



# TOGETHER WE CAN FAMILY NETWORK

246 MAPLE STREET, SUITE 2, MARLBOROUGH, MA 01752

## *Fall 2011 Newsletter*

Serving the towns of Berlin, Boylston, Hudson, Leicester, Marlborough, Northborough, Shrewsbury, Southborough, and Westborough.

### Another Fall, Another Family Network Move

The Together We Can Family Network is now situated in our new home and slowly pulling things together. Communications with families, facilitators, and the community are slightly hindered due to a telephone line issue on the pole—no internet or email. Lots of old-fashioned phone calls. As you can see, however, our newsletter is complete, thanks to our TWC volunteers and the Beginning Years Family Network's computer.

I would like to take this opportunity to further thank everyone who offered their precious time to help us clean, pack, and unpack. Even those who wanted to help, but did not have sitters. Thank you so much!

Other opportunities are available for Registration/Lottery Day 9/7, Open House preparation on 9/9, or with the Parent Planning Group (meeting dates to be determined.) Please let Cindi know how you can help.

TWC looks forward to another year with all of the TWC families and welcomes all new parents who want to make connections within their communities, build a deeper relationship with their child(ren), or enjoy the wonders of being their child first teacher! Come play and learn with us! Invite your friends to join you! Hope to see all of you soon!  
Warm Wishes Always!-Cindi

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## **Family Network Open House Event**

Friday, September 9th, 10AM—2PM  
Free activities and goodies for all!

10:30 AM: Celebrity Reader, Mayor Nancy Stevens

12:00 PM: Music with Ed Morgan

12:30 PM-1:30 PM: Ice Cream Truck

Also enjoy making your own special book & snack, fall craft, and family photos!

## **Parent Resource Library**

### **Helping You Be the Best First Teacher for Your Child**

The Together We Can Family Network was able to put some funds into our resource library back in June. These books are now available for parents who are ready to be the best parent they can be. Sure, it takes a little quiet time to read up on today's parenting theories and guides, but your child worth it!

#### New Book Titles

Beyond Time-Out: From Chaos to Calm

Living With Less, So Your Family Has More

Raising Happiness: 10 Simple Steps For More Joyful Kids & Happier Parents

The Everything Parents' Guide to Children with Special Needs

What I Wish I'd Known About Raising a Child with Autism

Building Resilience in Children & Teens

Parenting a Preschooler-A Complete Guide to Preparing Your Child for the Classroom

Complete Idiots Guide to Reading with Your Child

Raising Fit Kids in a Fat World

Mind In the Making: The Seven Essential Life Skills Every Child Needs

Raising Confident Happy Children

The Happiest Baby on the Block

Just sign out on the clipboard any book or item you borrow (for up to 3 weeks).

Cindi and Tina would like to extend their deepest gratitude to those families who donated items or time to the Family Network. Here are just a few of their names: Fraser Family, Brizuela Family, Clemons Family, Abbondanzio Family, Ibaraki Family, Doona Family, Wade Family, Skoog Family, and Beth Gailor.

## Play Space Hours

The current drop-in hours for the play space for newborns—kindergarteners are:

Tuesdays 1:30 PM-2:45 PM

Thursdays 10:45 AM-12:45 PM



Please note that the play space is limited to 12-15 children at a time, depending on ages. A sign will be posted on the front door if open play is at full capacity. There are no structured activities or a facilitator during drop-in. We will be closed on October 10th, November 11th, 24th and 25th, & December 26th-January 2nd.

## Parent Planning Meetings

Another way to get involved with the Family Network is through our Parent Planning Meetings. TWC supports families with their individual needs, but together you can build a bigger and better community by sharing your great ideas for TWC. What do families need from the TWC Family Network? How can we best serve families in our nine towns? How can we best spend our enrichment and materials funding? Tell Cindi or Tina your ideas. Meetings TBD....

