



The Parents Page

A publication of Community Care for Kids

Fall 2009

This year the Quincy Family Network and the Community Partnerships for Children Program's have been merged so that we can combine resources and develop new collaborations for the children and families!. We will continue to offer families with young children services that provide literacy, community support and school readiness skills through our playgroups, parent education, and family events. Moving forward all of these services will be under Community Care for Kids and managed through our Child and Family Partnerships (CFP) department.

Halloween Safety

The Massachusetts State Fire Marshall offers the following guidelines for a safe and happy Halloween.

Costumes:

- Be sure ALL parts of the costume are labeled flame retardant.
- Avoid costumes with trailing material or tails long enough to cause falls.
- Pointed objects such as swords and devils' forks should be made of soft material.
- Encourage children to wear make-up on their faces instead of masks.
- Children should wear sturdy shoes, and temperature appropriate clothing under their costumes.

Decorations:

- Use a small flashlight in pumpkins instead of a candle.
- Only use flame proof crepe paper.
- Keep dried leaves and cornstalks away from flames and heat sources.
- Check Halloween lights for broken or cracked sockets or frayed wires. Discard damaged sets.
- Don't overload extension cords.



Checking Treats:

- Let children know ahead of time that candy must be checked by an adult before eating.
- Throw out anything that appears tampered with, home-made foods, or home packaged foods, unless you are certain of the source.
- Inspect treats closely and take away treats that may not be age appropriate. Young children may choke on things like hard candy or peanuts.

Parent Workshops

Community Care for Kids is offering workshops for parents and teachers of young children. Information can be found on our website on the events calendar and registration forms can be found under the Training Calendar link.

Preparing for Disaster

1509 Hancock St. Quincy.

Thursday, October 22 from 7:00-9:00 p.m.

One of the most important questions for all parents to consider and ask their child care program is, "What kind of preparedness do you have in place?" An important topic for parents and providers. \$10.00 per/person.

Eco-Healthy Environments

1509 Hancock St.

Thursday, October 29th, from 7:00-9:00 p.m

How does the environment impact a child's health? Find out how reducing chemicals in our eco-systems and food supplies, creates a safe environment for the health and safety of our children. \$25.00 per/person

In collaboration with South Shore YMCA the following workshops are FREE and will be held from 6—8 PM at the SSYMCA, 79 Coddington St., Quincy. Registration is required. Contact Joan at 617-657-5369. Space is limited.

Toilet Learning

Wednesday October 7th

Toilet learning can be frustrating for parents and children. Discussion includes signs of readiness and techniques for success.

Parent Involvement In Child Care

Wednesday December 2nd

Discuss effective ways that parents and child care providers can communicate to provide the best care for your child.

Playgroups for Parents & Children

Playgroups offered by CCK and the Child and Family Partnerships department are **FREE** and appropriate for children ages 4 and under. We encourage parents to come to these groups to meet other families and for your children to meet and interact with other children. For more information please contact Joan at (617) 657-5369 or by e-mail at jrodeck@qcap.org.

Drop-In Playgroups:

You don't have to register for these playgroups. Just come and join the fun!

Saturday Fun: Location: Ward IV Community Center, 100 Brooks Ave., Quincy.

Fall session begins on Saturday October 17th and will be held each Saturday until November 21st from 10:00-11:30a.m. Activities include play dough, sand table, dramatic play, and creative painting—wear your old clothes. Please bring a snack for your child to enjoy.

Toddler Gym: Location: Fore River Clubhouse, 16 Nevada Rd. Quincy.

Fall session begins Thursday, November 5th and runs every Thursday until December 17th 10:00-11:00 a.m. (except for Thanksgiving November 26th) Active playgroup that lets your toddler burn off some energy with trikes, scooters, and push toys! When they need a break there is a child size tables for coloring or puzzles.

Tots Read and Play: Location: Germantown Neighborhood Center, 366 Palmer St., Quincy.

Winter session begins Wednesday, January 13th through March 17th (skipping Feb. 17th). Join us for simple art activities, floor toys and story time.

Registration Playgroups: You must register for these playgroups!

Cookin' Cuties: Location: Ward IV Community Center, 100 Brooks Ave., Quincy.

Ward IV Community Center and CCK are sponsoring this fun, child-friendly culinary playgroup. Begins Tuesday, November 3rd through November 17th 10:00-11:30 a.m. We'll cut, mix, prepare and best of all eat, some yummy, nutritious snacks and meals. This playgroup is for children age 2.9 -4 year olds, accompanied by an adult. Registration required by calling Joan at 617-657-5369. **Quincy residents only**

Funding for Cookin' Cuties is provided by the Quincy Fore River Clubhouse.

