



DAYTIME PROGRAMS

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

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



*YOGA & MINDFUL PARENTING

Facilitated by *Judy Scribner-Moore*

10 Mondays; September 29;
October 6, 20, 27;
November 3, 10, 17, 24; December 1, 8
9:30—11:00 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

*COFFEE, CONVERSATION & CHILD CARE!

Facilitated by *Cathy Gulino*

6 Wednesdays; October 1, 8, 15, 22, 29;
November 5
9:30—11:00 am



Come share your parenting stories, meet new people, learn from each other and enjoy some adult time. While you enjoy coffee, tea and conversation, your children will be cared for by the MFN Child Care staff.

MFN Family Center, 489 Winthrop Street, Medford

*FITNESS & WELLBEING

Facilitated by *Eileen Herman-Haase*



10 Fridays; October 3, 10, 17, 24, 31;
November 7, 14, 21; December 5, 12
11:30 am—1:00 pm

This program combines health education, parenting education, group exercises, and individualized attention designed for pregnant and post-partum mothers (no matter how long ago!). Wear comfortable clothing and bring water. A warm-up, an aerobic dance-inspired workout, and cool down that can be used at home. Questions are encouraged.

All levels are welcome!
Feel fit as a parent and as a person.

Boys & Girls Club, 30 Forest Street, Medford

*English for Speakers of Other Languages (ESOL)

Facilitated by *Ami Boardman*

Mondays & Wednesdays
October 6, 8, 15, 20, 22, 27, 29;
November 3, 5, 10, 12, 17, 19, 24;
December 1, 3, 8, 10, 15, 17
3:30—6:00 pm

ESOL is a FREE program for Medford families who want to improve their English. Both Beginner and Intermediate classes are being offered. Child care for children ages birth through 6 is available. Twenty (20) sessions will be offered for a total of ten (10) weeks.

MFN Family Center, 489 Winthrop Street, Medford

DROP-IN PLAYGROUPS AT THE FAMILY CENTER

All Ages

Parents, Caregivers, Guardians are welcome

September/October 2008 Schedule

Mondays	1:00 pm—3:00 pm
Tuesdays	No Drop-ins
Wednesdays	1:00 pm—3:00 pm
Thursdays	12:00 pm—5:00 pm
Fridays	9:00 am—5:00 pm



Parent-Child Activities at the Medford Square Market

Riverside Avenue
Thursday; 3:00—5:00 pm



October 16 Pumpkin Play, Face Painting, Games, Bubble Play, and more!

For more information,
please call Marie Cassidy at
(781) 393-2106



EVENING PROGRAMS

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

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



*Working Parents Group Invites you....

Facilitated by Debbie Weinstock-Savoy

Wednesday, September 24; 6:30—8:00 pm

A round table discussion of the unique challenges—juggling work, child care and home responsibilities.

Wednesday, October 22; 6:30—8:00 pm

A workshop on career planning for parents changing jobs, re-entering the workforce, self-employed or working from home.

MFN Family Center, 489 Winthrop Street, Medford

Positive Behavior Support—Part II

Facilitated by Jeannine Fitzgerald, Better Behavior Bureau

**Tuesday, October 21
6:30—8:30 pm**

This workshop is a comprehensive intervention approach that stresses the prevention of behavioral challenges through effective teaching. It involves teaching a child alternative skills that serve the same purpose as the challenging behavior, as well as changing environments that contribute to the behavior. It is not necessary to have attended Part I in order to attend this workshop. There will be a question and answer period.

Medford Public Library, 111 High Street, Medford

“Have You Seen Andy?”

*A Documentary created and presented by MFN
Parent and Filmmaker, Melanie Perkins*



**TBA
7:00—8:30 pm**

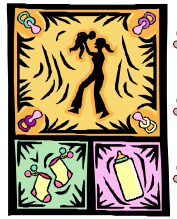
We invite you to a viewing of this Emmy Nominated Documentary that is a personal story of a childhood friendship abruptly ended by a tragic abduction. Melanie has created this film as a starting off point to begin a dialogue about safety programs and ways to ensure that our children are protected and safe. We welcome your discussion points to begin a year long discussion on this topic.

