Many preschoolers feel anxious about moving on to kindergarten. They worry that they won’t have friends, won’t like the teacher, will get lost, or won’t be able to do what the teacher asks.

Here are some tips to guide your child through the move from preschool to kindergarten.

**To Help With End-of-the-Year Feelings**
- Place a sticker or make a mark on each day of the calendar every day during the last month of school.
- Encourage children to talk about their feelings about preschool ending; talk about your feelings too.
- Draw pictures and/or write goodbye messages for your child’s friends or teachers.
- Revisit the events of the past year with your child by looking at drawings, paintings, photos, and writing. Celebrate how much your child has learned this year.
- Offer stress-reducing activities at home such as water play, puppets, or playdough.
- Help the class plan an end-of-the-year family potluck.
- Plan ways to keep in touch with classmates or organize a regular play group.

**To Ease the Move to Kindergarten**
- Visit the new school before your child’s first day. Point out ways the room is similar to his preschool room, but also discuss how it holds new materials to explore.
- Plan playdates with new classmates.
- Read books about starting school, such as *Look out, Kindergarten, Here I Come!* by Nancy Carlson; *Will I have a Friend?* by Miriam Cohen, illustrated by Ronald Himler, and *If you Take a Mouse to School,* by Laura Numeroff, illustrated by Felicia Bond.
- Describe the daily routines, including arrival, breakfast, snack, lunch, and bathroom practices.
- After your child is well settled into kindergarten, plan playdates with old friends.

*source: NAEYC for families*
Grilled Zucchini and Summer Squash Salad with Basil-Parmesan Dressing  
(epicurious.com)

**Ingredients:**
- 4 medium-large zucchini, trimmed, halved lengthwise
- 4 medium-large yellow crookneck squash, trimmed, halved lengthwise
- 5 tablespoons olive oil
- 1/2 cup chopped fresh basil
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons balsamic vinegar

**Directions:**
1. Prepare grill to medium heat
2. Place zucchini and crookneck squash on large baking sheet; brush all over with 3 tablespoons oil. Sprinkle with salt and pepper.
3. Grill vegetables until tender and brown, turning occasionally, about 10 minutes.
4. Transfer to plate and cool.
5. Cut vegetables diagonally into 1-inch-wide pieces.
6. Place in large bowl. Add basil, Parmesan cheese, balsamic vinegar
7. Season to taste with salt and pepper and serve.
Child care funds available

Applications to the Lower Cape Emergency Child Care Fund should be submitted to Cape Cod Children’s Place by Friday, July 15 in order to be reviewed for the next round of awards. The application is available at www.capecodchildrensplace.com or by calling Karen or Elizabeth at 508-240-3310.

This Fund was established in 1999 by Cape Cod Children’s Place to help families with children from birth through school age, living in the eight Lower and Outer Cape towns, to pay for childcare in short-term and emergency situations. The Fund has been supported from the beginning by the Local Mission Committee of the Federated Church of Orleans, and also receives an annual contribution from the Cape Cod Times Needy Fund to help families pay for camp and child care during the summer months. Other donations come from organizations and individuals in the community.

Never Leave a Child Alone In A Car—In Warm Weather from onetoughjob.org

Remember Hot weather poses a Danger for Your Infant and Child, Even on Mildly Warm Days

- The interior of cars, even with the windows rolled down, can heat up to dangerous temperatures.
- It takes only 20 minutes for the interior of a car to reach 120 degrees on a 70-degree day.
- After 40 minutes, the interior of the car reaches 150 degrees.
- Left in this situation, infants and children become dehydrated, overheated and can pass out or worse, die.
- Infants and toddlers are most at risk.
- 82% of deaths due to heat-related car injuries occurred among children ages 3 and under, according to the U.S. Center for Disease Control.
- On hot or even warm days, do not leave your child alone in the car.
- We lead hectic lives, but children must be protected.
- Never leave an infant or child alone in a car.
- Always take them inside with you when doing errands or visiting friends.
- Share this knowledge and rule with others who transport your children—your spouse or partner, babysitter, daycare provider, and other family members.