Intergenerational Music Jamboree: Location: Fore River Clubhouse, 16 Nevada Rd., Quincy

Fore River Clubhouse and CFP are teaming up to offer this new playgroup.

Intergenerational Music Jamboree will be held for 3 Monday sessions, each running from 10AM to 11:30

November 30th/Week 1

Features a "jam session" with a children's entertainer, who will teach us some multicultural holiday songs

December 7th/Week 2

Includes us all singing and making our very own musical instruments

December 14th/Week 3

Is a field trip to the new Kennedy Center for a multi- generational music jamboree.

Registration is required by calling Amy at 617-376-1376. **Quincy residents only**

Funding for this Jamboree is provided by the Quincy Fore River Clubhouse.

Tot Recipes for the Fall

Pumpkin Sandwich: Take a large pumpkin cookie cutter and cut two slices of whole wheat bread. Use your favorite sandwich filling to create a fun pumpkin sandwich.

Jack-O-Lanterns: Toast English muffins. Add orange food coloring to cream cheese. Spread cream cheese on English muffins, use celery for the stem, and have the kids use raisins to make a pumpkin face.



What's Happening This Fall

Beechwood Knoll Fall Festival:

Saturday, Oct. 3rd from 11:00 a.m. to 4:00 p.m. at 225 Fenno St., Quincy.

Games for the kids, carnival rides, pony rides, food court , prize raffles and silent auction are just part of this popular annual event.

Meet and Greet Playdate with Mothers' Co-operative

Wednesday, October 7th at 11:00 a.m. Wollaston Beach Playground (corner of E. Elm St. and Quincy Shore Drive). The Quincy Mother's Co-op (QMC) is an organization of parents from all over the South Shore. The mission is to provide a network of support online and through social events. Celebrate the joys and challenges of parenthood. Free snacks will be served to the children

Fire Station Open House:

The Quincy Fire Department will hold an Open House Saturday, October 10th from 10:00 a.m to 2:00 p.m. at fire headquarters, 40 Quincy Ave. The open house will include demonstrations, exhibit booths, and fire apparatus.

Affordable Housing Workshop:

Thursday October 22nd at 2PM QCAP, 1509 Hancock St. Quincy. Join us to learn more about affordable housing options, including income limits, application process and priority status. To register call (617) 479-8181 ext. 300.

South Shore YMCA Fall Festival:

Thursday October 29th from 5:30—8:30 p.m. 79 Coddington St.. Celebrate the wonders of Fall at this family friendly event. Games, crafts, food, prizes, and more. Activities are recommended for children age 2-9, but all family members are welcome. For more information call 617-479-8500 ext. 180.

The Impact of Domestic Violence On Families:

Thursday November 5th from 6:30-9:30PM at QCAP, 1509 Hancock St. Quincy. This presentation is designed to raise awareness of domestic violence and its impact on families. If you work in the field with families and children this workshop will help you understand your role as a mandated reporter. Increase your knowledge of the resources available to help children and families and how these resources can support you and your program. **\$10.00 per person**—For more information or to register call Marylou Hobson at (617) 657-5322 or email her at mhobson@qcap.org.

Ready, Willing & Able:

Saturday December 1st from 6—8 PM at QCAP, 1509 Hancock St. Quincy. Learn how to confront your financial situation, identify myths about credit and the warning signs of too much debt, conduct a personal financial assessment and create financial goals. Space is limited. Call Melinda Alexander at (617) 657-5356 for more information or to register.

Toddler Enrichment Program

Sign your child up for Step One's Toddler Enrichment Program—a playgroup for all toddlers, 18 to 36 months. Singing songs, listening to stories, exploring art materials, riding trikes and enjoying a snack are all part of the fun. Groups meet one morning or afternoon a week for 2 1/2 hours, at 2 Moon Island, Squantum or 48 Winthrop Ave., Wollaston. The cost is \$8.00 per hour. For more information contact Step One Early Intervention at 617-774-1040.

Holiday Assistance

The holiday season will be here before you know it. Local food pantries provide assistance for families who may need a little help this year. For information about what assistance is available, contact the site in your town below for application deadlines or holiday pick-ups. Please apply to one center only to avoid delays in processing. AND. . . If you would like to help, donations are needed all year round, but especially during the holiday season.

