Special Thanks!

A Big THANK YOU to all that helped to “refresh” our playground: Brewster Sand & Gravel, Crosby Fence, Peter LaBranch, Rob Hess, Eric Anderson, Peter Horgan, Ally Santonelli, Molly Avellar, Mike Santos, Dave Conant, Steve Burns, Dan Crowley, Jeff Leary, Jesse Carns, Nauset High School Football Team!

Back to School

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cape cod children’s place
FAMILY NEWSLETTER
for families and caregivers of children living on the Lower and Outer Cape

Volume 10, Issue 2
September/October 2014

12 Ways to Help Children Say Goodbye

Young children need support as they say goodbye to parents and family and start their day at child care. Use these tips to help your child transition into the classroom.

1. Ask about how your child’s program makes children feel comfortable when they begin school.
   Many programs have a system in place for sharing tips about beginning school as well as gathering information from families before the start of the school year. Ask for the name of your child’s primary caregiver and how you can share information about your family, routines, care giving choices and culture.

2. Review the daily schedule with your child.
   Tell your child what will happen next using the classroom’s posted daily schedule: Pictures of the day’s routine help your child “tell time.” If your child’s classroom does not have a daily schedule posted, ask if the teacher could share one. You could even offer to make one.

3. Help your child get to know the primary caregiver first before you leave:
   Taking the time to introduce your child to the new caregiver and join the caregiver and your child in play will pave the way to a strong relationship between them.

How Kids Learn in Preschool

Becoming Learners
In preschool, children first learn “how to learn.” They begin to form their attitudes toward school and to see themselves as learners. Strong preschool experiences will help a child think, “I am a good learner. I can find problems to solve. I can master a difficult task.” These experiences show preschool children the power that learning holds.

Learning through Play
If you want to know how your preschooler learns at school, just think about the way she learns at home. When your child helps you measure ingredients for her favorite cookie recipe, she’s getting a math lesson. When he makes sand castles at the beach and then watches the wave wash them away, he’s learning earth science — although he’s probably not ready to understand the term “erosion.”

In school, preschoolers learn through play in the same ways, with the guidance of their teachers.

Continued on pg. 4
Advocacy Corner

Grant Updates

Lots of great news about our grants! Check out the calendar in this newsletter to see all the different activities we are offering this fall, supported by grant funds: Playgroups, Tyke Hikes, StoryWalks, outdoor Playground meet-ups, and parent education programs. These free programs are all supported by our Coordinated Family and Community Engagement grant (CFCE) from the Dept. of Early Education and Care, and by our Family Center (FC) grant from the Children’s Trust. We also receive human service grants from six towns, that support different services for residents of that town.

For the first time this year Harwich has joined our CFCE grant. Our programs have always included Harwich, which has also had its own grant-funded programs. The only thing that will change this year is that Harwich and all our towns will have some additional family activities — it’s a win-win collaboration!

Contact Elizabeth at ealdred@c4.net or 508-240-3310 for more information about the grants that support so many important programs for children and families in the eight towns of the Lower and Outer Cape.

Childcare Subsidies

Cape Cod Children’s Place administers funds to help families pay childcare fees, through several programs including the Brewster Childcare Scholarship Program and the Lower Cape Emergency Childcare Fund.

Call Karen at 508-240-3310 for information about these programs and other subsidy resources, and to get put on the state waitlist for a childcare voucher through the Dept. of Early Education and Care.

The Lower Cape Early Childhood Council

You are invited! Come to the first meeting this new school year of the Lower Cape Early Childhood Council, on Wednesday, September 17, from 6-7:30 pm at Cape Cod Children’s Place. Bring your questions, ideas, suggestions, wish lists and comments. This is an informal group and everyone is welcome. This year the Council is planning to follow up on the online survey conducted last winter for parents, focusing on social media and technology. The results were very interesting—come and get a copy of that report and share your thoughts on this important topic. This Council meets on the third Wednesday of each month during the school year.

Contact Elizabeth at ealdred@c4.net or 508-240-3310 for more information, or just come to the meeting!
Parent Café

How Much Is Too Much? Media and Our Children
Thursday, September 18, 2014
5:30-7:30 pm
Cape Cod Children’s Place
10 Ballwic Rd.
Eastham

With Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place. Technology is here to stay. How do we help our children have a healthy balance? Come join us for a relaxing evening of dinner and conversation among friends. You’ll have an opportunity to share experiences, ask questions and help plan for future topics of discussion.