Remember, your child is your top priority and keeping him or her safe is essential. Here are some tips on how to get your tasks done while keeping your child safe.

- Bring a friend. Ask an adult you trust to come along for a ride to the store, gas station or while running errands.
- Plan ahead. Run errands after nap time when your child is less likely to fall asleep in the car.
- Use drive-thru banking. Keep deposit slips and envelopes in your car glove box. Use drive thru tellers and ATM when running around with kids.
- Flex your time at work. If possible, work a half day and use the additional time to get your monthly tasks done.
- Set-up a regular babysitting swap with another parent. Take turns babysitting another parent’s children while they run errands. Take the kids to the park, for a walk, or hang out in your backyard. Next time it will be your turn to check off your to-do list without distractions.
Free Summer Fun at your local library...

**Brewster Ladies’ Library**
508-896-3913
Story Hour
Wednesdays, 10:30 am
(ages 3 and up)
Wed., July 6, 2 pm — **performer Jungle Jim**
(ages 3 and up) Registration required
Thurs., July 7, 2 pm — **Nautical Family Workshop**
(ages 6 and up) Registration required
Fri., July 8, 2 pm — **Sparky’s Puppets!**
Sat., July 9, 11 am — **Meet the Whitecaps**
Tues., July 12, 1 pm, 2 pm, and 3 pm
**Boston Museum of Science: Portable Planetarium**
(ages 5 and up) Registration required
Thurs., July 14, 2 pm — **Curious Creatures Animal Show**
Thurs., July 21, 1 pm — 2:30 pm — **Family Science Fun Fair**
(ages 5 and up)
Friday, July 22, 2 pm — **Movie and Popsicles**
Tues., July 26, 10 am — 2 pm — **4-H Coastal Explorer**
Fri., July 29, 1 pm — 5 pm — **Harry Potter Birthday Party**
Thurs., August 4, 2:30 pm — **Summer Reading Song & Story Celebration with Davis Bates & Roger Tincknell**
Fri., August 5, 2:30 pm — **Knot-Tying Program**
(ages 5 and up) Registration required
Sat., August 6, 2:30 pm — **Storyteller Janet Glantz!**
Tues., August 9, 2:30 pm — **Scavenger Hunt**
Fri., August 12, 2:30 pm — **Tales to Tails**
Thurs., August 18, 2:4 pm — **Wii Party**
(Ages 5 and up)
Fri., August 19, 2:30 pm — **End of Summer Reading Party**

**Eastham Public Library**
508-240-5950
**Free Drop-in Make and Take Craft** — Wednesdays 1-2 pm
**Pajama Storytime at the Library** — Thursdays 6:30 pm
**Preschool Storytime** — Fridays 10:30 am
**Terrific Tuesday Nights at the Eastham Senior Center** — Tuesdays at 6:30 pm:
7/5 — “Trevor the Juggler”
7/12 — Museum of Science’s Science Magic
7/19 — “Creature Teachers”
7/26 — Pitter Patter Puppets
8/9 — Jungle Jim’s Reading Olympics
Wed., Aug. 10, 10 am — 3 pm — Coastal Explorer visits
Thurs., Aug. 25, 10:30 am — Family Wampanoag program
**TBA Reading to Dogs and Family Yoga**
**Eldredge Public Library, Chatham**
508-945-5170
(most programs require pre-registration)

**Drop-in Storyhour** — Saturdays, July 8, 16, 30, Aug. 13 & 27 — 10:30 am (3—5 yrs.)

**Wee Read Storytime/Playgroup** — Fridays July 8th—Aug. 12th.
9:45—10:45 am (18 mos—3 yrs)
**Monomoy Storytime** — Tuesdays, July 5 & 12 and Aug. 2, 1:30—3 pm
(grades K to 2) registration required
**Itsy Bitsy Yoga**
Thursdays, July 7—August 11
Tyke (24 mos.—4 yrs.) 9 am
Tot (crawlers—24 mos.) 10 am
Infant (newborn-pre-crawling) 11 am