MFN Family Center, 489 Winthrop Street, Medford

*Grow A Strong Family

Facilitated by Mara Briere

**3 Evenings; Thursday, October 23;
Wednesday, November 19;
Thursday, December 18
7:00—9:00 pm**



Join our discussion for one, two or all of the sessions. We will focus on family life in terms of roles, rules, responsibility and recreation. Both parents and providers are welcome.

MFN Family Center, 489 Winthrop Street, Medford

*HOW TO TALK SO KIDS WILL LISTEN... AND LISTEN SO KIDS WILL TALK

Facilitated by Valerie Albanesi

**6 Tuesdays; September 23, 30; October 7, 14, 21, 28
7:00—8:30 pm**



This workshop is based on the acclaimed book of the same name by Faber and Maslich. Explore a consistent and positive approach to communication with your children. Practice ways to help them maximize their confidence, cooperation, respect and responsibility.

MFN Family Center, 489 Winthrop Street, Medford

Babysitting Exchange

Facilitated by Heather Meeker-Green and Kate Jezyk



**Monday, November 10
7:00—8:30 pm**

Would you like to learn more about how you can barter babysitting services for needed time for yourself? The Babysitting Exchange Program has nineteen (19) members and welcomes you to a meeting to hear about its success and to ask any questions you may have.

For more information, please call Marie Cassidy at
(781) 393-2106

SPECIAL PROGRAMMING

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

* Registration is required except for Swap Day and Babes in the Woods



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

Tuesdays; 10:00—11:30 am

September 16	Stroll	Spot Pond
September 23	Hike	Breakheart
September 30	Hike	Bellevue Pond
October 7	Hike	Long Pond
October 14	Stroll	Spot Pond
October 21	Hike	Breakheart
October 28	Hike	Bellevue Pond

Explore the Middlesex Fells in all its colorful and fresh-air glory. Children will experience the changes, smells, colors, sounds and sights of season. A color trail map of the 2,000 acres of beautiful protected woods of the Fells is included when you join the Friends of the Fells.

Call Anita at (781) 640-7253 for more details.

Baby, Toddler and Older Children Swap Day at Medford Family Network

Saturday, September 27, 2008

3:00—5:00 pm

MFN Family Center, 489 Winthrop Street, Medford

Do you live in Medford and have gently-used children's clothing, toys, small furniture, or women's maternity wear? If so, this is a great opportunity to pass on outgrown items and to pick up something that will benefit your child(ren).

- * *Please drop off items at Medford Family Network on Friday, September 26 only.*
- * Donations must be small enough to carry.
- * Please do not bring stuffed animals.
- * You are not required to bring items in order to take items.
- * At the end of the day, items not chosen will be taken to a local charity.
- * This is a great time to bring gently-used Halloween costumes.



If you would like to share your ideas or time, please call Mary Hanisco at (781) 391-2791.



The Parent-Child
Home Program

* PARENT CHILD HOME PROGRAM (PCHP)

Donna Foti-Scovell, Coordinator

Accepting Applications for 2008-09

Help your children to grow up to be and do the best they can!

A FREE program in your home for parents of children between the ages of 18 months and 3 years. For more information, please call Donna at (781) 393-2122.

* PLAY BUDDYS AT BUDDY'S!

Facilitated by Gina Hughes

Coming in December....

...we will be visiting the older adults at the Community Family Adult Day Care at the Buddy Coholan 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.

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



* BABBLE & BANTER!

Facilitated by Carissa Kennedy,
Developmental Specialist, Criterion, Inc.

7 Wednesdays; October 1, 8, 15, 22, 29;
November 5, 12
11:15 am-12:45 pm



Would you like a language-rich learning environment for your child, 28 to 36 months? You may have some concerns, or simply want to encourage the developmental process in these areas. Circle time, story sharing, finger plays, and specialized play.

MFN Family Center, 489 Winthrop Street, Medford

SING-A-LINGO SPANISH PLAYGROUP

Ages 4 to 6

Facilitated by Piña Madera

7 Tuesdays; September 23, 30; October 7, 14, 21, 28;
November 4
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. A CD laminated song book and handouts will be provided.

MFN Family Center, 489 Winthrop Street, Medford

WHAT TO DO ON WEEKENDS
 Call the Medford Family Network at (781) 393-2106
 Registration is required as noted!

