



# Medford Family Network Newsletter

of the Medford Public Schools

A Friend to Know...a Place to Grow!

December 2008

## Holiday Season...

*It's all about the Presence! The Presence!*

This time of year it seems that everything is bigger, larger, more "there" than ever. We are more keenly aware of our surroundings because there is so much of it. Let's dig around and find a few jewels to treasure. It is important to be present for ourselves and to those things that are valuable **TO** us, not things that someone else has placed a value on **FOR** us.

Hold and Hold Dear...Hug...Laugh...  
Be Present for those you Love.

Here is a Present from Us to You...

### ...Grow A Strong Family with Love & Logic

*Facilitated by Mara Briere*

**Thursday, December 18**  
**7:00—9:00 pm**

This program combines Love & Logic strategies with new research on presence in your family through the roles, rules, and responsibilities that each of you take. Information is available for both parents and providers!

MFN Family Center  
489 Winthrop Street, Medford, MA 02155

## Medford Family Network Family Center

Medford High School, 489 Winthrop Street  
Medford, MA 02155  
Phone: (781) 393-2106  
Email: [mcassidy@medford.k12.ma.us](mailto:mcassidy@medford.k12.ma.us)  
Website: [www.medford.k12.ma.us](http://www.medford.k12.ma.us)

Marie Cassidy, Coordinator  
Heather Fuller, Program Aide  
Dottie Palladino, Program Aide  
December Office Hours: 7:30am—6:00 pm  
Monday—Friday

**Please Note:** We are closed at noon on Tuesday, December 23, 2008 and will reopen on Monday, January 5, 2009. [Exception: *Laugh & Learn with Linda and Laugh, Learn & Lunch with Linda*]

## "Peace Begins with Me" Concert

Performed by *Cheryl Melody*

**Saturday, December 13, 2008**

**1:30—3:00 pm**



This is a joyful concert filled with original music, storytelling, slides, instruments for the children to play, multicultural puppets, and international flags. The audience becomes members of the "Earth Chorus and Peace Parade" to celebrate diversity, embrace friendship and respect, and enjoy a mystical journey of imagination. Ring in the new year with friends, family and fun!

### Concert

**Marsha Caron Theater - Medford High School**  
**1:30 -2:30 pm**

### Refreshments

**Medford Family Network Family Center**  
**2:30—3:00 pm**

**\* Registration is Required \***

**Call Today! (781) 393-2106**

All Family Members are Welcome!

Enter through the front door of  
Medford High School



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## DAYTIME PROGRAMS

Call the Medford Family Network at (781) 393-2106

\* Registration is required for these programs and child care is available.



## \* ADVANCE NOTICE \*



### \*Working Wednesdays

Facilitated by *Debbie Weinstock-Savoy*

Wednesday, January 7  
6:30—8:00 pm

January Theme: "Financial Advisor, Blythe Berents"

Please join Debbie and Blythe for a round table discussion focusing on day-to-day money management, such as how to track expenses and create a budget. Come share your favorite money-saving tips. We'll provide information on local fuel and food assistance programs. No Sales Pitch!

MFN Family Center  
489 Winthrop Street, Medford, MA 02155

### \*YOGA & MINDFUL PARENTING

Facilitated by *Judy Scribner-Moore*



10 Mondays; January 12, 26;  
February 2, 9, 23; March 2, 9, 16, 23, 30  
9:30—11:30 am

Push the Pause button rather than the Panic button. Practice slowing down for a few minutes at a time. When we are able to take breaks from our frantic pace of modern living, we model for our children the value of maintaining self control. Mindful parenting strategies will focus on stress reduction by responding rather than reacting. Handouts included.

MFN Family Center  
489 Winthrop Street, Medford, MA 02155

### \*SATURDAY PLAYGROUPS

Facilitated by *Linda Selinger, Kids Corner Child Care Center*

4 Saturdays;  
December 6, 13, 20, 27

**Laugh & Learn with Linda**  
for Toddlers—18 to 36 Months  
9:30—11:00 am

**Laugh, Learn & Lunch with Linda**  
for 3, 4 & 5 Year Olds  
11:30 am—1:00 pm

Please join Linda for a hands-on parent-child interactive playgroup that makes you and your family so special! Stories, art activities, free play, circle time and more!

MFN Family Center  
489 Winthrop Street, Medford, MA 02155

Registration is Required!

