

**North Suburban Child
and Family Resource
Network
Woodville School
30 Farm St.
Wakefield, MA 01880
781-246-5187**

Email:
nsfamilynet@hallmark
health.org

Website:
www.hallmarkhealth.org
(listed under programs)

Registration: No family will be denied participation in a Family Resource Network program. If the suggested donation is a concern for your family, please let us know when you register. Information is kept confidential.

Illness policy: We ask that you do not attend programs if you or your child are not feeling well or are exhibiting any of the following symptoms: severe coughing, frequent sneezing, runny nose, fever, sore throat, conjunctivitis, vomiting or diarrhea. If your child is prescribed an antibiotic, please wait a full 24 hours before attending. For the safety of all attending, the Family Resource Network Staff reserves the right to ask a family to leave a program if any of the above symptoms are present.

Inclement weather policy: Our programs will be canceled when local schools are closed. If schools have a delayed opening, please call our office at 781-246-5187 to check our schedule. Call the office if inclement weather begins during the day or occurs over the weekend to check if programs are being held.

The North Suburban Child and Family Resource Network supports 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. Our goal is to help parents and caregivers create a healthy home environment as well as to promote family well-being through education and community support.

**Registration for our winter classes begins Wednesday, January 3.
Call 781-246-5187. Classes are subject to change due to enrollment.
The child must be at least the minimum age listed for the class to register.**

Kathy's Korner

It's hard to believe that 2018 will be arriving soon. January brings, hope and resolutions! People always ask what your New Year's resolutions will be. Maybe this year one of yours will be to get involved in the Family Resource Network Advisory Council. You, our participants, are important to us. We are here for you, and want to hear from you. Parenting and the issues facing parents today are changing from when I was raising my family. Parents are "jugglers" and try hard not to let any of the balls drop. How can we be there as a partner in parenting? The Family Resource Network is working on a Facebook page and the ability to "tweet" out messages between flyers to keep people in the know. This is just one of the ways that can help us be there for you. Another is the Family Resource Network Advisory Council, which is comprised of representatives from local businesses, community and state government, and non-profit organizations, such as YMCAs, Boys and Girls Clubs and others. The Advisory Council meets four times a year to discuss what is going on not only with the network, but in our communities, and with our partners represented at the table. This year, it is our task to do a needs assessment of our communities to see how we can strengthen the network and make it more accessible to our families. If you have suggestions, are interested in attending as a parent or a representative of a parent organization, feel free to contact me at kharlow@hallmarkhealth.org. The Family Resource staff wishes you and your family a year full of love, kindness, hugs, and priceless moments with your family. Together We Can Make a Difference, Kathy

Expectant Parents and Infant Programs

Hello Baby, Now What?

(Birth – 6 months) **Drop-in**
Mondays, January 8 – April 30.
(No group Jan. 15, Feb. 19, Apr. 16)
Time: 10:30 am – Noon
Location: Melrose Church of the Nazarene, 2 Short Street, Melrose.
Join a play and learn group with your baby! We will talk, sing, share joys and challenges, and make new friends. Guest speakers are invited based on the interests of parents. Feel free to drop-in any time during the group. Have questions or topics you would like to see addressed? Feel free to contact Kathy at kharlow@hallmarkhealth.org.

Enhanced Creative Coping

Prenatal - 12 months
Coming this Spring to the Everett/Malden area.
For further information or to register, please call (781) 338-7607 or email Karen at kandrews@hallmarkhealth.org.
This is a group for moms with children from birth to 1 year old and expectant moms. Each week a topic will be presented by community "experts". Topics include development, challenges of parenthood, keeping your child safe, and more. Childcare and transportation support available.

Connecting and Caring, a Program for New and Expectant Mothers, Pop-Up Mothers Breakfast Group

Wednesdays, Mar. 7 – Apr. 11
10:00 am - 11:30 am
Location: Woburn WIC Office, 600 Cummings Park, Suite # 1750
Registration suggested. Call Sharon Burton at 781-338-7579.
Join expectant and first-time mothers for breakfast while learning from program staff and peers about resources and information to be better prepared for the experience of first-time parenting. Childcare support and transportation available.

