



cape cod children's place FAMILY NEWSLETTER

Winter 2026

From cozy moments to big milestones, winter reminds us of the power of connection. As the season shifts, we continue supporting families, nurturing little ones, and building brighter futures—together.



Visit our website for more info:

[capecodchildrensplace.com](https://www.capecodchildrensplace.com)



Early Childhood Screening Opportunities

Cape Cod Children's Place is offering one-on-one time with our ASQ Coordinator to complete the Ages and Stages Questionnaire—a trusted tool that helps you understand how your child is learning, moving, and connecting.

- Celebrate milestones
- Know what's next in development
- Identify if extra support could help



✉ kmedwin@capecodchildrensplace.com

Community Engagement / Early Learning Council Meetings

- Early Learning Network: 1/22 | 3/26
 - Lower/MidCape: 2/23
- Monomoy: 1/8 | 2/5 | 3/5

for more info, email
dolly@capecodchildrensplace.com

Preschool Spotlight

“As an Early Education Teacher, I believe when we invest the time, energy, and love into teaching the youngest of children, we help them grow into respectful and kind adults.”



– Monica, Teacher

First Steps Together

Contact: Christina Russell, LICSW Project Director
☎ 774-722-3305 ✉ crussell@capecodchildrensplace.com

- Support for families impacted by substance use.
- Home visiting across Cape Cod by a team with lived experience
- Parenting & recovery coaching
- Trauma-informed support groups (live & virtual)
- Help navigating DCF
- Tools to build resilience, attachment, recovery, and community

Parent-child engagement groups

Monday

- Baby Steps Together (0-12mos)
- Busy Bees Tot (1-3yrs)
- Open Gym (0-5yrs)
- Melody Makers (2-5yrs)

Tuesday

- Story & Project #1 (2-5yrs)
- Story & Project #2 (2-5yrs)
- Lunch Bunch (2-4yrs)
- Supper Club (4-7yrs)

Wednesday

- Ready-Set-Go! (18m-5yrs)
- Tots & Tales (18m-3yrs)
- Rhyme & Shine (3-5yrs)
- Jamboree (2-6yrs)

Thursday

- Little Winter Explorers (2-6yrs)
- Thursdays in Motion (0-5yrs)
- Sensory Playgroup (2-5yrs)

Friday

- Cozy Creation Art Station (2-6yrs)
- Toddler Town (18mos-3yrs)
- Puppet Playgroup (2-6yrs)
- Movers & Shakers (1-3yrs)
- Story Explorers (3-5yrs)



for more info, visit

capecodchildrensplace.com/events



Parent education, workshops, support groups

- Raising Healthy Families, parenting series, virtual, 1/13 – 2/10, 6-7:30pm
- Nurturing Fathers, parenting series, virtual, 1/8 – 2/26, 6-7:30pm
- Circle of Security Parenting, virtual parenting series, 1/15 - 3/12, 6-7:30pm
- Lower Cape Momma's Group, in-person support group, weekly at 11am
- Mid Cape Momma's Group, in-person support group, 3rd Saturday at 9am

for more info, visit: capecodchildrensplace.com/events

Winter Family Fun

- Create a bird feeder with pinecones - hang it outside and watch winter birds visit
- Build a snowman together
- Take a winter nature walk and look for animal tracks in the snow



- Make paper snowflakes
- Host a family game night with board games or puzzles
- Have a cozy movie night with blankets and hot cocoa
- Build a blanket fort and read winter-themed books inside
- Try a simple science experiment like making “snow” with baking soda and water

Winter Safety Tips for Families

- Dress babies and young children in thin, warm layers rather than bulky coats.
- Remove heavy jackets before buckling kids into car seats to ensure proper fit.
- Keep hats, mittens, and boots dry to avoid chills.
- Watch for signs of overheating indoors — remove extra layers once you’re inside. • Use blankets or stroller covers to shield infants from cold wind outdoors

Nutrition & Movement in Winter

Cold weather can make it harder to stay active and eat well, but small changes go a long way. Try simple indoor activities like dancing, yoga, or obstacle courses to keep kids moving.

Warm, nourishing meals — soups, stews, or baked dishes — are perfect for family cooking, and children can help with easy tasks like stirring or setting the table.

We’re also proud partners of the **Family Pantry of Cape Cod** — families can sign up as clients, and groceries are delivered to our location once a month.

cape cod children’s place
mailing: P.O. Box 1935, North Eastham MA 02651
physical: 10 Ballwic Rd., Eastham MA 02642
capecodchildrensplace.com