## Playgroups and Parent/Child Activities-Fall Session One

Title and Description	Days/Times
Fun With Food: (2 .9 years +) Your child will experience the joys of cooking through this introductory playgroup with simple recipes, coordinating children's literature, and other hands-on activities. This is a mini-playgroup option, four weeks long. Offered two times during fall's first session only.	Mondays 9:15 AM–10:30 AM
Toddlers Playgroup: (15 months—2.6 years) Age-appropriate activities provided for this unique age group.	Mondays 10:45 AM–12:00 PM
Fun With Food II: (2 .9 years +) Your child will experience the joys of cooking through this introductory playgroup with simple recipes, coordinating children's literature, and other hands-on activities. This is a mini-playgroup option, four weeks long. Offered two times during fall's first session only.	Mondays 1:45 PM–3:00 PM
Just Messing Around: (18 months +) Roll up your sleeves for this ooey-gooley playgroup! Prepare to get slightly messy as you make your own bubbles, squish homemade goop, and dig in the dirt!	Tuesdays 9:15 AM–10:30 AM
All Ages Playgroup: All ages are welcome, birth through 6 years old.	Tuesdays 10:45 AM–12:00 PM
Lunch Buddies: Parents and children of all ages are welcome to bring your own lunch and hang out for some early afternoon fun, especially if your child is not a napper!	Tuesdays 12:15 PM–1:15 PM
Fresh Air Playgroup: Gather together at Wood Park for some outdoor fun, stories, and crafts.	Tuesdays 3:00 PM–4:15 PM
Community Playgroup: (18months—36months) This group will be facilitated by an Early Intervention Specialist, allowing children the opportunity to participate in developmentally appropriate activities supporting growth in the areas of language, cognition, play, social/emotional, and motor skills. Parents have the benefit of meeting other adults and furthering their knowledge of child development through the expertise of the facilitator.	Wednesdays 9:30 AM–11:30 AM
Beautiful World of Babies: (newborns through 12 months) Okay, so smelly diapers and midnight feedings may not be so beautiful, but the connection between you and your little one is so precious! Build upon that connection and share your unique experience with other local moms and their bundles of joy! Babies will enjoy simple exercises, nursery rhymes and stories, and lullabies/songs.	Wednesdays 10:00AM–11:15 AM

## Playgroups and Parent/Child Activities Continued

Title and Description	Days/Times
Music Playgroup: (18 months +) Explore the foundations of music (rhythm, dynamics, tempo, etc.) and the different genres of music by playing instruments, listening activities, motor play and singing.	Thursdays 9:30 AM–10:45 AM
On the Road to Reading: Preschoolers will follow the “Get Ready to Read” curriculum. Parents and children will review print knowledge, emergent writing, linguistic awareness, and many great books!	Thursdays 1:00 PM–2:15 PM
Soccer Playgroup: (3 years+) Ghiloni Park, backyard of Rec. Center, next to skate park area. Parents need not participate but must remain near practice site. Introduction to stretching, kicking, dribbling, passing, blocking, scoring, and a lot of running! First session only.	Thursdays 2:00PM–3:00 PM
Animals ‘R Us: (All Ages) Each week this group will listen to exciting stories and discover unique facts of interesting animals. Creative art activities will coordinate with each animal of the week!	Fridays 9:15 AM–10:30 AM
All Ages II Playgroup: All ages are welcome, birth through 6 years old. PCHP families are given priority in this group!	Fridays 10:45 AM–12:00 PM
Happy Trails Playgroup: (Walkers or backpack children welcome) This group will meet at a rotation of parks or trails in Marlboro and surrounding towns. Light rain or shine. During heavier rain, meet at the family center. Site listing will be mailed after registration.	Fridays 1:00PM–2:15 PM

## Playgroups and Parent/Child Activities-Fall Session Two Changes

Title and Description	Days/Times
Art Adventures: (3 years +) Explore art and literature through fun hands-on activities! Younger and older siblings are welcome to attend as well. Please dress appropriately.	Mondays 9:15 AM–10:30 AM
Gotta Keep Going Playgroup: (All Ages) Have you always been looking for a fun activity to do with your child in the afternoon? Well, now is the time to take advantage of this perfect opportunity.	Tuesdays 3:00 PM–4:15 PM
Bugs ‘R Us: (All Ages) Each week this group will listen to exciting stories and discover unique facts of interesting insects. Creative art activities will coordinate with each bug of the week!	Fridays 9:15 AM–10:30 AM
Introduction to Spanish: (2.9 years+) This playgroup will explore the basics of the Spanish language and culture through stories, songs, crafts, play and conversation.	Fridays 1:00 PM–2:15 PM

### About Playgroups

Each of these literacy playgroups will focus on a particular subject every week through books, songs, art, and movement. There will be time for snack, socialization, and networking. Remember to bring a beverage for your child as we are unable to provide drinks. During the first week feel free to sign up for snack duty where you simply provide a yummy treat for your group (with attention to food allergies). The Family Center provides snack for the first week of groups.