Tues., June 28, 1:30 pm — **Collaborative Summer Library Program “Opening Ceremony” with Bob Bloom’s Drumming About You!**
Sat., July 2, 10:30 am — **Toe Jam Puppet Band**
Tues., July 12, five sessions (10:00, 10:30, 11:00, 11:30, and 12:00) for all ages **Barn Babies**
Tues., July 19, 1:30 pm **The Magic of Steelgraves**
Thurs., July 21, 2 pm — **Wingmasters: World of Owls**
(Grades K and up)
Sat., July 23, 10:30 — **Dream Tale Puppets**
Sat., July 2, 2-4 pm — **Fairy Houses Workshop**
(Grades K-4)
Tues., July 26, 1:30 pm — **Jay Mankita’s Eat Like a Rainbow**
Fri., July 29, 10:30 am — **Musician Dale Freeman**
Sat., August 6, 10:30 am — **Ed Popielarczyk’s Magical Moments**
Tues., Aug. 9, 1:30 — **Collaborative Summer Library Program Closing Ceremony with John Higby, The Yo-Yo Guy**
Sat., Aug. 20, 10:30 — **Creature Teachers’ Animals Around the World**
News You Can Use...

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

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

**Free Informal Summer Playground Playgroups for July & August:**
9 am – 11 am
Come early or stay late, it’s up to you!
Mondays: Chatham Playground, Depot Rd. next to Veteran’s Field
Tuesdays: Puma Park Playground next to Truro Public Library
Wednesdays: Brooks Park Oak Street in Harwich
Thursdays: Baker’s Field Wellfleet
Fridays: Orleans Playground next to Eldredge Park
Saturdays: Orleans Elementary School Playground behind OES
These play dates are not led by anyone specific so if you see another family, say hi!

**The Learning Garden Preschool**
63 Hopkins Rd., Orleans
508-255-7328
Fall openings still available for ages 3 and 4. Come grow and play with us!

**PFLAG—Brewster**
(third Monday)
July 18 & August 15
7-8:30 pm
First Parish Brewster
1969 Main Street
This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support/half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-240-0696 or www.pflagcapecod.org

**Free Fun Fridays!**
60 Museums & Cultural Venues open for free on Fridays all summer!
Brought to you by the Highland Street Foundation.

**July 8th:**
Museum of Fine Arts, Boston
Plimouth Plantation, Plymouth
Peabody Essex Museum, Salem
Cape Ann Museum, Gloucester
Buttonwood Park Zoo, New Bedford
Children’s Museum in Easton, North Easton
The Hall at Patriot Place, Foxborough
Provincetown Art Association and Museum, Provincetown

**July 15th:**
Edward M. Kennedy Institute, Boston
Boston Athenaenum, Boston
Larz Anderson Museum, Brookline
Cape Cod Children’s Museum, Mashpee
Edward Gorey House, Yarmouth Port
Danforth Art Museum/School, Framingham
Spellman Museum of Stamps & Postal History, Weston
Fitchburg Art Museum, Fitchburg

**July 22nd:**
Boston Harbor Islands National and State Park, Boston
Arnold Arboretum of Harvard University, Boston
New Bedford Whaling Museum, New Bedford
Cape Cod Museum of Art, Dennis
Pilgrim Hall Museum, Plymouth
The Eric Carle Museum, Amherst
Fruitlands Museum, Harvard
Museum of Russian Icons, Clinton

**July 29th:**
John F. Kennedy Presidential Library & Museum, Boston
Commonwealth Museum, Boston
Battleship Cove, Fall River
Sandwich Glass Museum, Sandwich
Nantucket Whaling Museum, Nantucket
Tower Hill Botanic Garden, Boylston
Commonwealth Shakespeare Company, Boston

