

Natick Early Childhood Network

... putting Children First



January/February 2010 Activities

Registration lottery deadline: Monday, December 21, 2009

- Registration is required for all listed programs and will be conducted by lottery on TUESDAY, December 22.
- Requests may be submitted in person, by phone (508) 655-2557, by fax (508) 655-2753, or via U.S. mail (179 Boden Lane, Natick) at any time prior to the lottery deadline.
- Program requests after the lottery will be honored on a space-available basis.

Parent Workshops/Programs

Date/Time	Title	Description
<p>Thursdays January 7 & 21 7 - 9 pm</p>	<p><i>In collaboration with Bright Horizons at Natick and Century Health Systems...</i></p> <p>Pediatric First Aid & CPR for Parents 2 Parts!</p>	<p><i>Held at Bright Horizons at Natick, 313 Speen Street, Natick.</i> For parents of young children, this course teaches participants how to manage sudden illness and injuries in a child during the first few minutes until health professionals arrive. Topics include first aid basics, medical emergencies, injuries, asthma care AND infant and child CPR. Presented by Juanita Allen, EMT and Director, Community Health Education Programs, Century Health Systems. (NOTE: When registering, please indicate the number of adults from your household who wish to take this course.)</p>
<p>Wednesday January 20 7 – 8:30 pm</p>	<p>Fostering Your Own Resilience as a Parent</p> <p><i>(Complimentary childcare available.)</i></p>	<p><i>Held at the Cole Center.</i> There is perhaps no other job with the potential for greater joy AND greater stress than that of a PARENT. Parents often find themselves trying to be everything to all people and wind up overlooking their own needs. Time to take a deep breath and de-stress! Come learn strategies to: manage stress more effectively; increase positive thinking; improve communication with your partner; integrate helpful coping skills during especially challenging times; AND implement healthy self-care strategies which ultimately improve your overall parenting. Facilitated by Maggie Sky, M.A. in Social Work & Certified Kripalu Yoga Instructor.</p>
<p>Thursdays Feb. 4 – March 20 NO CLASS Feb. 18 7 – 8:30 pm</p>	<p>Positive Parenting Series for Parents of Preschoolers</p> <p><i>(Complimentary childcare available.)</i></p>	<p><i>A convenient Natick location to be announced!</i> We've heard our parents say it time and time again: "I thought the twos were supposed to be 'terrible!' The threes and fours are really the challenge." Now your child is developmentally ready to truly test the rules. He/she is more independent of you and has a whole set of skills that enable him/her to try out new behaviors with purpose. Setting the tone with lots of love and effective limits has never been so important. Participants in this 6-session parenting group will have the opportunity to discuss and address their own challenges and will learn skills to help them parent in a way that is positive—not punitive. Facilitated by Jill Vetstein, Social Worker (LICSW) and Developmental Specialist.</p>
<p>Wednesday February 10 7 – 8:30 pm</p>	<p>Toddler Talk: A Program for NECN Parents and Playgroup Facilitators</p> <p><i>(Complimentary childcare available.)</i></p>	<p><i>Held at the Cole Center.</i> Young children often get frustrated, because they don't have the words to communicate their wants and needs. Are you observing meltdowns and behaviors you think might be linked to your child's difficulty communicating with you? This workshop will look at typical language development from birth to preschool age. Participants will learn how to differentiate between age-appropriate language errors and problematic errors. You'll also learn many ways to foster language development in a playful manner that can be used one-on-one or in a group setting! Facilitated by Jill Vetstein, Social Worker (LICSW) and Developmental Specialist.</p>
<p>To be scheduled ... Please call to request!</p>	<p>Playgroup Facilitators' Training</p>	<p><i>Held at the Cole Center.</i> Interested in becoming more involved with NECN by facilitating an age- or interest-specific playgroup? Come to this training to get a sense of the general format and expectations. Receive a basic playgroup guide. Get activity ideas! Learn new songs and fingerplays for circle time! Trouble-shoot potentially difficult situations. Mandatory development for all volunteer facilitators. A great resource for community playgroup leaders outside NECN! Facilitated by Program Coordinator Judy Dixon.</p>