Southwest Community Center, 1 Copeland St., Quincy 617-471-0796 ext. 100

Interfaith Social Services, 105 Adams St., Quincy 617-773-6203

Braintree Community Food Pantry, 594 Washington St., Braintree, 781-848-2124

Weymouth Food Pantry 1189 Commercial St. Weymouth 781-331-7682

Milton Community Food Pantry Parkingway Methodist Church, 158 Blue Hills Parkway 617-698-8583



Are You Looking For Child Care? We Can Help!

There are many choices available for child care, where does a parent begin? What type of care is available in my town? Are there state licensing requirements? How do I know if a program is a “quality” program? Here are some tips that will assist you in your search.

- **Call CCK** to get referrals to licensed or legally operating programs in your community. Or do a search for providers on our website.
- **Call potential providers/programs & speak with the director.** You will want to ask about what type of program it is, what the hours of operation are, if there are any vacancies, and the fees of the program. If you like what you hear . . .
- **Make an appointment to visit the providers/programs** While there you will want to look for the teacher’s interactions with the children, and the kinds of activities the children are engaged in. Listen for the sounds of calm voices from the teachers and for happy and involved children. Ask about the daily routines, if the center holds NAEYC accreditation, and for a copy of the parent handbook. Check that the EEC child care license is posted, general cleanliness, and for any safety hazards. If your child has any special needs, ask how the provider will handle an IEP and that the staff are willing to be trained in areas to help support your child.
- **Get references for current and past parents.** Contact these parents and ask them what they liked about the program and how their child responded to being in care.

Making a final decision may be hard. Make sure you get as much information about programs before your choice is made! If you need any more help with finding childcare, please call Ree, Information and Referral Specialist at (617)657-5375 or email her at mdelorey@qcap.org.

H1N1 & FLU FACTS

A message from the Massachusetts Department of Public Health

Everyone is concerned about the flu and H1N1 and rightfully so. The flu spreads easily from person to person and should be taken seriously. There are simple things that you can do to lower the chances of you and your family from any kind of flu. Here is what you need to know:

- Get both a seasonal flu shot and an H1N1 flu shot.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, NOT your hands.
- Wash your hands often with soap and warm water, or use an alcohol –based hand gel.
- Stay home when you are sick.

For more information, please visit EEC’s website at <http://www.eec.state.ma.us>



Volunteers

Child & Family Partnerships is looking for volunteers to help facilitate our playgroups. If you have some time for a fun morning of playing with kids and connecting with other parents, call Joan at 617-657-5369.

*While we try to teach our children all about life,
our children teach us what life is all about”*

Book Talk



Young children are sometimes scared by the sight and sounds of Halloween. Talk to them about costumes and noises and things that may frighten him or her. Books are a great way to get the discussion started.

Scared Silly: A Halloween Book for the Brave,

by Marc Brown

Book of humorous children’s poems about things little kids are sometimes find scary. Take those fears and turn them into giggles.

Go Away Big Green Monster by Ed Emberly

Build the monsters facial features, one at a time. First the purple hair and then the green face and so on. At the end, tell the monster to “Go away!”

It’s All About Autumn

Talk to your little ones about the changes going on outside. The weather is getting colder, the leaves are changing colors. Go for walk around the neighborhood, and collect leaves, acorns, and small twigs.



Classifying: When you get home sort your collection into categories. All the leaves together, acorns, twigs etc.

Creativity: Get a sturdy piece of construction paper or cardboard. Have your child glue his collection to create an Autumn collage.

Literacy: Read Autumn Walk by Ann Burg and Kelly Asbury and recall your own walk.

Get Help with Your Winter Heating Bills

Quincy Community Action Programs, Inc. is accepting fuel assistance applications from residents of Braintree, Milton, Quincy and Weymouth Oil—Gas—Electric—Propane and Heat included in Rent

The Parents’ Page is a publication of Community Care for Kids, A program of Quincy Community Action Programs, Inc. Our services include:

- Financial Assistance to help pay for child care for eligible families;
- Information & Referral for Child Care;
- Professional Development for Early Care & Education Professionals;
- Parent training that promotes family education, engagement and literacy;
- Family literacy and school readiness activities;
- Family and community events;
- Playgroups for children;
- Newborn Home Visiting for new mothers in Quincy;
- Parent Child Home Program in Quincy which strengthens parent-child verbal interactions;
- Mental Health Consultation Services for child care programs.



Joan Rodeck; QFN Program Assistant & Parents’ Page Editor

jrodeck@qcap.org or (617) 657-5369

Marylou Hobson, Training Coordinator

mhobson@qcap.org or (617) 657-5322

Community Care for Kids

1509 Hancock St. Quincy, MA 02169

Tel: (617) 471-6473 Fax: (617) 773-5860 e-mail: cck@qcap.org