Hallmark Health offers additional programs for new and expectant parents: The Baby Café, Mothers Helping Mothers Free Store, CPR, First Aid and Stress Management classes. **For more information, visit www.hallmarkhealth.org**



Play and Learn Programs

Pre-toddler Play Drop-In

Fridays, January 12 – April 27.
(No class Feb. 23, Mar. 23 & 30, Apr. 20)

Creepin' Crawlers: Ages 7-14 months,
10:30 – 11:15 a.m.

Wobblin' Walkers: Ages 15-23 months,
9:30 – 10:15 a.m.

You and your child will enjoy music, storytelling and developmental play activities. Learn about development, parenting strategies and related topics. Share experiences and information with other parents.

Location: Stoneham Boys & Girls Club, 15 Dale Court, Stoneham. Use door on right side of building. **Registration not required.**

Terrific Toddlers (Ages 2 – 4 yrs.)

Time: 9:30 – 10:15 am

Session 1: Wednesdays, Jan. 10 – Feb. 14
Session 2: Wednesdays, Mar. 7 – Apr. 11

Location: Hallmark Health Medical Center, 30 New Crossing Road, Reading.

This six-week play and learn group is designed for parents or caregivers and children 2-4 years old to enjoy interacting with peers while learning literacy skills, singing songs and participating in activities and arts and crafts. Younger siblings, ages 8-23 months, may attend and should be registered along with the older child. Siblings 0-7 months must be in a front pack. Suggested donation of \$50 per child, \$75 for two or more (over 1 year) is optional and tax deductible. **Registration required.**

Movin' & Groovin': (2 – 4 years)

Time: 9:30 – 10:15 am

Session 1: Thursdays, Jan. 11 – Feb. 15
Session 2: Thursdays, Mar. 8 – Apr. 12

Location: Stoneham Boys & Girls Club, 15 Dale Court, Stoneham.

Join us for 45 minutes of stretching, shaking, and singing. This six-week group will get your heart pumping while building healthy bodies and brains. Suggested donation of \$50 per child, \$75 for two or more, is optional and tax deductible. **Registration required.**

Alphabet Soup (Ages 2 ½ - 4 yrs.)`

** Siblings 0-7 months only in this group and must be in a front pack. **

Time: 9:30 - 10:15 am

Session 1: Tuesdays, Jan. 9 – Feb. 13
Session 2: Tuesdays, Mar. 6 – Apr. 10

Location: Franklin Early Childhood Center, 16 Franklin Street, Melrose.

Alphabet Souper Sibs: (Ages 2 - 4 yrs.)

* Younger siblings 8 – 30 months welcome*

Time: 10:30 - 11:15 am

Session 1: Wednesdays, Jan. 10 – Feb. 14
Session 2: Wednesdays, Mar. 7 – Apr. 11

Location: Hallmark Health Medical Center, 30 New Crossing Road, Reading.

The six-week ABC groups are designed for parents or caregivers and their 2 1/2 - 4 year old. The group will use reading, singing, crafts and play to learn the alphabet while developing pre-reading skills. Younger siblings, ages 8-30 months, may attend the Alphabet Souper Sibs group and should be registered along with the older child. Siblings 0-7 months must be in a front pack. Suggested donation of \$50 per child, \$75 for two or more (over 1 year) is optional and tax deductible. **Registration required.**

STEAM and Stories: (2 ½ - 4 yrs.)

** Siblings 0-7 months only in this group and must be in a front pack. **

Time: 10:30 – 11:15 am

Session 1: Tuesdays, Jan. 9 – Feb. 13
Session 2: Tuesdays, Mar. 6 – Apr. 10

Location: Franklin Early Childhood Center, 16 Franklin Street, Melrose.