(781) 393-2106

### DROP-IN PLAYGROUPS AT THE FAMILY CENTER

*All Ages*

*Parents, Caregivers, Guardians are welcome*

#### December 2008 Schedule

Mondays	1:00 pm— 3:00 pm (except 12/29)
Tuesdays	9:00 am—12:00 pm (except 12/23, 30)
	4:00 pm— 5:00 pm (except 12/23, 30)
Wednesdays	1:00 pm— 3:00 pm (except 12/24, 31)
Thursdays	12:00 pm— 5:00 pm (except 12/25; 1/1)
Fridays	9:00 am— 5:00 pm (except 12/26, 1/2)



### \*SING~A-LINGO SPANISH PLAYGROUP

*Ages 24 to 48 months*

Facilitated by *Piña Madera*

8 Wednesdays; January 14, 21, 28;  
February 4, 11, 25; March 4, 11  
9:30—10:30 am

Get ready to learn and sing in Spanish. You will sing and move to music about day-to-day topics, so you can practice at home.

MFN Family Center  
489 Winthrop Street, Medford, MA 02155

## SPECIAL PROGRAMMING

Call the Medford Family Network at (781) 393-2106

# Medford's 10th Annual Jingle Bell Festival

**Jingle Bell Rock**  
Friday, December 5  
6:30 pm

For Tots, Tweens & Teens! Come see some of the winners and finalists of the first annual Medford's Rising Star contest in a holiday entertainment extravaganza. Cast members from North Shore Music Theater's production of *High School Musical* will be on hand. In addition, MFN's own Amy-Jayne McCabe will be performing!

**City Hall Plaza, Medford Square**

**BABES IN THE WOOD**  
Outdoor Drop-In Playgroup!  
*Facilitated by Lynn Hildenbrand,*  
*Visitor Center Coordinator,*  
*Department of Conservation Recreation*



**3 Tuesdays; Stroll at Breakheart**  
December 2, 9, 16  
10:00—11:30 am

### Two Special Events:

**Sunday, December 14; 1:00—3:00 pm**— Join Gael and Rich Motz and their gentle dog, Belle, for a winter's day hike. Hot chocolate is available at the warming room in the Flynn Rink.

**Tuesday, December 16; 3:30—5:00 pm**— "Handmades from the Heart". Make your next heirloom in this workshop (materials will be provided). To register, call Lynn at (617) 727-1199, ext. 420

### **\* PLAY BUDDYS AT BUDDY'S!**

*Facilitated by Gina Hughes*

We will be visiting the older adults at the Community Family Day Care four (4) days in January at the Buddy Coholan Alzheimer's Center to hold an interactive playgroup with them. If you are interested in participating in this intergenerational opportunity, please call Marie Cassidy at (781) 393-2106. Please let us know what days and times work for you.

Buddy Coholan Alzheimer's Center,  
121 Washington Street, Medford, MA 02155



### **AFRICAN AMERICAN SANTA**

**Saturday, December 6, 2008**  
10:00 am—12:00 pm

Join the West Medford Community Center and the New England Alliance of Multiracial Family's 11th Annual visit with Santa! Bring the whole family and don't forget your camera! There is a charge for this activity.

Registration Required! Space is Limited so call Now!

Call Joe Marcucci at (781) 483-3042 x100 or  
Contact Jeannette Passanisi at [jrpasanisi@t3.mysite.com](mailto:jrpasanisi@t3.mysite.com)

**West Medford Community Center**  
111 Arlington Street  
West Medford, MA 02155

### **SING-A-LONG WITH PENNY KOHUT**

*Facilitated by Penny Kohut*

Have lots of fun and enjoy singing, clapping and action with your baby and toddler! Sing-a-longs are for parents and their children from birth to 36 months.

Sponsored by the Friends of the Public Library and the Medford Family Network.

**4 Fridays; December 5, 19;**  
**January 16, 30**  
10:00—11:00 am

Medford Public Library  
111 High Street, Medford, MA 02155



## ACTIVITIES

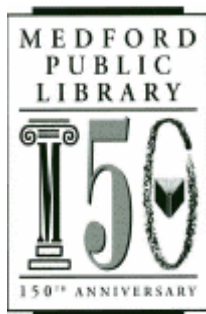
### WINTER SCHOOL BREAK

December 26—January 5

Cruise these websites for family-friendly events:

[www.bostoncentral.com](http://www.bostoncentral.com)  
[www.bostonparenthood.com](http://www.bostonparenthood.com)  
[www.icaboston.org](http://www.icaboston.org)  
[www.thecoop.com](http://www.thecoop.com)  
[www.discoverymuseum.org](http://www.discoverymuseum.org)

#### Medford Public Library Museum Passes



Children's Museum  
Franklin & Stoneham Zoo  
Griffin Museum of Photography  
Harvard Museum of Natural History  
Isbella Stewart Gardner Museum  
John F. Kennedy Library  
Massachusetts Audubon Society  
Massachusetts State Parks  
Museum of Fine Arts  
Museum of Science  
New England Aquarium  
Peabody Essex Museum  
Sports Museum  
Zoo New England

#### Coasting

Fellsmere Park, Malden. Rt. 60 East from Medford Square turn left onto Fellsway East. Travel 1/4 of a mile and turn left onto Savin Street. Fellsmere Park on left side.