LAUGH & LEARN WITH LINDA

Facilitated by Linda Selinger, Kids Corner Child Care Center

For Toddlers—18 months to 30 months

September Theme: "Me & My Family"
 3 Saturdays; September 13, 20, 27

October Theme: "Happy Harvest"
 3 Saturdays; October 11, 18, 25

9:30—11:00 am OR 11:30 am—1:00 pm

Choose One, Two or All! Please join Linda for a hands-on parent-child interactive playgroup.
 Stories, art activities, free play, circle time, and more! Please bring a snack.

Medford Family Network, 489 Winthrop Street, Medford

Registration is Required!

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.

Fridays; September 5, 19; October 3, 17

10:00—11:00 am

Medford Public Library, 111 High Street, Medford



Climate Action Network...

Global Warming Café

Concrete Steps to Reducing Your "Carbon Footprint"

Presented in collaboration with West Medford Community Center and Medford Family Network

The cost of heating is going up this winter. But you can do something to control your heating bills by making smart choices about energy. Limited child care available by reservation.

Saturday, November 1; 5:00—7:00 pm

West Medford Community Center, 111 Arlington Street, Medford (781) 483-3042



FREE!

The Fifth Annual Tufts Community Day

Sunday, October 5; 10:00 am—3:00 pm

All are invited to a day of education, art and family entertainment.

- * Arts
- * Music & Dance Performances
- * Community Resources
- * Art Activities
- ** Face Painting
- * Community Sculpture Building
- * Free Books

SUPPORT GROUPS



GRANDPARENTS AND OTHERS

Facilitated by Arlene Wish

EVERY THURSDAY
10:00—11:30 AM

This support group provides an avenue for grandparents to meet others who are caring for their grandchild(ren) either on a full or part-time basis and to offer support, ideas, and compassion. We discuss issues of limit setting and other important child-rearing topics such as teaching children safety and empathy.

MFN Family Center, 489 Winthrop Street, Medford

Registration is Required *Child Care is Available

New Day
New Time

NEW MOM'S DROP—IN GROUP

Facilitated by Barbara Lewis

Every Tuesday, 12:30—2:00 pm

Are you a new mom? Would you like to join a group of others who know exactly what you mean by the word "tired?" Welcome to a great supportive network, designed to act as your sounding board and personal repertoire of ideas, suggestions, and understanding ears. A wonderful opportunity to meet new friends for yourself, and new playmates for your child!

MFN Family Center, 489 Winthrop Street, Medford

THE BABY CAFÉ



Every mother deserves top quality breast feeding help and support. A drop-in center offering support and assistance from professionals and other moms—all in a relaxed environment with coffee, tea and snacks. Meetings are twice a week.

Mondays; 6:00—8:00 pm
Fridays; 10:00 am—12:00 pm

The Hope Alliance Church
Lower Level Meeting Room, 84 Green Street, Melrose
(781) 979-MILK

VISITING MOMS—SUPPORT FOR NEW MOMS

A FREE HOME VISITING PROGRAM FOR NEW MOTHERS

Visiting Moms is a nationally acclaimed program for mothers who are struggling with the adjustment to an expanding family. A trained Visiting Mom volunteer will come to your home for up to two hours a week for the first months of infancy or up until baby's first birthday. This program is offered by the Center for Early Relationship Support, a program of Jewish Family and Children's Service of Greater Boston. The program is nonsectarian.



For more information, contact Debbie Whitehill,
Visiting Moms Director at (781) 647-5327

RESOURCES & INFORMATION

Children's Trust Fund (CTF) 2008 My Dad and Me Photo Contest

<http://www.mctf.org>



Winning entries will appear in the
2009 Celebrating Dad! Calendar

Check out CTF's website for contest rules!
Entries are accepted until September 19, 2008.



Look What's Happening at the Medford Public Library



STORY TIMES!

The Children's Department of the Medford Public Library has planned a series of story times from September—November. Story times begin the week of September 29. Please call the Children's Department to register (781) 395-7950. Each story time includes a craft activity.

For ages 2-3: Tuesdays at 10 am
For ages 3.5 to 5: Wednesdays at 10 am
For ages 3 to 5: Tuesdays at 7 pm Pajama Story time



Heading Home, Inc.
PO Box 390516
Cambridge, MA 02139
www.headinghomeinc.org

Heading Home, Inc. is a non-profit organization that runs the Medford Family Life Education Center. Heading Home has started a program called Up and Out, to help families who are moving into their own apartments, and do not have most of the necessities. If you would like to get involved, please call Stacey Gordon, Volunteer Coordinator at (617) 864-8140.