Free. Pizza dinner and childcare included with registration. Pre-registration is required. Call Cape Cod Children’s Place at 508-240-3310. Please indicate if you are in need of transportation.

Funding support provided by a Family Centers grant through the Children’s Trust and a Coordinated Community & Family Engagement grant through the Mass. Dept. of Early Education and Care, administered by Cape Cod Children’s Place.

Raising Healthy Families

Tuesdays, September 16, 23, 30 and October 7, 14, 21, and 28, 2014
5:30-7:30 p.m.
Chatham Community Center
702 Main Street
Chatham

A seven-week parenting series facilitated by Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place, that will provide skills to support parents with some of the challenges that make this job so difficult. Topics to be discussed are: discipline without yelling, how to handle tantrums, understanding temperament and why our children do what they do, the value of routines, setting limits and boundaries, and much more.

You’ll have a chance to ask questions, share ideas and go home with education and resource materials.

Free. Dinner & childcare included with registration. Pre-registration is required. Call Cape Cod Children’s Place at 508-240-3310. Please indicate if you are in need of transportation.

This program is funded by a grant from the Bilezekian Family Foundation with additional funding support provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place.
How Kids Learn in Preschool continued from pg. 1

They experiment with the properties of matter at the sand and water tables. They learn phonics when they sing songs together. They master important physics concepts like balance and stability as they build blocks at the block center.

One Skill at a Time
Most preschoolers are not developmentally ready to keep more than one concept in their heads at a time. Take counting, for example. At first, numbers that a child counts in a sing-song manner are just a sequence of words. Then all of a sudden the words become useful as the child learns to match them to an amount by counting fingers. The numbers have now been matched to a meaning.

Forming Pictures in their Heads

“Preschoolers also learn about their world by forming visual pictures — or little movies in their heads,” notes Diane Levin, Ph.D. “Each thought they’re thinking is like a frame of the movie. They construct these visual movies in their minds as they play. One movie could be about how to make the blocks fit together, another about how to make the blocks into something else. More movies might be about how to work with other kids to create what they want to do and how to solve the problems that can arise. These mental movies help them get familiar with a process and figure out a situation.”

12 Ways to Help Children Say Goodbye continued from pg. 1

5. Establish a predictable goodbye routine: This will let your child know what will happen next, making it easier to cope with the transition. Wave from the window, watch the pet fish, play with a favorite toy, share a hug, read a book, or sing a goodbye song.

6. Give your child tools to use when missing family: A special lovey, a photo of your family, or an item like your watch can help your child cope. If the lovey can’t be shared with other children, ask your child’s teacher if it can stay in your child’s cubby and come out when your child is sad.

7. Share at least a few words of your home language with your child’s teacher: Hearing that “mama or papa will come back” in your child’s home language makes a bridge between home and school, and helps your child feel understood. A word list that contains phrases that your family or your child uses for eating, diapering, sleeping and family members can help a great deal.

8. Share your child’s favorite things to do with the teachers: When your child is ready to play, the teacher can point out similar things in the classroom.

9. Make homemade books: Books that you make for your child about the daily routine including the transition from home to school can promote coping for children who need to rehearse the day’s plan to cope.

10. Talk about feelings: It’s ok to cry and miss a parent. It’s ok to feel angry at parents for leaving. Don’t be offended if your child is upset at you – strong feelings are normal. Don’t shame your child for feeling sad and scared; no one feels that way on purpose.

11. Create a reunion ritual, checking in with your child’s teacher about the day: Find out what went well and stress those successes to your child. “I heard that you loved playing with the balls!” Talk with your child about the day as you leave.

12. Be timely: Returning at the same time each day prevents your child from worrying if you have forgotten him or her when you are late. This makes drop off the next day easier; your child trusts you will not leave him or her at school forever.
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These free activities are offered on the Lower/Outer Cape towns for children ages birth through age 3, accompanied by a parent or a caregiver. These locations, no pre-registration required. These playgroups do not meet on Nauset School vacation days. If Nauset School is closed due to weather, then the group is also canceled.

