



Medford Family Network Newsletter

of the Medford Public Schools

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

Spring 2016

Storybook Walk at the Medford Public Library

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

What's in Grandma's Grocery Bag?

Author, Hui-Mei Pan

Friday, April 22

11:00 am—12:00 pm

Location: Medford Public Library, 111 High Street

Join Sam Sedneck, Children's Librarian, as she leads us on the Storybook Walk outside the Medford Public Library. Pages of the book will be on display in several areas. The last page will be located inside in the Children's Department where there will be healthy snacks.

If it is raining, the storybook walk will be canceled.

Call the Medford Family Network at (781) 393-2106. Registration is recommended but not required.



Storybook Self-Guided Walk

Sponsored by the Friends of the Middlesex Fells, North Suburban Child and Family Resource Network, and the Medford Family Network

Our Big Home

Author, Linda Glaser

Saturday, April 16 through Sunday, May 1

Location: Greenwood Parking Lot, Stoneham

Special "Kickoff Event" on April 16 (see page 4)

The walk will begin at Greenwood Park in Stoneham (across from the Stone Zoo) and will continue along the Crystal Springs Trail in an easy 1/3 mile loop. Pages of the book will be posted along the trail. Please sign in on the sheet posted on the Kiosk at Greenwood Park.

Linda Glaser presents the idea that our big home is shared not only with all people but with all planets and animals as well and that we share air, water, soil, and other elements. Call the Friends of the Middlesex Fells for more information at (781) 662-2340.

TABLE OF CONTENTS:

Page 2	Parent Today—Support Programs and Workshops
Page 3	Traveling Playgroup in the Park
Page 4	Special MFN Programming
Page 5	Our Local Community...Special Events
Page 6	Drop-in Playtime at the MFN Family Center
Page 7	Parent Leadership Opportunities
Page 8	What is the MFN?

The Nurturing Father's Workshop

Presented by Haji Shearer, Director, Children's Trust, Fatherhood Initiative of the Fatherhood and Family Network

Saturday, April 16

12:00—2:30 pm

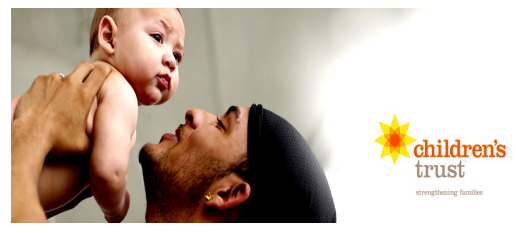
Location: MFN Family Center
489 Winthrop Street, Medford, MA

This program helps fathers build and strengthen positive parenting attitudes and behaviors!

When fathers are involved in their children's lives, the whole family thrives!

- ◆ Get a dose of great parenting strategies.
- ◆ Create a vision for the father you choose to be.
- ◆ Discipline so children respect, not fear, you.
- ◆ Develop your own nurturing fatherhood practices.
- ◆ Understand how you and others feel and think.

FREE lunch provided for children and adults.
FREE child care available upon request.
Registration required. Call (781) 393-2106.



Medford Family Network Family Center
 Medford High School, 489 Winthrop Street
 Phone: (781) 393-2106 Fax: (781) 393-2123
 Email: mcassidy@medford.k12.ma.us
 Website: www.medfordfamilynetwork.org
 Http://www.medfordfamilies.org
 Find us on Facebook - Medford Family Network
 Tweet Us on Twitter—@MFN02155
 MFN Calendar—www.calendarwiz.com/mfnschedule
 Marie Cassidy, Family Support Coordinator
 Heather Fuller, Program Aide
 Office Hours: 9:00 am—5:00 pm (Monday—Friday)

Caso necessite de um Interpretre para traduzir esta informacao e favor contatar o escritorio de ELL no seguinte numero 781-393-2348.
 Si un Interpretre es necesitado para tradusir esta infomacion, por favor contacta la officina de ELL en numero 781-393-2348.
 Si w bezwen yo Entepret pou tradui enfomasyon sa a pou wou, souple rele biwo ELL nan nimewo sa a 781-393-2348.



