



CAPE COD CHILDREN'S PLACE FAMILY NEWSLETTER

SPRING 2026

Renewal in Motion

Our new octopus symbolizes curiosity, adaptability, and renewal — qualities we see in every family we serve.

With many arms reaching outward, it reflects the many ways we support growth, connection, and fresh beginnings this spring.



With spring comes renewal — in our routines, our communities, and the ways we show up for one another.

Together, we continue building spaces where families feel supported, children feel seen, and everyone can grow.

Visit our website for more info:
capecodchildrensplace.org



Understanding Your Child's Development

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.org

Community Engagement / Early Learning Council Meetings

- Early Learning Network: 5/21
- Lower/MidCape: 6/21
- Monomoy: 4/2 | 5/7

for more info, email

dolly@capecodchildrensplace.org



First Steps Together

Contact: Christina Russell, LICSW Project Director

☎ 774-722-3305 ✉ crussell@capecodchildrensplace.org

- 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 Yoga on the Farm (0-12mos)
- Toddler Yoga on the Farm (1-3yrs)
- Music & Movement (2-5yrs)

▶ TUESDAY

- Story & Project (2-5yrs)
- Storytime & Craft (2-5yrs)
- Nature Art (3-6yrs)
- Busy Bees (0-2yrs)
- Read it and Eat it (3-6yrs)

▶ WEDNESDAY

- Kids Movement Jamboree (2-5yrs)
- Move Together Jamboree (2-5yrs)
- Dad & Me Fishing (4-8yrs)
- Future Friends (3-6yrs)

▶ THURSDAY

- Little Naturalist (2-6yrs)
- Afternoon Oceanographers (3-6yrs)
- Ready for Summer (1-3yrs)
- Cuties in Carriers (0-12mos)
- Pre-K Explorers (3-5yrs)

▶ FRIDAY

- Story & Snack Makers (3-6yrs)
- Imagination Art Station (2-6yrs)
- Little Scientists (2-6yrs)
- Molly's Tuxedo (3-6yrs)

▶ SATURDAY

- Kitchen Concoctions (2-6yrs)

▶ COMMUNITY EVENTS

- Family Fun Fair (5/16)
- Screen-free Week (5/4 - 5/8)
- Countdown to Kindergarten (6/4)

for more info, visit capecodchildrensplace.org

Parent education, support groups

- **RAISING HEALTHY FAMILIES**
 - 4/27 – 6/8, 5:30-7:30pm, at the Bridge Center, Barnstable
- **PROVINCETOWN: RAISING HEALTHY FAMILIES**
 - 4/2 – 4/30, 4:30-6pm, at Veterans' Community Ctr, Provincetown
- **STRATEGIES FOR EFFECTIVE PARENTING**
 - parent ed coffee chat, 4/28, 9:15-10:15am, at Harwich Elementary
 - parent ed coffee chat, 5/5, 8-9am, at Chatham Elementary
- **LOWER CAPE SUPPORTING MOMMA GROUP**
 - In-person support group, weekly, 11am-12pm at CCCP
- **MID CAPE SUPPORTING MOMMA GROUP**
 - In-person, 3rd Saturday, 9-10am at South Dennis Free Public Library

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Spring Family Fun

- Nature scavenger hunt – look for budding flowers, bird feathers, unique rocks
- Bike ride on a new trail – pack a snack and make it an adventure
- Kite flying – great on breezy spring days!
- Picnic at a park or beach – bring bubbles, frisbee, or chalk.
- Build a simple fairy garden
- Cloud watching – blanket + imagination
- Spring-themed cookie decorating – butterflies, eggs, flowers
- Join us at our *Family Fun Fair!*

Spring Safety Tips

- Use helmets for bikes, scooters, and skateboards.
- Protect against ticks & mosquitoes. Use repellent, wear long sleeves/pants in wooded areas, and do full-body tick checks after being outside.
- Apply sunscreen—yes, even in spring.
- Wear hats & sunglasses.
- Stay hydrated.



Early Seeds of Connection

Social and emotional development begins long before children can fully express themselves. In these early years, little ones rely on the adults around them to help make sense of their feelings and experiences.. Their social and emotional skills grow through everyday moments — being comforted when upset, having routines they can count on, and feeling safe, seen, and supported by the adults around them.

Through play, relationships, and gentle guidance, children learn to recognize emotions, express them in healthy ways, and build the foundations for lifelong resilience.



cape cod children's place

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