**August 5th:**
Harvard Museum of Natural History, Cambridge

**August 12th:**
The Institute of Contemporary Art, Boston
USS Constitution Museum, Boston
The Discovery Museums, Acton
EcoTarium, Worcester
Children's Museum of Greater Fall River, Fall River
New England Historic Genealogical Society, Boston
Fuller Craft Museum, Brockton
Griffin Photography Museum, Winchester

**August 19th:**
The Old State House, Boston
The Greenway Carousel, Boston
Springfield Museums, Springfield
Deerfield Academy, Deerfield
Hancock Shaker Village, Pittsfield
The Old Manse, The Trustees, Concord
Worcester Historical Museum, Worcester

**August 26th:**
Franklin Park Zoo, Boston
Old Sturbridge Village, Sturbridge
Freedom Trail Foundation, Boston
Museum of African American History, Boston & Nantucket
Norman Rockwell Museum, Stockbridge
Berkshire Museum, Pittsfield
Ventfort Hall Mansion and Gilded Age Museum, Lenox
Cape Cod Museum of Natural History, Brewster
These free activities are offered in the Lower/Outer Cape towns for children aged birth-3, accompanied by a parent or caregiver. Call 508-240-3310 for more information.

Monday Morning Meet-Up...

Mondays
July 11, 18, 25 and August 1 & 8
9:30-11 am

Join Lucy Gilmore at Eldredge Parkway Playground (next to ball field), Orleans. Water, play and more. Bring a towel and dry change of clothes!

Family STEAM!
(Science, Technology, Engineering, Art and Math)

Thursday, July 14
1-2:30 pm
At Snow Library, Orleans

Thursday, July 21
1-2:30 pm at Brewster Ladies’ Library
For children 4-8 with parent participation. Explore discovery based stations at your own pace.

Funding support for most of these programs is provided by grants from the Massachusetts Department of Early Education and Care & Children’s Trust, administered by Cape Cod Children’s Place.
Free Summer Fun at your local library...

Brooks Free Library, Harwich
508-430-7562
Creative Movement—Mondays 10:30 am
Storytime—Tuesdays at 10:30 am
Preschool Yoga—Wednesdays 10:30 am
Mother Goose on the Loose—Fridays 10:30 am
Kids Craft—Fridays 2:30 pm

Tues., July 5, 2:30 pm—Process Art for Kids!
Thurs., July 7, 2:30 pm—Big Ryan’s Tall Tales
Tues., July 12, 2 pm—Barn Babies
Thurs., July 14, 2:30 pm—Magic Show

Tues., July 19, 2:30 pm—Rainforest Reptiles
Sat., July 23, 2:30 pm—Trevor the Juggler
Tues., July 26, 1 pm—Harwich Mariners Storytime
Thurs., July 28, 2:30 pm—Animal World Experience
Tues., Aug. 2, 2:30 pm—Magic Show

Thurs., Aug. 4, 2:30 pm—Read to Dogs
Tues., Aug. 9, 2:30 pm—Animal Invaders
Thurs., Aug. 11, 10 am—Coastal Explorer Van
Fri., Aug 12, 10:30 am—Pitter Patter Puppets

Tues., Aug. 16, 2:30 pm—Creature Teachers
Thurs., Aug. 18, 2:30 pm—Library Olympics
Sat., July 20, 2:30 pm—Make Ice Cream!

Snow Library, Orleans
508-240-3760

Pajama StoryTime—Wednesdays, July 6-Aug. 10 at 6:30 pm for 3-6 year olds
Thurs., July 7, 4-5 pm—Ice Cream Party Summer Reading sing up

Tues., July 12, 11 am—Jungle Jim’s Reading Olympics show
Thurs., July 14, 10:00 am-3:00 pm—Coastal Explorer
Thurs., July 14, 1:30-3:00 pm—Lucy’s STEM Experiments
Tues., July 19, 4 pm—Friendship Bracelet Craft