Session I playgroups will be held from Mon., Sept. 12–Fri., Nov. 4

Session II playgroups will be held from Mon., Nov. 7–Fri., Dec. 23

### Health Policy

Please be mindful that if your child has cold or flu-like symptoms, they may be contagious. If you're not sure, feel free to call us and we'll help you sort out what would be best for all. Kindly respect the health of other children when deciding whether or not to have your children accompany you to the play space.

### Cancellations

We will close if the Marlborough Public Schools close or refer to our website calendar on questionable weather days. For all other emergency situations, parents will be contacted by the facilitator or director.

## Parent Workshops

See following page for full descriptions

All YMCA workshops are held at 4 Valente Dr., Westboro, off Rt. 20 across the street from the Christmas Tree Shop

Title and Facilitator	Dates/Times	Location
Emotions Coaching Jeanine Fitzgerald , Cert. Human Behavior Specialist	Tues., Sept. 20 6:30-8:00 PM	YMCA Westboro
4 Part Series: Act, Don't Yak and Cut Out Half the Yelling in Your Family; Part 1-Family Meetings and Encouragement Susan Tordella, author of "Raising Able: How Chores Empower Families"	Thurs., Sept. 29 6:30-8:00 PM	YMCA Westboro
4 Part Series: Part 2-Mutual Respect and Your Child's Motivation	Thurs., October 6 6:30-8:00 PM	YMCA Westboro
4 Part Series: Part 3-Natural and Logical Consequences	Thurs., October 13 6:30-8:00 PM	YMCA Westboro
4 Part Series: Part 4-The Benefits of Chores Last A Lifetime Please not there is no meeting on 10/20!	<u>Thurs., October 27</u> 6:30-8:00 PM	YMCA Westboro
Picky Eater Makeover Liz Weiss, Co-Author of "The Moms' Guide to Meal Makeovers" and "No Whine with Dinner," founder of www.mealmakovermoms.com and Registered Dietician	Tues., October 18 6:30-8:00 PM	YMCA Westboro
College: Getting There From Here Michael Lashua, EdwardJones-Marlborough	Thurs., Nov. 3 6:30-8:00 PM	TWC Family Center
Different Child, Different Needs Jeanine Fitzgerald, Owner of the Better Behavior Bureau	Tues., Nov. 8 6:30-8:00 PM	YMCA Westboro
How to Raise a Money Smart Child Michael Lashua, EdwardJones-Marlborough	Tues., Nov. 17 6:30-8:00 PM	TWC Family Center
Sweet Dreams Jeanine Fitzgerald, Author of "The Dance of Interaction"	Tues., Nov. 22 6:30-8:00 PM	YMCA Westboro

### Special Events and Offerings

**Sensory Processing Parent Support Group, with Julie Dalbec** to be held at TWCFN on Tuesdays, beginning October 4th. First group will meet 6:30-8 PM and will determine future meeting dates and times. Parents will learn the basic understanding of the sensory framework and current theories which will support further discussions of case studies and conversations of your own unique experiences with raising a child with sensory integration issues.

**Marlborough Hills Health Center Musical Concerts with Carrie Rowan** at 121 Northborough Road East on Fridays, Sept. 30th @ 10AM, Oct. 28th @ 2PM, Nov. 18th @10AM, and Dec. 16th @ 2PM. Registration required.

**Audubon Ark Animal Visits** offered at TWCFN through the Drumlin Farm Wildlife Sanctuary to be held on September 28th, 4:00–5:00PM (Chickens and Eggs) and October 26th, 4:00–5:00PM (Mice). Registration required.