TRUCE

(Teachers Resisting Unhealthy
Children's Entertainment)

If you would like a copy of an important information packet that addresses Media/TV and Young Children to help you make decisions about your child's viewing, please call the Network at (781) 393-2106.



Wish List

- * Small Water Bottles
- * BJs Gift Certificates
- * Supermarket Gift Certificates
- * Target Gift Certificates
- * Whole Grain Cereals
- * Hand Sanitizer
- * Paper Towels
- * Plastic Flatware
- * STEP Books (Gently used)

Nut Aware School System

Please be aware that we cannot accept food products processed in a facility that processes nuts; or anything homemade.

Our **BIGGEST** wish is that you know how much we appreciate your support! No matter what it is, we are most grateful for your kindness and thoughtfulness.

Bids for Medford Family Network Child Care Workers and Playgroup Leaders of Diverse Backgrounds

We are particularly interested in playgroup leaders who speak Portuguese and Haitian Creole.

Are you reliable, responsible, fun and like being with young children and their caregivers in a play-and-learn setting?

We will provide training and support. We are seeking individuals who can commit to a regular schedule from October 2008 to June 2009. CORI checks are required.

Please mail or fax written letter of intent, including hourly rate and resume, to:

Shelley Gross
Early Childhood Director
489 Winthrop Street, Medford, MA 02155
Telephone: 781-393-2211
Fax: 781-393-2123

Call Marie Cassidy with any questions (781) 393-2106.

Calling All Parents/All Talents!

We are looking for:

- ◆ Newsletter Committee Members
- ◆ Musical Multicultural Song-Catching Songs
- ◆ Support Group Members for Children with Special Needs
 - ◆ Kids Haircut Specialists
- ◆ Go Green! Go Lean! Call with Tips for Frugal Living!



MFN Advisory Board Update

A Sippy Cup Salute to a new MFN Advisory Board and its Officers this year. John Falco (Chair), Melanie Tringali (Secretary), Kathie Hunt (Vice Chair, Timekeeper), Bunny Adams, Melissa Callahan, Rob Czwakiel, Melissa Eckert, Jacqui Falco, Michelle Joslin, Amy Jayne McCabe.

Sitting on the Board as representatives of the Friends of the Medford Family Network Corporation are Kristy Bonaventura and Irina Shumway. This representation will ensure a mutual understanding of the needs of our families coupled with our capacity to raise funds for our programs.

The Board is seeking additional parents and is particularly interested in those who are representative of the cultural and ethnic diversity of families that live in Medford.

We are excited to begin our work in a newly formed committee structure: legislative action; newsletter; and program development. Please consider joining one of these committees and adding your voice to the parent leadership initiatives of the MFN. Please call Marie Cassidy at (781) 393-2106 with questions and ideas.

Parent Leadership Opportunities

Do you enjoy working as a team to raise money for family programming? Come join the....

Friends of the Medford Family Network (FMFN) Board
Call Kristy Bonaventura at (781)

Does participating in a citywide group that oversees the programs of the Early Childhood Department interest you? Would you like to participate in a governing body that reviews the policies and budgets of Early Childhood Programs? Come join the...

Medford Family Resource Coalition (MFRC) Council
Call Shelley Gross at (781) 393-2211

Do you want to assist with program planning for the upcoming year? Would you like to create new parent outreach activities? Come join the....

Medford Family Network (MFN) Advisory Board



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.

IMPORTANT NOTICE TO ALL INTERNET SUBSCRIBERS!

WE NEED YOUR EMAIL ADDRESS!

Forward your email address to hfuller@medford.k12.ma.us so that we can send the newsletter via the internet to as many families as possible. Our goal is to devote more funding towards programs rather than for postage. Also, please let us know of any address changes so we may update our database.

You can also access the newsletter via www.medford.k12.ma.us.

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



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

Medford Family Network is funded by the Massachusetts Department of Early Education and Care, the Children's Trust Fund, the Friends of the Medford Family Network, Corp., and the generous donations from our families and friends.