Thurs., July 21, 11 am—Nappy’s Shadow Puppets
Tues., July 26, 4 pm—Boston Museum of Science Magic Show
Thurs., July 28, 10 am-4 pm—StoryWalk Peter Rabbit
Thurs., Aug. 2, 4 pm—Storyteller Mark Binder
Thurs., Aug. 4, 11 am—Pool Noodle Craft
Tues., Aug. 9, 2 pm—Letterboxing Workshop
Thurs., Aug. 11, 11 am—Scott Jameson

Wellfleet Public Library
508-349-0310

Toddler Tales Storytime—Fridays, 10:30 am
(Additional special guests to be announced)
Pinto Bella Hula Hooping!
Five Special Fridays—July 15, 22, 29, Aug. 5 & 12
11 am & 12:30 pm
Wed., July 6, 3:30-5 pm (registration required)—Cape Cod Arts & Crafty Teachers
Thurs., July 9, 3:30-5 pm—Rosalind Pace & Marcia Simon present Making a Book
Wed., July 13, 4 pm—Whalemobile!
Thurs., July 14, 2 sessions: 4-4:50 & 5:50 (registration required) - Museum of Science Travelling Program—Blizzards: Outwit the Elements
Wed., July 20, 3:30-5:30 pm (registration required) - Cape Cod Arts & Crafty Kids with Jessie Kalelkar
Thurs., July 21, 4 pm—Rainforest Reptiles
Wed., July 27, 3:30-5 pm—Caravan Puppets

Truro Public Library
508-487-1125
Storytime—Thursdays, 10:30 am

Wednesday Night is Family Night
6:30 pm
June 29—Music: Johnny & the Washashores
July 6—World Class Frisbee Show
July 15—Spin Art!
July 13—Trevor the Juggler
July 20—Sword presentation
July 27—Thornton Burgess Society
Aug. 3—Ready, Set...Go with creative and expressive art educator Jennifer Stratton
*Aug. 10 (*at 10:30 am)—The Harwich Junior Players Troupe
Aug. 17—Basics of Sauté with Peter & Noah Thrasher

DISCOVER THE NATURAL WORLD
Tues., July 5, 10:30 am—Tide Pools and Ponds
Tues., July 12, 10:30 am—Unusual Sea Life
Tues., July 21 10 am-3 pm—4-H Coastal Explorer
Thurs. July 28-Sat. July 30—Beatrix Potter StoryWalk
Tues., Aug. 2, 1 pm—Sciencetellers—"Race Against Time"
Tues., Aug. 9, 10:30 am—Crabby Critters

Pajama StoryTime—Wednesdays, July 6-Aug. 10 at 6:30 pm for 3-6 year olds
Lower Cape Dads’ Talk
Wednesday, July 6
Wednesday, August 3
6:00—7:30 PM
Harwich Community Center
100 Oak St., Harwich

With Eric Hauch. 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: Beverly@capecoalition.com or 508-771-4336

Sponsored by the Cape Cod Neighborhood Support Coalition, Cape Cod Children’s Place, Family Support Project, and Harwich Early Childhood Council.

Summer Food Program (Food for Kids)

U.S.D.A. Summer Food Program for all children under the age of 18. June 30-August 22, 2016 (Mon.-Fri.)
Child Nutrition program supported by: MA Dept. of Elementary & Secondary Education, Project Bread and Church of the Holy Spirit in Orleans

Chatham:
Chatham Community Center
702 Main St., Chatham
Breakfast: 8-10 AM, Lunch: 12-12:45 PM

Congregational Church
650 Main, St., Chatham
Lunch: 11:45 AM
Starts July 1

Eastham:
Nauset Regional High School
100 Cable Rd., Eastham
AM Snack: 9:30-10 AM, Lunch: 11:30-12:30
July 1-August 12

Harwich:
Harwich Arts Center
265 Sisson Rd., Harwich
Lunch: 11:45 AM

Orleans:
Nauset Middle School
70 Rt 28, Orleans
AM Snack: 9:30-10 AM, Lunch: 11:30 AM-12:30 PM

