Families can promote healthy habits by encouraging children to eat nutritious foods and get some exercise every day. Here are some suggestions.

1. **Follow the nutrition guidelines for children under 6.** Information on nutritious foods, portion sizes, and sample menus for planning snacks and meals are available through the USDA (visit www.choosemyplate.gov).

2. **Steer your child toward healthier choices at fast food restaurants.** Look for salads, sliced apples, baby carrots, and low-fat milk in colorful containers.

3. **Offer fun, healthy snacks.** Ants on a log (celery sticks with peanut butter or cream cheese topped with raisins), sliced fresh fruit on a skewer, or raw vegetables and low-fat yogurt dip are favorites of young children.

4. **Teach your child to listen to his or her stomach.** When children do this, they'll learn to know when they have had enough to eat. It takes 15 to 20 minutes after eating to know if you're really hungry for seconds.

5. **Plan a taste-testing event.** Family members can taste and vote on new, healthy foods—veggie burgers, baby spinach, turkey hot dogs, whole wheat pasta, kiwis, and the like. Then make the favorites part of your regular menu.

6. **Give hugs and kisses—not food—for comfort and encouragement.** This simple action helps children associate eating healthy foods with taking care of themselves. They are likely to grow up to be adults who avoid using food as a reward or a way to cope with stress.

7. **Limit your children’s screen time.** Instead of watching television or playing on the computer, spend time together—go for a run, kick a ball around, ride bikes (or trikes), or take a nature hike.

8. **Walk instead of driving to nearby places.** Leave the stroller at home. Park a few blocks from the store and walk the rest of the way.

*from families.naeyc.org
Advocacy Corner

Cape Cod Children’s Place Annual Meeting
Parents, community members and all interested persons are invited to attend our Annual Meeting at Cape Cod Children’s Place at 6 pm on Monday, January 11. Come and find out about our programs, the children and families we serve, the grants we receive, and our plans for the future. Meet our Board of Directors, enjoy some refreshments and help us celebrate another year of making Cape Cod Children’s Place “a place where children and families learn and grow”. Call 508-240-3310 for more information, or to RSVP. Drop-ins are welcome.

LGBTQ Parenting Support & Connection

Family Fun Gathering
Saturday, January 23
1-3 pm
At Chapel in The Pines
200 Samoset Road, Eastham

A Chance for LGBTQ parents to connect and build networks of support. Enjoy food, drinks, family friendly entertainment, and the opportunity to build new friendships.

Please call Cape Cod Children’s Place to register for this FREE family event—508-240-3310.

This wonderful event is funded thanks to a grant from the GALE Fund of The Cape Cod Foundation.

The Lower Cape Early Childhood Council

Help plan local family activities, identify needs of parents in the community, let your voice be heard!

Everyone is welcome to come to the monthly meetings of the Lower Cape Early Childhood Council. Meetings are monthly. The next meetings are Wednesdays January 20 and February 17 from 6-7:30 pm at Cape Cod Children’s Place, 10 Ballwic Rd. (off Nauset Rd) in N. Eastham.

For more information please contact Meghan Kemp at 508-240-3310 or mkemp@capecodchildrensplace.com
A four-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.

Free. Dinner and childcare included. Pre-registration is required; call 508-240-3310.

This program is funded by a Family Centers grant through the Children’s Trust and a Coordinated Community & Family Engagement (CFCE) grant through the MA Dept. of Early Education & Care, administered by Cape Cod Children’s Place.

Stress Reduction Class

Tuesdays

January 5, 12, & 19
5:30—7:30 pm

Cape Cod Children’s Place
10 Ballwic Rd, Eastham

Are you feeling stressed out? Come learn EFT and how it can help you to get your stress levels down. EFT (Emotional Freedom Technique) is a relaxation technique that helps release stress and other negative emotions. By getting to the core issues, EFT has helped millions of people rid themselves of a variety of health problems including chronic pain, weight concerns, PTSD, addictions, stress and anxiety. Join Catherine Hammond RN and learn how EFT can help you and your family.

Free. Dinner and childcare included. Pre-registration is required; call 508-240-3310.

