** Lincoln Park (Pleasant St. Rear Lincoln School); **Aug 8** Common Park (Laurel and Foster St.)



**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. For more information, visit [www.brainbuildinginprogress.org](http://www.brainbuildinginprogress.org).

**Brain Building Activities: Free (or Almost Free) Summer Fun Ideas (Adapted from Parents.com)**

**Infants/Toddlers**

**Paper Shred:** Babies are thrilled to start developing control over their surroundings and their limbs. So gather newspapers and let 'em rip!

**Dine al Fresco:** Drag the high chair into the yard or pack the booster for a trip to the park and bon appétit, now you may eat.

**Beach Time:** Even if you can't make it to the park, you can set up a beach party in your own backyard or on your kitchen floor. Lay a piece of newspaper or a tablecloth on the floor and fill a dishpan or other shallow container with sand or corn meal.

**Bubble Wrap Stomp/Crawl:** Spread out leftover bubble wrap on a hard surface like a wooden floor or driveway and let the dancing begin.

**Preschoolers**

**Pudding Paint:** Most kids like to play with their food, and this is the season to let them. First, tape paper to the sidewalk or picnic table. Prepare instant pudding and add food coloring in your kids' favorite shades. They can lick their hands clean before you hose them off!

**Take Off!** If your budget doesn't allow for a plane trip this summer, you can still take kids to your local airport and watch the jets take off.

**Take a Hike:** Kids don't need expensive equipment or the Appalachian Trail to experience the joys of hiking. Just slip on sturdy sneakers and pack water bottles to hit the trail. Whether you live in the city or the suburbs, there are probably interesting walks in your own hometown.