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Intergenerational Playgroup

Date/Time	Title	Description
<p>Tuesdays January 12 February 9 9:30 – 11 am</p>	<p>Grandparents Playgroup (children birth thru PreK with grandparent or elder caregiver)</p>	<p><i>Held at the Cole Center.</i> Join us as we continue our monthly “chat and play” group just for grandparents with young grandchildren. Meet other grandparents and talk about the joys and challenges of “hands-on grandparenting.” Playgroup will include adult discussion, free play, crafts, snack and circle time with stories and songs. Adult participants must either live in Natick OR care for a child who lives in Natick. New and returning participants are always welcome to register! Facilitated by NECN Program Coordinator Judy Dixon.</p>

Saturday Playgroups

Date/Time	Title	Description
<p>Saturdays January 9 February 6 with music by Jeff Thomas 10:30 am - 12 noon</p>	<p><i>In collaboration with Morse Institute Library...</i> Working Parents Playgroup (children birth thru PreK with adult)</p>	<p><i>Held at the Morse Institute Library in the Lebowitz Meeting Hall, Lower Level.</i> Moms and/or Dads, bring your children for a morning of play and activities while you get a chance to check in with other working parents of young children. A snack, craft and musical circle time are included in the program. New and returning participants are always welcome to register! Facilitated by NECN Working Parent and Educator Hayley Sonneborn.</p>
<p>Saturdays January 30 with music by Jeff Thomas February 27 10:30 am – 12 noon</p>	<p><i>In collaboration with Morse Institute Library...</i> Me & My Dad: A Playgroup for Dads (children birth thru PreK with father/male caregiver)</p>	<p><i>Held at the Morse Institute Library in the Lebowitz Meeting Hall, Lower Level.</i> Fathers and children are invited to enjoy this special time set aside just for them. Come to enjoy free play, crafts, stories, musical circle time and morning snack with other Natick dads and kids. New and returning participants are always welcome to register! Facilitated by NECN Parent and Social Worker Meredith Tarr.</p>

Family Event

Date/Time	Title	Description
<p>Sunday February 28 2 – 4 pm</p>	<p><i>In collaboration with Morse Institute Library...</i> Walk Into The Book (families with children birth thru kindergarten; older siblings too!)</p>	<p><i>Held at Morse Institute Library in the Lebowitz Meeting Hall, Lower Level.</i> Did you ever share a story so wonderful that you wished that you and your child could climb right inside to experience it more fully? Your dreams have come true. Join us promptly at 2 p.m. for a shared story in the vestibule on the lower level of Morse Institute Library. Then watch as we open the “cover” and Walk Into The Book to engage in a wide variety of activities related to the text. There will be: music; crafts; counting activities; games; sensory experiences; a healthy snack and more.</p>

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Parent & Baby Programs

Date/Time	Title	Description
<p>Tuesdays Feb. 2 – March 30 12:30 – 2 pm NO CLASS Feb. 16</p>	<p>New Moms Chat (moms with newborns – pre-crawlers)</p>	<p><i>Held at the Cole Center.</i> Bring your baby, and explore the world of infants with other new moms at this 8-session program facilitated by Maryann Cardani, LICSW, of Jewish Family Service of Metrowest. Engage in discussions about the rewarding, but demanding, transition to motherhood. Share what's working for you and gain new strategies to help you with what's not from other new moms who really understand! <i>NOTE: Final 2 sessions (3/23 & 3/30) are unfacilitated conversation groups.</i></p>

Parent/Child Groups: One per family, please. New participants for each program preferred.