Call 508-240-3318 for more information or contact: Lucy Gilmore (phone) 508-255-0137 (email) mgilmore@comcast.net. Contact Monica Keefe Hess at mkeefe@capecodchildrensplace.com for baby's first year information.

Funding support for most of these programs is provided by grants from the Massachusetts Dept. of Early Education & Care Children's Trust administered by Cape Cod Children's Place.

- Brewster Playgroup meets at the Brewster Ladies' Library
- Eastham Playgroup meets at the Eastham Town Hall Meeting Room
- Brooks Park Playgroup meets at Brooks Park Playground, Harwich
- Harwich Playgroup meets at the Harwich Community Center
- Baby's First Year Stroller Walk meets at Salt Pond Visitor Center (entrance to bike path) Eastham
- Orleans meets at the Eldredge Parkway Playground
- Wellfleet meets at the Wellfleet Auditorium

Cape Cod Children's Place
P.O. Box 1935
10 Ballin Road (off Nauset Road)
North Eastham, MA 02651
Phone: 508-240-3310
Fax: 508-240-2355
Email: info@capecodchildrensplace.org
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- Brewer Toddler Town meets at the Brewer Library
- Eastham Playgroup meets at the Eastham Community Center
- Brooks Park Playgroup meets at Brooks Park
- Harwich Playgroup meets at the Harwich Community Center
- Baby’s First Year meets at the Orleans Library
- Orleans meets at the Drive playground
- Wellfleet meets at the Wellfleet Audubon

Cape Cod Children’s Place
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10 Ballston Road (off Nauset Road)
North Eastham, MA 02651
Phone: 508-240-3910
Fax: 508-240-2352
Email: info@capecodchildrenplace.org

Call 508-240-3910 for more information, or contact Lucy Gilmore (phone) 508-255-8357 (email) mkgilmo@comcast.net.

Contact Monica Keefe-Hess at mkeefe@capecodchildrenplace.com for baby’s first year information.

*Funding support for most of these programs is provided by grants from the Massachusetts Dept. of Early Education & Care & Children’s Trust, administered by Cape Cod Children’s Place.*
News You Can Use...

**Infant Feeding Group:**
Wednesday, September 17
10-11 am
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans

**Happiest Baby on the Block:**
Wednesday, October 15
10-11 am
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans

**Kennedy Donovan Center Support Group:**
Tues., September 23 & October 28
10:30 am - 12 pm
At Eastham Senior Center, 1405 Nauset Rd. Contact Juliane Dillon at 508-385-6019 x 125 or via e-mail at jdillon@kdc.org

**Parent Information Network (PIN) Parent Support Coffee/Tea Group:**
*September 2 (first Tuesday of each month)*
8-9:30 a.m.
Hearth n’ Kettle
9 West St., Orleans
For families who are challenged by children’s mental health, emotional, or behavioral needs. Cup of coffee/tea provided. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information: Kimberly Eldridge at 508-947-8779 ext. 229 or capepin@bamsi.org.

**Father & Baby Pizza Party**
September 25
6-8 pm
Cape Cod Hospital
Lorusso Conference Center
27 Park St., Hyannis

**WE CAN:**
Free Legal Consultations
*September 4*
783 Route 28
Harwich Port, MA
9:30—11:30 a.m. Landlord/Tenant, Family Law, Wills & Estates & more
1:00—3:00 p.m. Family Law
To register contact WE CAN at 508-430-8111 or info@wecancenter.org

**PFLAG—Brewster:**
*September 15 (third Monday)*
7-8:30 p.m.
First Parish Brewster
1969 Main St.
This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support and half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

**Snow Library, Orleans:**
*Storytime*  
**Thursdays**
10:30 am
This storytime is for 0 to 5 year olds and their caregivers. Story hour will begin on September 11th.

**Clothing Swap:**
*Saturday, October 18*
9 am—noon
*Cape Cod Children’s Place*
10 Ballwic Rd., Eastham
CCCP is currently accepting donations for gently used clothing birth through adult (maternity welcome). You do not need to donate items in order to participate.

