



cape cod children's place FAMILY NEWSLETTER

Fall 2025

Cheers to 30 Years!

From nurturing little ones to empowering families, we've spent three decades building a brighter future together. This fall, we toast to the impact, the community, and the heart that drives our mission.

If you'd like to join us at our 30th Celebration, visit capecodchildrensplace.com/30years/



Visit our website for more info:

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 your child has reached
- Learn what to expect next in their development
- Discover if any extra support might be helpful



Community Engagement / Early Learning Council Meetings

- Early Learning Network: 9/25 | 11/20
- Lower/MidCape: 10/20 | 12/15
- Monomoy: 10/2 | 11/6

ParentChild+

Equal Possibilities From The Start

For families with children ages 18–30 months:

- Weekly one-hour home visits
- Support from trained early learning specialists available in multiple languages
- Free educational books and toys

Contact: Cindy Horgan

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FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT

Contact: Christina Russell, LICSW Project Director 774-722-3305

crussell@capecodchildrensplace.com

Supporting families impacted by substance use disorder.

- 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)
- Tinkering (3-5yrs)
- Open Gym (0-5yrs)

Tuesday

- Busy Bees (1-3yrs)
- Story & Project, 2 sessions (2-5yrs)
- Nature Art (2-6yrs)
- Tots & Tales, 2 sessions (18m-3yrs)

Wednesday

- Ready-Set-Go! (18m-5yrs)
- Construction Club (3-6yrs)
- Puppet Playgroup (2-5yrs)
- Jamboree (1-5yrs)

Thursday

- Cuties in Carriers (0-12mos)
- Pre-K Explorers (2-5yrs)
- Sensory Playgroup (2-5yrs)
- Little Naturalist (2-6yrs)
- Afternoon Oceanographers (3-6yrs)

Friday

- Melody Makers (2-5yrs)
- Imagination Art Station (2-5yrs)
- Music & Movement with Siobhan (2-5yrs)
- Toddler Town (18mos-3yrs)

for more info, visit

capecodchildrensplace.com/events



Parent ed, workshops, support groups

- Raising Healthy Families: parent ed series, in-person, 10/9 – 11/20, 5:30-7:30pm
- Caring for Kids, Inside and Out, in-person workshop, 12/4, 5:30-7:30pm
- Lower Cape Momma's Group, in-person support group, weekly at 11am

for more info, visit our website

capecodchildrensplace.com/events

Fall Family Fun

- Go apple picking at a local orchard and taste-test different varieties
- Visit a pumpkin patch and let kids choose their own pumpkins
- Take a nature walk to collect colorful leaves, acorns, and pinecones



- Decorate mini pumpkins with stickers, markers, or glitter
- Bake together—try pumpkin muffins or apple crisp
- Build a blanket fort and read seasonal books inside

Sweet Dreams Start with Safe Sleep

- Room-share with your baby, but have them sleep in their own crib
- Keep the sleep area free of blankets, toys, and other loose items
- Always place baby on their back to sleep
- Position baby with feet near the bottom of the crib or bassinet
- Maintain a smoke-free home environment

Helping Your Baby Learn to Self-Soothe



Self-soothing is a gradual journey. It begins with comforting routines like rocking, feeding, and holding. As babies grow, they move from needing full support to calming with just your voice nearby. Over time, they build confidence to settle themselves—starting with your touch, then your voice, then just knowing you're close.

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