**Holiday Present Making** with Kelly Skoog on Saturday, December 3rd at 2:00 PM. Your child will have a choice of many easy art activities to create wonderful holiday gifts for mom, dad, grandparents, siblings, or other family members and friends. Registration required.



## PARENT WORKSHOP DESCRIPTIONS

### **Emotions Coaching**

Emotions dominate the world of children. When they are “fluent in the language of emotions,” children bounce back from adversity faster, make friends more easily and have a greater ability to enjoy life. Children who can regulate their emotions are more likely to consciously nurture their emotional skills. This workshop will explore ways to do this so every child develops emotional fluency. This is a hands-on, make and take workshop.

### **Act, Don’t Yak and Cut Out Half the Yelling In Your Family (Attend one or all)**

(Books for these workshops/family labs will be available for discounted price of \$10 each.)

#### **Part 1: Family Meetings and Encouragement**

Discussion on this particular approach to parenting and learning to formulate a plan to manage your own emotions during critical times.

#### **Part 2: Mutual Respect and Your Child’s Motivation**

Sharing family meeting experiences and identifying your family’s goals.

#### **Part 3: Natural and Logical Consequences**

How and when to use these discipline tools.

#### **Part 4: The Benefits of Chores Last a Lifetime**

Getting your family to work together as a team.

### **Picky Eater Makeover**

Tired of the same old meal plan or no plan at all? Struggling with picky eaters? Looking for easy ways to add variety and more nutrition to your meals that your kids will happily eat? This workshop will discuss finicky eaters and the challenge of getting veggies on the table, ideas for stocking a healthy, “last minute” pantry, and ways to add kid appeal to fruits, vegetables, and whole grains as well as clever strategies for marketing good nutrition to kids. Liz will serve up a sample of one of her new “No Whine with Dinner” recipes. Book door prizes!

### **College: Getting There From Here**

This workshop will discuss the key steps to financial success, including the importance of college, financial aid, savings strategies, and other common saving concerns. You can make college possible for your child!

### **Different Child, Different Needs**

*“Children are not things to be molded, but people to be unfolded.”* This workshop will explore the unique pattern of influence upon a child’s behavior and development, with particular detail on the inherited temperament. Together, we will explore the concept of “goodness of fit” between the child’s traits and those of the adult caregiver. This workshop is uplifting, empowering, and fun!

### **How to Raise a Money Smart Child**

This workshop will explore the importance of teaching your child about money by using some basic financial building blocks. Children are welcome to attend this seminar with their parents and work on money-saving goals together through a hands-on activity and then making it happen with a special take-home gift!

### **Sweet Dreams**

The best time for delivering empowering messages to your child is just before sleep because the subconscious never sleeps. The message plays over and over, having a powerful impact. This session covers the DISC model of human behavior as the basis for developing the messages for your child and culminates in the creation of a pillow case highlighting child’s strengths. One pillow case per family will be provided.

# TWC FAMILY NETWORK FALL 2011 REGISTRATION FORM

This registration form may be mailed to TWCFN at 246 Maple Street, Suite 2, Marlborough, MA, 01752 OR dropped off at the same address by **Wednesday, September 7th, before 10AM**. The lottery will be held on **Wednesday, September 7th, 10AM**.

**Lottery Instructions**

Please **print clearly** and include all requested information. Registration for TWCFN programs will continue as a lottery registration policy. Any family who did not participate in a spring program will have first priority for a fall parent/child playgroup and their registration lottery will be processed before our general lottery. All other families who participated in a spring program will be drawn at random during the general lottery. Families will be entered into one parent/child program or placed on a waitlist. You will receive a phone call only if your first choice is closed or you are on a waitlist. If you get your first choice, you will not get a phone call. Call Cindi if you need clarification on this process.

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Note: Email is for TWCFN use only and will not be shared. It will also help with reducing our mailing costs.*

Children's name & dates of birth (those who will attend group): \_\_\_\_\_

**CHECK ONE:** Our family is new to Family Network  Our family is not new, but we were not in a Spring program

**Parent/Child Play Groups:**

Families are welcome to register for any one of the sessions of the parent/child groups. Please indicate all choices by priority (1,2,3) in case your first group is closed. **You will receive a phone call only if your first program choice is closed or you are placed on a wait list. You will NOT receive a phone call if you are registered in your first program choice.** Visit our website after the lottery as we will post remaining openings. Families may sign up for a second playgroup on a first come, first served basis.