#### Bowling

Ryan Family Amusements, 11 Charles St, Malden (781) 321-1166  
Weekdays, 11:00—5:00 pm; Children \$6.00; Adults \$7.00—includes shoe rental, 2 strings, 2 tokens to game room



#### Ice Skating

Lo Conte Skating Rink, 284 Locust St, Medford 395-9594  
Flynn Rink, One Woodland Road, Medford 395-8492  
Frog Pond, Boston Common (617) 635-2121  
Medford Rinks offer FREE open skating days and evenings. Frog Pond FREE for children under 13. All rinks provide skate rentals, concession stands, restrooms and warming areas. Call for exact hours.



#### Zoo Lights at Stoneham Zoo

149 Pond St, Stoneham (781) 438-5100  
Thanksgiving to December 30; 5:00—9:00 pm  
(781) 438-5100

#### Children's Museum

300 Congress St, Boston (617) 426-6500  
\$1.00 per person admission on Fridays after 5:00 pm

## DON'T MESS WITH HOLIDAY STRESS!

Here are some tips that might help, using the information in this newsletter!

#### **Recognize the Signs of Stress**

- ◆ Signs of stress may include irritability, insomnia, increased anxiety, headaches, indigestion, and muscle aches. *De-stress by singing along with Penny Kohut.*

#### **Learn a Few Relaxation Techniques**

- ◆ Learn a few relaxation techniques or take 10-15 minutes each day to sit comfortably and quietly without television or other distracters. *Consider enrolling in MFN's Yoga class that begins in January.*

#### **Be Realistic**

- ◆ Accept the limitations imposed on you by financial concerns or time constraints. *Sign up for Working Wednesdays—Financial Advice.*

#### **Use Time Management**

- ◆ Easier said than done...but try to plan your activities for the week and build in "down time". *Put a copy of our Drop-in Schedule with our magnet on your refrigerator (available at all programs & playgroups).*

#### **Ask for Help**

- ◆ Don't be afraid to call on friends or family. *Consider MFN your "Friend to Know."*

#### **Don't Forget to Laugh**

- ◆ Humor is a tremendous stress reliever. *Send us a note about the funny things your child said or did for publication in our next newsletter.*

#### **Be Wary of Becoming a Holiday Perfectionist**

- ◆ The holidays are a time to enjoy and not prove that you can be the perfect host or the perfect guest. Remember you are only human. *You will be the perfect Buddy at Buddy's—Sign up!*

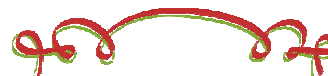
#### **Give Yourself the Gift of Self-Care**

- ◆ Don't forget to take care of your own needs during this time. Build in time to take care of yourself. This may be time for leisure activities or friends and family. *Take a stroll with "Babes in the Woods".*

#### **Develop Family Rituals**

- ◆ Rituals can be fun and they provide a simple way of connecting. The ritual can be as simple as having a family meal or a special time to exchange gifts. Keep the ritual simple. *Come to the Peace Concert!*

**Try to Understand What Makes the Holiday Season Special for You...and Focus on Those Things!**



# FACILITATED PLAYGROUPS at the COLUMBUS SCHOOL

## Winter 2009 Schedule

**Registration Dates:** Monday, December 15 12:00 pm—8:00 pm  
Wednesday, December 17 9:00 am – 6:00 pm  
Friday, December 19 9:00 am—5:00 pm  
Saturday, December 20 2:00 pm – 5:00 pm

**Location:** MFN Family Center, 489 Winthrop Street, Medford

## A Facilitated Playgroup is....

...a leader-led parent-child interactive time to meet other families and learn new ways to have FUN with your kids! You will play, sing, read, paint, move, laugh, and more! Activities include: gross motor, sensory, language and literacy, science and math exploration, open-ended art activities, music, circle time and snack time. You will enjoy parent-to-parent discussions and have opportunities to learn about community resources.