**Raising a Reader**
Mondays, October 6, 20, 27 & November 3, 10, 17, and 24
1-2 pm
*Chatham Community Center (Aerobics Room)*
With Lucy Gilmore. For 3 years—limited to 8 families. Pre-registration is required. Call Cape Cod Children’s Place at 508-240-3310.
Cape Cod Children’s Place invites you to

**A Family Celebration**

With music by the Rip It Ups!

Join us on

**Sunday, September 14**

3:30—5:30 pm

For music, dancing, light snacks at the

**Chequessett Yacht Club Boathouse**

Chequessett Neck Road, Wellfleet

RSVP and get more information

508-240-3310 or
info@capecodchildrensplace.com

Music sponsored by the Bookstore and Restaurant, Wellfleet

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**Dad & Me Day**

*Saturday, October 4*

2-4 pm

**Wellfleet Bay Wildlife Sanctuary**

291 State Hwy, Rte. 6

Wellfleet, MA

Dads bring your children to this free event and enjoy the “Miniature Marvels of Nature”!

Forget about charismatic megafauna—tiny animals like crayfish and crickets can be just as compelling! We'll go out for an expedition equipped with magnifiers, bug boxes, and a scavenger hunt. We'll search in the pond and roll logs on the trail to catch a glimpse of the miniature animals that live all around us!

Free. Pre-registration is required. Call Cape Cod Children's Place to register; 508-240-3310.

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**Lower Cape Dads’ Talk**

Wednesday, September 3

Wednesday, October 1

6:00—7:30 PM

Harwich Community Center

100 Oak St., Harwich

With Paul Melville, family support specialist. This is a great place to connect with other local fathers and chat about being a dad (or whatever else is on your mind). All men are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age, their parenting situation, and where they live. Free pizza and child care. Please RSVP. Information or registration: Paul Melville at 508-771-4336 ext. 2

Sponsored by the Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Harwich Early Childhood Council, and the Youth Suicide Prevention Project of the Community Health Center of Cape Cod.

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Funding support provided by a Family Centers grant through the Children’s Trust and a Coordinated Community and Family Engagement (CFCE) grant through the MA Department of Early Education and Care, administered by Cape Cod Children’s Place.
Cape Cod Children’s Place would like to thank the community for their support of the 10th Anniversary Art Outside the Box Lunchbox Auction & Golf Tournament on August 4, 2014 at Ocean Edge Resort and Golf Club. Over $70,000 was raised for CCCP’s early childhood education programs and family support services.

We thank the 67 golfers who played in the tournament and the 190 guests who attended the auction and bid on all the fabulous items donated. Special thanks to our Title and Auction Sponsor, Seamen’s Bank; Golf Tournament Co-Sponsors, Cape Associates & Specialty Builders’ Supply Inc.; Hole-In-One Contest Sponsor, Nauset Marine and to Eastham Ben & Jerry’s for providing delicious ice cream treats on the course as well as at the reception. Also, Kerry Insurance Agency, Cape Cod Five, Cape Air, Bass River Pediatrics, Hess & Helyn Kline Foundation, Bennett Environmental Associates, Mahoney’s Atlantic, Rockland Trust, Prestige Dry Cleaners and Fairway Restaurant & Pizzeria/Hole in One and many others. Please help us thank our sponsors by patronizing their businesses.

Anne Packard of the Packard Gallery in Provincetown, our 2014 Featured Artist, deserves our thanks, as well as all the local artists who painted the lunchboxes and donated their art to the auction. We appreciate all the local businesses that donated product and gift certificates for the raffle and for the fantastic music that was donated by the Bert Jackson Trio - Bert Jackson, Roe Osborn and Paul Lesniak.

CCCP parents were especially generous this year and we thank them for their meaningful support: William “Chopper” Young and Allison Paine, shucked over 500 oysters and clams donated by them and other Wellfleet Shell Fishermen, Nancy and Jim O’Connell. Alex Hay, another parent, of Wellfleet Shellfish Company/Mac’s Seafood, facilitated the delivery. Truro Vineyards held an auction preview on July 21 hosted by Kristen Roberts, and Eric Jansen and Gui Yingling of Blackfish Restaurant, also parents. Idle Times Bike Shop former parents, Peter Noble and Rebecca Brodwick Noble, donated a fabulous bike for the live auction. Other parents, like Jesse Horowitz of Wellfleet Jewelry Co. and Sarah and Rob Nitsch, donated jewelry and art for the silent auction, as did Mark & Amy Gibson with a week’s stay at the Gibson Cottages. Petra Ledkovsky of Orleans Yoga & Pilates is another former parent who donated a gift certificate as is Barbara Boone of Chequessett Yacht & Country Club.