Funding support provided by a Family Centers grant through the Children’s Trust and a Coordinated Community & Family Engagement (CFCE) grant through the MA Dept. of Early Education & Care, administered by Cape Cod Children’s Place.
Preparing for Kindergarten

**Monday, February 1, 2016**
**5:30-7:30 pm**
**Orleans Elementary School**
46 Eldredge Park Way,
Orleans

Join Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children’s Place in a discussion about how to prepare your child socially and emotionally, as well as how to handle separation anxiety for a healthy transition. **Free.** Dinner and childcare will be provided. Pre-registration is required. Call CCCP to register: 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, administered by Cape Cod Children’s Place.*

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**Waste Not, Want Not; Nutrition That Makes “Cents”**

**Tuesday, February 2, 2016**
**5:30—7:30 pm**
**Cape Cod Children’s Place**
10 Ballwic Rd.
(off Nauset Rd.), Eastham

Keeping your family healthy on a budget can be challenging. But that doesn’t mean it’s impossible! Join Judy Welch for a cooking demonstration and discussion on how to shop locally for your family’s food. Topics will include: planning for affordable family meals, what foods (including organic) to look for in your local grocery store, how to make meals that last, and more! **Free.** Dinner and childcare included. Pre-registration is required; call 508-240-3310.

*Funding support provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place.*
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Join Cindy Horgan, Executive Director & Family Support Coordinator for Cape Cod Children’s Place and discover the unique needs of boys as they grow and develop. Learn to promote skills that support their healthy emotional development and how to recognize the impact of media, culture and technology on boys and the messages they take from these influences. Become aware of current trends that affect boys and learn to support our boys as they make sense of the process of growing up.

**Raising Healthy Families**

**Tuesdays**
*February 23, March 1, 8, 15, 22, 29, April 5, 12, 2016*
*5:30—7:30 pm*
*Eastham Elementary School*
*200 Schoolhouse Rd.*
*Eastham*

*Free.* Dinner and childcare will be provided. Pre-registration is required; call 508-240-3310. Please indicate if you are in need of transportation.

**Funding Provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place.**

An eight-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.

**Raising Healthy Boys**

**Thursday, February 4, 2016**
*5:30-7:30 p.m.*
*Brewster Baptist Church*
*1848 Main Street, Brewster*

*Free.* Dinner and childcare will be provided. Pre-registration is required; call 508-240-3310. Please indicate if you are in need of transportation.

**Funding Provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place.**

This program is funded by a Family Centers grant through the Children’s Trust and a Coordinated Community & Family Engagement (CFCE) grant through the MA Dept. of Early Education & Care, administered by Cape Cod Children’s Place.
Parenting in Recovery

**Wednesdays**
**January 13 & 27, February 10 & 24, March 9 & 23**
*Cape Cod Children’s Place*
*10 Ballwic Rd. (off Nauset Rd.)*
*Eastham*
*5:30-7:30 pm*

A **free** six-session psychodynamic group set in a safe space, where you can increase your insight and skills to support your recovery along with your desire to strengthen your parenting. The goal of the group is to furnish parents with an opportunity to become more confident in their recovery while increasing competence in their understanding and abilities to be a healthier parent. The group will cover normative child development and discipline and additionally offer education about adult developmental process, trauma, self-care, triggers and relapse prevention, emotional understanding of what it means to be a parent in recovery and how to balance the demands of sobriety, parenting, work, school, and legal issues. The sessions are designed to support an environment of safety, trust and respect where you can share your feelings and experiences, gain support and support others. An on-going Parenting in Recovery group will assist in reinforcing skills learned in the 6 -session group. The group will provide a consistent forum to seek out support, access to resources and provide the opportunity to continue to benefit from the sense of community. Free dinner & childcare included. For information & details, please call Cindy Horgan, Executive Director & Family Support Coordinator for Cape Cod Children’s Place at 508-240-3310. Please indicate if you are in need of transportation.

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**Women, Infants and Children’s, Special Supplemental Food Program (WIC)**

WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. To apply for WIC, please call the Outer Cape WIC program at 508-240-0853 or email: wic@outercape.org. Outer Cape WIC has day, evening and Saturday appointments available and has offices located in Orleans, Provincetown and Harwich.

WIC provides:
- Personalized nutrition information, consultation & support
- Checks to buy free, healthy food
- Tips for eating well to promote health
- Referrals for low cost/sliding fee scale medical & dental care, health insurance, child care, housing & fuel assistance, and other services that can benefit the whole family
- Breastfeeding support and more!

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**Lower Cape Dads’ Talk**

Wednesday, January 6
Wednesday, February 3
6:00—7:30 PM
Harwich Community Center
100 Oak St., Harwich

with Eric Hauck. 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: Beverley@capecoalition.com or 508-771-4336

*Sponsored by the Cape Cod Neighborhood Support Coalition, Cape Cod Children’s Place and Harwich Early Childhood Council.*
News You Can Use...