**Session I—Sept. 12–Nov. 4**

**MONDAY**

- \_\_\_ 9:15-10:30 Fun With Food
- \_\_\_ 10:45-12:00 Toddlers
- \_\_\_ 1:45-3:00 Fun With Food

**TUESDAY**

- \_\_\_ 9:15-10:30 Just Messin'
- \_\_\_ 10:45-12:00 All Ages
- \_\_\_ 12:15-1:15 Lunch Bunch
- \_\_\_ 3:00-4:15 Fresh Air

**WEDNESDAY**

- \_\_\_ 9:30-11:30 Community
- \_\_\_ 10:00-11:15 Babies

**THURSDAY**

- \_\_\_ 9:30-10:45 Music
- \_\_\_ 1:00-2:15 Reading
- \_\_\_ 2:00-3:00 Soccer

**FRIDAY**

- \_\_\_ 9:15-10:30 Animals
- \_\_\_ 10:45-12:00 All Ages II
- \_\_\_ 1:00-2:15 Happy Trails

**Session II—Nov. 7–Dec. 23**

**MONDAY**

- \_\_\_ 9:15-10:30 Art Adventures
- \_\_\_ 10:45-12:00 Toddlers

**TUESDAY**

- \_\_\_ 9:15-10:30 Just Messin'
- \_\_\_ 10:45-12:00 All Ages
- \_\_\_ 12:15-1:15 Lunch Bunch
- \_\_\_ 3:00-4:15 Gotta Keep Going

**WEDNESDAY**

- \_\_\_ 9:30-11:30 Community
- \_\_\_ 10:00-11:15 Babies

**THURSDAY**

- \_\_\_ 9:30-10:45 Music
- \_\_\_ 1:00-2:15 Reading

**FRIDAY**

- \_\_\_ 9:15-10:30 Bugs
- \_\_\_ 10:45-12:00 All Ages II
- \_\_\_ 1:00-2:15 Intro to Spanish

Around the Town Tour: \_\_\_ October 5th, Tatnuck Book Sellers, Westboro. It is OK to combine with any of the other parent/child playgroups though. Time to be determined.

There will be no playgroups on October 10, November 11, November 24, and November 26.

**Free and Awesome Parent Workshops:**

Families who register for a workshop will receive a phone call or e-mail (add yours above) before the workshop with a reminder about the date, time and topic of the workshop. If using childcare, please arrive 5-10 minutes before the workshop to drop children off in playroom. Thank you! Please check all you plan to attend (see descriptions of workshops on previous page):

I will attend on my own

I will attend with my significant other

- |                       |                          |                       |
|-----------------------|--------------------------|-----------------------|
| ___ Emotions Coaching | ___ Act, Don't Yak 4     | ___ Money Smart Child |
| ___ Act, Don't Yak 1  | ___ Picky Eater Makeover | ___ Sweet Dreams      |
| ___ Act, Don't Yak 2  | ___ College Planning     |                       |
| ___ Act, Don't Yak 3  | ___ Different Child      |                       |

Yes, I need child care for my child(ren): \_\_\_(names)\_\_\_\_\_

No, I do not need child care: \_\_\_\_\_

Business Address:  
YMCA  
766 Main Street  
Worcester, MA 01610  
www.twcfn.org

**Nonprofit Organization**  
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**Worcester, MA**



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## Halloween Costume Swap

*Thursday, October 6th*  
*5-7 PM*

*Fun activities for the children while mom shops.*

*Light refreshments for all.*



*Contact Us!*

*Together We Can Family Network*

*Cindi Arroyo, Director*

*774.463.0214 • [carroyo@ymcaofcm.org](mailto:carroyo@ymcaofcm.org)*

*[www.twcfn.org](http://www.twcfn.org)*

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The Together We Can Family Network provides FREE family education and support to all families with children age pre-birth through 8 years. This program is administered by the YMCA of Central Massachusetts-Boroughs Family branch with funding from the Department of Early Education and Care.