Young children are natural born scientists, engineers, artists and mathematicians! Join us as we explore the world through Science, Technology, Engineering, Art and Math. This six-week play and learn group is designed for parents or caregivers with children 2 ½ - 4 years old. Children will explore STEAM through stories and fun hands-on activities, where they will create, invent, reason and problem solve. Siblings 0-7 months may attend along with an older sibling, but must be in a front pack. Suggested donation of \$50 per child, \$75 for two or more, is optional and tax deductible. **Registration required.**

Let Your STEAM Out! Drop-In

(Ages 2 – 5 years)

Wednesdays, Jan. 10 – Apr. 25
(No group on Feb. 21, Apr. 18)
Time: 3:30 pm – 4:30 pm

Location: Americal Civic Center, 467 Main Street, Wakefield (please enter through the front door on Main Street)

A suggested donation of \$5 a family is appreciated but not required to participate.

Looking for something to do with your child that is fun and educational? Science, Technology, Engineering, Arts, and Math can be learned through play. Educational activities will be set up for children to explore. This program is in collaboration with the Wakefield Parks and Recreation Department. **Registration is not required.**

Fitness, Food and Friends

(2-4 years, siblings welcome)

Time: 10:30 – 11:15 am

Session 1: Thursdays, Jan. 11 – Feb. 15
Session 2: Thursdays, Mar. 8 – Apr. 12

Location: Stoneham Boys & Girls Club, 15 Dale Court, Stoneham. Use last door on the right side of the building.

This pilot class is for children and their caregivers. You will learn about healthy eating habits and fun physical activities to do with your toddler to encourage a healthy lifestyle. We will be making and eating a snack with each class. Please let us know of any food allergies when you register. Suggested donation of \$50 per child, \$75 for two or more, is optional and tax deductible. **Registration required.**

Saturday Play & Learn Drop-In

(Ages 2 – 5 years)

Saturdays, 9:30 am – 11:00 am
January 6, 13, 20, 27; February 10, 24;
March 10, 17, 24, 31

Location: Burbank YMCA,
36 Arthur B Lord Drive, Reading
Please check in at the main desk.

Come and enjoy some creative play, crafts, music, stories and songs. We ask that you do not bring a snack, no food is allowed. Feel free to bring a drink in a cup with a cover. If the weather is inclement, please call 781-246-5187 to check if the program is being held. Thank you to the Burbank YMCA for allowing us to use their great space. **Registration is not required.**

Family Fun Activities



Winter StoryWalk®

It's Winter by Linda Glaser

Saturday, Dec. 23 – Sunday, Jan. 7

The self-guided walk will begin at Greenwood Park, in Stoneham (across from the Stone Zoo), and will continue along the Crystal Springs Trail in an easy, 1/3-mile loop from dawn to dusk. What a great way to combine literature, exercise, and family fun! Be sure to sign in at the Kiosk near the parking lot.

"It's Winter" by Linda Glaser combines a cheerfully illustrated song of the praise to winter with a pinch of science. Simple text and bold, beautiful paper sculpture convey the animal and plant life, weather, colors, clothing and feelings associated with the winter season. Laminated pages of the book will be displayed along the trail. Foster your child's connection with nature as well as their literacy skills. This is brought to you through a collaboration of the North Suburban Child and Family Resource Network, Massachusetts Department of Conservation and Recreation, Medford Family Network, Malden CFCE, The Friends of the Fells, and Mass in Motion.

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.



Library Storytime Fun (2-4 years, siblings welcome)

Drop-In

10:00 am - 10:45 am for both locations. Registration is not required.

Join staff members from the Family Resource Network for 45 minutes of fun and learning. We will gather to sing, do a craft, read a book, and maybe even bring out the parachute.

North Reading location: Flint Memorial Library, Activity Room, 147 Park Street, North Reading. Wednesdays, January 3, 17; February 7, 28; March 7, 21; April 4, 25

Lynnfield location: Lynnfield Public Library, 18 Summer Street, Lynnfield. Thursdays, January 11, February 8, March 8, April 12

Calling all Winchester Families

Nature Explorers (Ages 2 – 5 years)

Fridays, April 13 and 27

Meet us at 10:00 am at the Lake Street Parking Lot (Woburn side), Horn Pond, Winchester.

Registration is not required.

Look for the Family Resource Network banner. As winter leaves and spring begins, we will take opportunities to be outdoors and explore the changes in the seasons. We will bring our magnifying glasses, a story, and some songs. Come explore with us, enjoy the fresh air, build our brains and exercise our bodies. Put your sneakers on, bring a drink and sunscreen. If it is raining, please call 781-246-5187 to make sure we will be meeting.