Melissa Wheeler, a former CCCP parent, spoke at the event about how effectively CCCP helps parents do their job – and what it meant to her personally to have had access to CCCP family support services. Cindy Horgan, CCCP Executive Director noted “parenting is the hardest and most important job that we will ever do.” We thank all our CCCP parents who stepped forward to give back through our annual auction because they know how important CCCP is to our community. This signature event is the major fund-raiser for Cape Cod Children’s Place and allows us to maintain our outreach programs and to provide tuition assistance for local families.
This edition of the Cape Cod Children’s Place Family Newsletter was made possible through the generosity of the Cahn Funds for Social Change and the Children’s Trust.

### HELPFUL FAMILY CONTACTS & RESOURCES

For a more comprehensive list of resources and services check out The Lower Cape Family Resource Guide on-line at www.capecodchildrensplace.com or request a copy at 508.240.3310.

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>A Baby Center</td>
<td>508.771.8157</td>
<td>Basic items for infants and toddlers up to age three living on Cape Cod and Islands</td>
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<tr>
<td>Al-anon</td>
<td>508.394.4555</td>
<td>Offering support for friends and families of problem drinkers</td>
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<tr>
<td>Cape &amp; Island Breast Feeding Warm Line</td>
<td>888.890.2229</td>
<td>Lactation services and classes are available to local Cape and Islands mothers</td>
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<tr>
<td>Child Support Enforcement-Mass DOR</td>
<td>508.771.2414 x 3</td>
<td>Assistance in enforcing the financial responsibilities of parenthood</td>
</tr>
<tr>
<td>Consumer Credit Counseling</td>
<td>800.208.2227</td>
<td>Budgeting and debt consolidation assistance</td>
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<tr>
<td>Family Support Program and Maternal Depression/Cindy Horgan</td>
<td>508.240.3310</td>
<td>Free referrals to parenting resources, child and family therapists, etc.</td>
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<tr>
<td>Fuel Assistance Program</td>
<td>508.746.6707</td>
<td>Emergency fuel/heating help</td>
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<tr>
<td>Healthy Connections</td>
<td>508.255-1903</td>
<td>Referrals for free/low cost health insurance</td>
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<tr>
<td>Homeless Prevention Council</td>
<td>508.255.9667</td>
<td>Counseling, advocacy, resources and referral services</td>
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<tr>
<td>La Leche League/Gabrielle</td>
<td>508.237.8786</td>
<td>Providing education, information, and support to women who want to breastfeed</td>
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<tr>
<td>Lower Cape Outreach Council</td>
<td>508.240.0694</td>
<td>Providing short-term emergency assistance to Lower Cape families and individuals</td>
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<tr>
<td>Mass APEAL</td>
<td>508.349.1173</td>
<td>Free clothing as well as information on Serve New England Program</td>
</tr>
<tr>
<td>MSPCC</td>
<td>800.272.9722</td>
<td>Protecting and promoting the rights and well-being of children &amp; families</td>
</tr>
<tr>
<td>Outer Cape Health Services</td>
<td>508.349.3131</td>
<td>Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation</td>
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<tr>
<td>Outer Cape Women, Infants and Children’s (WIC) Nutrition Program</td>
<td>800.675.1188</td>
<td>Supplemental foods, health care referrals, and nutrition education</td>
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<tr>
<td>Parental Stress Line</td>
<td>800.632.8188</td>
<td>A free, confidential, and anonymous 24-hour parent helpline for parental support</td>
</tr>
<tr>
<td>Provincetown Family Resource Center</td>
<td>800.871.9535 or 508.237.2688</td>
<td>Providing support, referrals, and financial aid through the John A. Henry Trust administered by Cape Cod Children’s Place</td>
</tr>
<tr>
<td>WE CAN</td>
<td>866.430.8111</td>
<td>Assisting Cape Cod women through the transition of divorce, career change or growth, job loss, illness, or retirement</td>
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</tbody>
</table>