### ***Yahoo Crew – Ages 1 & 2***

12 Tuesdays, 11:30–1:00 pm  
January 13, 20, 27; February 3, 10, 24;  
March 3, 10, 17, 24, 31; April 7

**OR**

12 Thursdays, 9:30—11:00 am  
January 15, 22, 29; February 5, 12, 26;  
March 5, 12, 19, 26; April 2, 9

**OR**

12 Fridays, 9:30 am—11:00 am  
January 16, 23, 30; February 6, 13, 27;  
March 6, 13, 20, 27; April 3, 10

### ***Fun Galore—Ages 3 & 4***

12 Mondays, 11:30 am—1:00 pm  
January 12, 26; February 2, 9, 23;  
March 2, 9, 16, 23, 30; April 6, 13

**OR**

12 Wednesdays, 9:30—11:00 am  
January 14, 21, 28; February 4, 11, 25;  
March 4, 11, 18, 25; April 1, 8

**OR**

12 Thursdays, 11:30 am—1:00 pm  
January 8, 15, 22, 29; February 5, 12, 26;  
March 5, 12, 19, 26; April 2

### ***Kiddle Glee – Ages 2 & 3***

12 Mondays; 9:30 am – 11:00 am  
January 12, 26; February 2, 9, 23;  
March 2, 9, 16, 23, 30; April 6, 13

**OR**

12 Tuesdays; 9:30 – 11:00 am  
January 13, 20, 27; February 3, 10, 24  
March 3, 10, 17, 24, 31; April 7

**OR**

12 Fridays; 11:30 am – 1:00 pm  
January 16, 23, 30; February 6, 13, 27;  
March 6, 13, 20, 27; April 3, 10

### ***Baby Joy Fun – 7 to 12 months***

12 Tuesdays, 2:00 – 3:30 pm  
January 13, 20, 27;  
February 3, 10, 24;  
March 3, 10, 17, 24, 31;  
April 7

**Location of Playgroup:  
MFN Family Center**



## WHAT IS THE MEDFORD FAMILY NETWORK?

The Medford Family Network of the Medford Public Schools is a universal (everyone welcome) parenting education and family support program focusing on the positive impact on the developmental process of children prenatal to age 7, and supporting the families who care for them. This is accomplished through parenting education workshops; discussion groups; age-specific playgroups; new moms groups; home visitation; family events; a lending library; a family resource/drop-in center; information and referral services; family literacy initiatives; and individual consultation. There are programs for dads, grandparents, single parents, parents who speak languages other than English, working parents, at-home parents, and more. Programs are held at a variety of sites around the city – weekdays, evenings and weekends. Many are co-sponsored with other family-serving agencies. Parent advisory and leadership roles are available and encouraged. All adults caring for young children are welcome!

### INFORMATION & REFERRAL SERVICES

If you have questions or concerns about your children, family, or want to know about community resources, you can always call on the Medford Family Network. Our role is to listen and help you find the information you need. Stop by the MFN Family Center at Medford High School or call us at (781) 393-2106. We can make appointments to meet with you at the center, in another location, or just take some time to talk on the phone. Please let us know what is important for the healthy growth and development of you and your family. We are here to make a difference... and you are the one who can make that happen!

### Sick Policy

**Guidelines** used by MFN and the Medford Public Schools are available at the Family Center. Highlights of the guidelines are as follows: Please delay your visit to the Family Center or Playgroup if you or your child has any of the following:

- ◆ anything other than clear discharge from the nose;
- ◆ A temperature (over 99.6), diarrhea, vomiting, or an infection in the last 24 hours; children should be fever free for 24 hours;
- ◆ Any rash of unknown cause or that is blistered or has discharge.

### Wish List

- \* Small & Large Water Bottles
- \* Foam Coffee Cups, Sugar Packets
- \* White Paper Plates, Flatware, Napkins
- \* Paper Towels
- \* BJs, Target, Supermarket Gift Certificates
- \* Hand Sanitizer
- \* Kleenex
- \* Clear Liquid Hand Soap
- \* Clorox Anywhere Spray
- \* Playdough (any size, any color)
- \* 8.5 x 11" Colored Paper (any color)
- \* Manilla Folders (not legal)
- \* 2 inch 3-Ring Binders

# A FRIEND TO KNOW...A PLACE TO GROW!



MEDFORD FAMILY NETWORK  
MEDFORD HIGH SCHOOL  
489 WINTHROP STREET  
MEDFORD, MA 02155

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