Brain Building in Progress

Brain Boosting Activities Using Snow

By Jessica Lopa (www.mommyuniversitynj.com)

Snow Volcano: Making a snow volcano is so easy, and it is a lot of fun! All you have to do is form the snow into a shape of a volcano leaving a hole at the top to place a cup. Then add baking soda and food coloring (we used red to make it look like lava) into the cup. Last, pour vinegar into the hole and watch it explode! This is an activity that can be done over and over again. To add another learning element, have the kids make hypotheses about what they think will happen, and then have them document the results.

Sugar on Snow: If you have ever visited Vermont, especially during maple sugar season, then you have heard of Sugar on Snow. To make this yummy treat, you will need real maple syrup, not the squeeze bottles we use for pancakes. Most recipes recommend Grade A Light Amber. First, you boil the syrup up to 234 degrees Fahrenheit. Please be careful as the syrup will be hot. Then add snow to a large bowl. Once the syrup has reached the desired temperature, you can pour it over the snow. Have the kids predict what they think will happen before you pour it. They will love how it turns into a delicious taffy-like candy.

Snow Experiments: After learning about Sugar On Snow, I thought, "What happens when you pour other household ingredients on snow?" That's when our snow experiments were born. First we gathered some basic household ingredients such as OJ, baking soda, honey, vinegar and salt. Then the boys filled cups with snow, one for each ingredient. I wrote the name of each ingredient on the cup so we wouldn't forget what we used and to keep a record of the results. The boys enhanced motor skills by using ice cream scoopers to add the snow to the cups. My kids and I made predictions on what would happen when we added the ingredients then watched in awe at the results.

Color Mixing: After adding all the household ingredients, we decided to add food coloring next. This was a fun way to introduce my kids to art! We added single colors then combined colors to see what would happen. It was a great lesson in color recognition and color mixing. This is a fun activity for your budding artist!

Painting Snow: I am sure you have seen and heard about painting snow. It is an easy and fun activity using snow that all kids will love! All you have to do is add water and food coloring to a squirt bottle and paint away. Don't have food coloring? You can also use powdered Hawaiian Punch mix. This is a fun activity that builds fine motor skills while also enhancing creativity!

Parent / Caregiver Education & Support

Note: Workshops are intended for parents. Educators are welcome to attend but we are no longer able to give certificates of attendance.

Reaching All Children

Thursday, Jan. 25 and Tuesday, Feb. 27

6:30 – 8:30 p.m., at the Marsha Caron Theater, Medford High School, 489 Winthrop Street, Medford (enter through the Medford Family Network).

Sponsored by the Medford Family Network, Malden CFCE, Everett CFCE and the NSCFRN.

Pre-registration required. Email mcassidy@medford.k12.ma.us or call (781) 393-2106. There is no charge for this workshop. Limited childcare is available.

Not all children have the same profile, but all children possess varying amounts of strengths that combine in highly personal ways. When children have the opportunities to learn through their strengths, unexpected and positive changes appear. This two-part series examines an expanded image of what it means to be smart so we free the potential and creative expression of each child, through practical applications of the Theory of Multiple Intelligences. Presented by Jeanine Fitzgerald, Certified Human Behavior Consultant. **Added bonus for parents – follow up workshops to “Reaching All Children”** facilitated by Marie-Levey Pabst, Parent Educator, Create Balance. Wednesdays, Jan. 31 and Mar. 7, 7 – 8:30 PM Call (781) 393-2106 to pre-register.

Ready for Kindergarten? What Teachers Want You to Know

Thursday, March 29, 7 – 9 pm Location: Perkins Hall, Melrose-Wakefield Hospital.

Learn what teachers REALLY expect from your child when they walk in the door in September. What developmental skills does your child need to have to be a successful student? What can you do at home to get them ready? Learn this and more at this informational workshop. The free workshop is presented by Debbie G. Sharp, M.Ed., Education Consultant and owner of Who's Learning Now. Registration required. Call 781-246-5187.