**Infant Feeding Group:**
*Wednesday, January 13 10-11 am*
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans 508-240-0853

**Happiest Baby on the Block:**
*Wednesday, February 10 10-11 am*
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans 508-240-0853

**Get Movin’ Monday!**
*Open Gym for Toddlers & Preschoolers at the Chatham Community Center*
*Mondays 10-11:30 am*
Free drop-in, parent/caregiver supervised open gym for little ones. Bring your own ride-on toy if willing to share. Age appropriate activities include tumbling mats, scooters, hoops, soft balls, parachute and more! With Gabrielle Hathaway.

**Dealing with a Diagnosis—The Early Stages**
*Monday, Jan. 26 5-7 pm*
West Barnstable Community Building, 2377 Meetinghouse Way

With Kathleen Amaral, Parent and Family Support Advisor of the Nemasket Group of Fairhaven. This free workshop in the 2016 Pathway Presentation Series, is specifically for professionals and parents of children with developmental concerns. Ms. Amaral will be joined by a parent panel including Bass River Pediatrician, Dr. Lori Zito and DDS Regional Trainer, Maureen King. Limited child care and light supper provided.

**Cape Cod Type 1’s Support Group**
*Saturday, Jan. 2, 2016
Saturday, Feb. 6, 2016*
Spaulding Rehabilitation Hospital
311 Service Rd., E. Sandwich

This group is open to people of all ages who are impacted by Type 1 diabetes! For more info., email Jess at: jessie52577@yahoo.com

**Eastham Storytime**
*Eastham Library*
*Fridays 10:30—11:30 am*
Fun and free for the preschool set. Join us for a story time filled with stories, songs, finger plays, movement and crafts.

**Gosnold’s Reaching Out Program**
*Truro Public Library*
*Mondays 9-11 am*
Toys, stories, songs, crafts and snack provided.

**Brewster Ladies’ Library:**
*Move & Groove at the Library*
*Friday, January 8 10:30 am*
All ages are welcome to get moving with DJ Acqua. Participants will be guided by music and gentle instruction to explore a range of rhythm and movement from stillness to free-form dancing. Parents must be present with their children. Call 508-896-3913

**LEGOL Club at the Library**
*Saturday, January 9 11 am*
Calling all LEGO fans! The library wants you to come and play with our own big collection of LEGO pieces. Great creative and have a blast! Ages 4 and up. Call 508-896-3913

**Wellfleet Toddler Town**
*Wellfleet Library*
*Fridays 11 am—12 noon*
Play tag, practice somersaults, and play on a giant indoor jungle gym complete with slides and tumble mats and trains and trucks! Drop-in
Cape Cod Children's Place
P.O. Box 1935
10 Ballwic Road, off Nauset Road
N. Eastham, MA 02651
508.240.3310 telephone
800.871.9535 toll free
508.240.2352 fax
info@capecodchildrensplace.com
www.capecodchildrensplace.com
Check out this newsletter “in color” on-line at our website.

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.

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<tr>
<th>Service</th>
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<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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<td>Child Support Enforcement-Mass DOR</td>
<td>508.771.2414 x 3</td>
<td>Assistance in enforcing the financial responsibilities of parenthood</td>
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<td>Consumer Credit Counseling</td>
<td>800.208.2227</td>
<td>Budgeting and debt consolidation assistance</td>
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<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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<td>Fuel Assistance Program</td>
<td>508.746.6707</td>
<td>Emergency fuel/heating help</td>
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<td>Healthy Connections</td>
<td>508.255-1903</td>
<td>Referrals for free/low cost health insurance</td>
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<td>Homeless Prevention Council</td>
<td>508.255.9667</td>
<td>Counseling, advocacy, resources and referral services</td>
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<td>Independence House</td>
<td>508.771.6507</td>
<td>Cape Cod’s Resource Center for Victims &amp; Survivors of Domestic Violence &amp; Sexual Assault.</td>
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<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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<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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<td>Mass APEAL</td>
<td>508.349.1173</td>
<td>Free clothing as well as information on Serve New England Program</td>
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<td>MSPCC</td>
<td>508.775.0275</td>
<td>Protecting and promoting the rights and well-being of children &amp; families</td>
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<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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<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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<td>Parental Stress Line</td>
<td>800.632.8188</td>
<td>A free, confidential, and anonymous 24-hour parent helpline for parental support</td>
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<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>
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<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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