Snow Library
67 Main St., Orleans
AM Snack: 9-10 AM, Lunch: 11:45 AM

Provincetown:
Provincetown Public Library
356 Commercial St., Provincetown
Lunch: 12-12:45 PM

Wellfleet:
Baker’s Field
70 Kendrick Ave., Wellfleet
AM Snack: 9:30-10:15 AM, Lunch 12:00 PM

For more information contact: Ruth W. Campbell, Director of Food for Kids 413-537-9200 rwcampbell@verizon.net
Seamen’s Bank
Member FDIC/DIF
Presents

Wish Upon A Star
An Evening of Food, Drink, Auctions, Art, & Music
benefiting
cape cod children’s place

August 11th, 6 – 9pm
Music By
Sarah Swain & The Oh Boys

Hosted by
TRURO VINEYARDS

For more information please go to
http://capecodchildrensplace.com
(508) 240-3310

Tickets $75 includes food and drink
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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A Baby Center</strong></td>
<td>508.771.8157</td>
<td>Basic items for infants and toddlers up to age three living on Cape Cod and Islands</td>
</tr>
<tr>
<td><strong>Al-anon</strong></td>
<td>508.394.4555</td>
<td>Offering support for friends and families of problem drinkers</td>
</tr>
<tr>
<td><strong>Cape &amp; Island Breast Feeding Warm Line</strong></td>
<td>888.890.2229</td>
<td>Lactation services and classes are available to local Cape and Islands mothers</td>
</tr>
<tr>
<td><strong>Child Support Enforcement-Mass DOR</strong></td>
<td>508.771.2414 x 3</td>
<td>Assistance in enforcing the financial responsibilities of parenthood</td>
</tr>
<tr>
<td><strong>Consumer Credit Counseling</strong></td>
<td>800.208.2227</td>
<td>Budgeting and debt consolidation assistance</td>
</tr>
<tr>
<td><strong>Family Support Program and Maternal Depression/Cindy Horgan</strong></td>
<td>508.240.3310</td>
<td>Free referrals to parenting resources, child and family therapists, etc.</td>
</tr>
<tr>
<td><strong>Fuel Assistance Program</strong></td>
<td>508.746.6707</td>
<td>Emergency fuel/heating help</td>
</tr>
<tr>
<td><strong>Healthy Connections</strong></td>
<td>508.255-1903</td>
<td>Referrals for free/low cost health insurance</td>
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<tr>
<td><strong>Homeless Prevention Council</strong></td>
<td>508.255.9667</td>
<td>Counseling, advocacy, resources and referral services</td>
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<tr>
<td><strong>Independence House</strong></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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<tr>
<td><strong>La Leche League/Gabrielle</strong></td>
<td>508.237.8786</td>
<td>Providing education, information, and support to women who want to breastfeeding</td>
</tr>
<tr>
<td><strong>Lower Cape Outreach Council</strong></td>
<td>508.240.0694</td>
<td>Providing short-term emergency assistance to Lower Cape families and individuals</td>
</tr>
<tr>
<td><strong>Mass APEAL</strong></td>
<td>508.349.1173</td>
<td>Free clothing as well as information on Serve New England Program</td>
</tr>
<tr>
<td><strong>MSPCC</strong></td>
<td>508.775.0275</td>
<td>Protecting and promoting the rights and well-being of children &amp; families</td>
</tr>
<tr>
<td><strong>Outer Cape Health Services</strong></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>
</tr>
<tr>
<td><strong>Outer Cape Women, Infants and Children’s (WIC) Nutrition Program</strong></td>
<td>800.675.1188</td>
<td>Supplemental foods, health care referrals, and nutrition education</td>
</tr>
<tr>
<td><strong>Parental Stress Line</strong></td>
<td>800.632.8188</td>
<td>A free, confidential, and anonymous 24-hour parent helpline for parental support</td>
</tr>
<tr>
<td><strong>Provincetown Family Resource Center</strong></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><strong>WE CAN</strong></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>
</tr>
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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.