Grandparents Raising Grandchildren in Harmony:

The North Suburban Child & Family Resource Network offers a support and resource group for grandparents raising their grandchildren or other relatives raising a family member. The program meets twice a month from September through June. The program includes speakers and workshops as well as sessions to share our stories with other caregivers. For additional information, call the office at 781-246-5187 or confidentially e-mail Kathy at kharlow@hallmarkhealth.org.

Resolving Everyday Conflicts:

Raising A Thinking and Feeling Child

Wednesday, Apr. 11 and Thursday, May 10 6:30 – 8:30 p.m., at the Marsha Caron Theater, Medford High School, 489 Winthrop Street, Medford (enter through the Medford Family Network).

Sponsored by the Medford Family Network, Malden CFCE, Everett CFCE and the NSCFRN. **Pre-registration required.** Email mcassidy@medford.k12.ma.us or call (781) 393-2106. There is no charge for this workshop. Limited childcare is available.

People of all ages have problems and challenges that create conflicts. Conflict is not to be avoided, but the mishandling of conflict should be. Children that have tools to resolve their conflicts are less easily frustrated, less likely to fly off the handle when things do not go their way, less aggressive and more likely to care about others. This two-part series will provide a model of problem solving that helps children: (1) think about what to do when faced with a problem with another person, (2) think about the consequences, (3) decide whether or not an idea is the “best” one, (4) realize that others have different perspectives and to think about them.

Presented by Jeanine Fitzgerald, Certified Human Behavior Consultant.

Maneuvering the Maze

Wednesdays, April 4, 11 and 25 7-9 p.m.

Location: Perkins Hall, Melrose-Wakefield Hospital, 585 Lebanon Street, Melrose.

Registration Required: *To register, call Judy Santa Maria at EMARC. 781-587-2314 or email judysantamaria@theemarc.org

When a child has special needs, locating supports can be an overwhelming process! Presenters will provide an overview of the available services and how to access them. Learn about working with school systems and special education laws, government benefits and family support. There is no charge for these workshops. This series is sponsored by EMARC, The North Suburban Child and Family Resource Network, The Medford Family Network, Mass Families Organizing for Change and Riverside Community Care. Certificate of Attendance will be available through EMARC.

Anxious Children, Anxious Parents:

Resolving Everyday Conflicts

Tuesday, March 27, 7pm—9pm Galvin Middle School, 525 Main Street, Wakefield Registration information to follow.

Anxiety in many children has a generational link, with patterns of worry and anxiety being passed from parents to children. But what parents (and other adults) often intuitively do to help anxious children actually serves to strengthen these patterns. Lynn addresses these patterns head on, and equips families with an alternative approach that focuses on active engagement over avoidant behavior. Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, NH. In private practice for 28 years she specializes in the treatment of anxiety disorders in adults and children.

Ages and Stages Developmental

Screenings: As parents, we want to know that our child is on track developing and learning all that they can. Through the Department of Early Education and Care, we have received access to the Ages and Stages Developmental and Social Emotional Growth questionnaire. This screening tool is a great way to learn more about your child's development. Complete the questionnaire based on your child's age in the comfort of your own home, and then return it to the Family Resource Network. Once completed, you and a staff member can review the results and see what we can do together to help your child reach their full potential. If you have any questions, please call our office at 781-246-5187.

Mothers Helping Mothers Clothing

Closet: If you are in need of a helping hand, call 781-338-7579 to make an appointment for the store. Free items available include books, infant and children's clothing (to size 16), 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 781-338-7607. We appreciate your generosity, but please, no adult clothing (except maternity clothes), toys, cribs or car seats. Disposable diapers are always accepted, even opened packages of diapers.

Mobile Food Market: Held on the 2nd Saturday of each month at 1 pm at the North Suburban WIC Program, 239 Commercial Street, Malden. Pre-registration is required by calling 781-338-7568. Participants receive fresh produce, dairy products and other refrigerated food items. Please bring a grocery cart or reusable shopping bag to transport food home. Offered by North Suburban WIC Program/Hallmark Health, in partnership with the Greater Boston Food Bank.