Date/Time	Title	Description
<p>Mondays Jan. 4 – March 8 NO CLASS: Jan. 18, Feb. 15 9:30 – 11:30 am OR Thursdays Jan. 7 – Mar 11 9:30 – 11:30 am</p>	<p><i>In collaboration with Criterion-Middlesex Early Intervention...</i></p> <p>Winter Integrated Playgroup (children 18 – 30 months with parent; sorry, no siblings)</p>	<p><i>Held at the Cole Center.</i> These 8-session groups offers a play experience for 4 early intervention clients and 4 community children with their parents. Each session includes free play, snack, circle time and other directed activities to promote fine and gross motor skills, language, and socialization. Children learn social skills like sharing and turn-taking, and enhance their ability to handle transitions. Both groups facilitated by Chelsea Sweetapple, Developmental Specialist.</p>
<p>Wednesdays Jan 6 – Feb 24 NO CLASS: Feb. 17 9:30 – 11 am</p>	<p>Time for Twos Playgroup (children 24 –34 months with caregiver)</p>	<p><i>Held at the Cole Center.</i> This 7-session playgroup just for twos with a parent is a great opportunity to connect with others and to discuss the terrible and terrific twos with those who really understand. Children will enjoy: free play; multisensory activities and crafts; circle time including stories, songs and fingerplays; physical play at NFN's Open Gym or on the Cole Center playground; and a snack brought from home—no peanut/nut products, please. Facilitated by NFN parent volunteer Sarah Lovett.</p>
<p>Fridays Jan 8 – Feb 26 NO CLASS Feb 19 9:30 – 11 am</p>	<p>Multiage Playgroup (siblings birth to PreK with caregiver)</p>	<p><i>Held at the Cole Center.</i> Enjoy getting to know other families at this 7-session playgroup opportunity just for families with multi-aged children birth thru PreK. Parents will have the opportunity to chat and connect with one another, while children can enjoy free play, circle time with story, songs and fingerplays, multi-sensory activities & crafts, and gross motor play at NECN's Open Gym. Facilitated by NECN Parent Volunteer Carolyn Boyce.</p>

Volunteer Opportunities

Time Frame	Role	Description
<p>leading up to and on Sunday, February 28</p>	<p>Walk Into The Book Event Volunteer</p>	<p>Help us plan and implement this literacy-themed family event in collaboration with Morse Institute Library. Develop and facilitate an activity related to specific piece of children's literature—a craft, a game, a musical activity, etc. Let your creativity shine!</p>
<p>January – February</p>	<p>Subscriptions Volunteer</p>	<p>Call families who have not yet opted out of our mailed version of the newsletter. Explain the process for subscribing to online updates from NECN. Reassure families without internet access that they will not be “dropped” from our mailing list. Calls may be made from home.</p>
<p>January – February</p>	<p>Translators</p>	<p>If you have the ability to translate some general program information from English to written Spanish, Portuguese, Mandarin or Hindi, PLEASE contact us!</p>
<p>March - April</p>	<p>Research Volunteer</p>	<p>Verify and update (phone and online) information for the 2009-2010 Resource Guide for Choosing Child Care. Strong telephone skills and attention to detail are a must! Work may be done from home.</p>

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Lottery Registration Form

Phone: (508) 655-2557 Fax: (508) 655-2753

Mail/Walk-In: Natick Early Childhood Network,
179 Boden Lane, Natick, MA 01760

Registration lottery deadline: Monday, December 21, 2009

Please provide all requested information.

Parent name (s): _____

Phone number: _____

Child/children registering for these programs:

Name(s): _____

Date(s) of birth: _____

PARENT WORKSHOPS/PROGRAMS

- Pediatric First Aid & CPR
- Fostering Your Own Resilience
- Positive Parenting Series for Parents of Preschoolers

- Toddler Talk
- Playgroup Facilitators' Training
(by appointment)

INTERGENERATIONAL GROUP

- Grandparents Playgroup Jan. 12 **and/or** Feb. 9 (Choose one or both!)

SATURDAY PLAYGROUPS

- Working Parents Playgroup Jan. 9 **and/or** Feb. 6 (Choose one or both!)
 Me & My Dad Playgroup Jan. 30 **and/or** Feb. 27 (Choose one or both!)

FAMILY EVENT

- Walk Into The Book

PARENT & BABY GROUP

- New Moms Chat

PARENT/CHILD GROUPS

- ***DUE TO SPACE LIMITATIONS YOU ARE ELIGIBLE TO PARTICIPATE IN ONLY ONE PARENT/CHILD GROUP PER SESSION.***
- ***NEW PARTICIPANTS IN EACH PROGRAM TYPE WILL BE PLACED FIRST.***
- ***PLEASE INDICATE A 2nd CHOICE IF YOUR CHILD IS AGE-ELIGIBLE FOR ANOTHER GROUP.***

Monday Integrated Playgroup (18 – 30 months)

Time for Twos Playgroup (24 – 34 months)

Thursday Integrated Playgroup (18 – 30 months)

Multiage Playgroup (siblings birth - PreK)

VOLUNTEER OPPORTUNITIES (Your email address, please: _____)

Playgroup Facilitator

Walk Into The Book Event Volunteer

Subscriptions Volunteer

Translator—language: _____

Resource Guide Research Volunteer

We will make every effort to call you back within 3 working days of our lottery to confirm your registration.