Parenting Today!—Support Programs and Workshops

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



Single Parent Group

Facilitated by Jen Valentyn, MFN Parent Leader

3 Mondays; April 4; May 2; June 6

6:30—8:00 pm

No matter how you became a single parent—through death, divorce, separation, never married or other reasons—this program is for you. Topics include positive parenting solutions and the importance of supportive relationships.

Registration Required

Location: MFN Family Center

Fun and Friendship for New Moms & Dads

Facilitated by Aine O'Malley, JF&CS Parent Leader

Every Tuesday

12:30—2:00 pm

Are you a new parent? Welcome to a great supportive network and a wonderful opportunity to meet new friends for yourself and new playmates for your child! For families of children birth to 12 months.

Drop-in Format

Location: MFN Family Center

Grandparents Group

Facilitated by Peg Murphy, PhD

5 Thursdays; April 7, 14, 28; May 5, 12

10:00—11:30 am

The group is a support network that 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 learn ideas and resources.

Drop-in Format

Location: MFN Family Center

Dance through the Decades with Dance Caliente *(Grandparents Group Special Event!)*

Performance by Eileen Herman-Haase and Raul Nieves, Founders of Dance Caliente

Wednesday, June 15

1:15—2:30 pm

Enjoy this interactive ballroom dance performance by Eileen and Raul designed to engage, inspire and entertain a senior audience. Dazzling costumes, nostalgic music and plenty of opportunities to participate.

Drop-in Format

**Location: West Medford Comm Ctr,
111 Arlington Street, Medford**

Parenting Today Workshops

Child Care registration is required. Please call for transportation options.

Raising Healthy Children in a Media-Saturated World

Facilitated by Jean Rogers, M.S.Ed and Graduate Certificate in Parenting Education

Wednesday, April 27

7:00—9:00 pm

This workshop for parents will help you find creative ways to maintain a healthy media diet. Topics include overview of childhood technology concepts; how to introduce and maintain appropriate media for different age groups; and how to design a family media plan. Call (781) 246-5187 to register. Certificates of attendance upon request.

Registration Required

Location: Wakefield High School

S.T.E.P. (Systematic Training for Effective Parenting)

Facilitated by Valerie DeGeorge, MFN Parent Educator

6 Tuesdays; April 26; May 3, 10, 17, 24, 31

7:00—8:30 pm

Principles and skills promoted in this workshop offer a consistent and positive approach to consider as you develop effective communication skills with your child(ren), birth to 8. Valerie will explore and discuss ways that result in confident, cooperative and responsible parent/child interactions. Use of Parent Handbook is available.

Registration Required

Location: MFN Family Center

Productivity for Parents

Facilitated by Marie Levey-Pabst, Life Balance Consultant

3 Wednesdays; May 4, 11, 18

7:00—8:30 pm

Join Marie as she helps you create personal systems that improve personal resilience and help you lead a balanced life. A variety of reflection tools will be discussed to help create a list of essential values.

Registration Required

Location: MFN Family Center

Mindfulness for Resilient Parenting

Facilitated by Judy Scribner-Moore, MFN Parent Educator

7 Wednesdays; May 11, 18, 25; June 1, 8, 15, 22

9:30—11:00 am

Join this parenting class that focuses on stress reduction and nourishing the body and mind with tools such as yoga postures and relaxation. We will share parenting experiences, ideas and strategies. Reading and discussion materials that represent a variety of evidence-based sources will be included. Comfortable clothing advised.

Registration Required

Location: MFN Family Center

What's Your Problem Anyway?

Facilitated by Jeanine Fitzgerald, Certified Human Behavior Consultant Specialist

Monday, June 6

6:30—8:30 pm

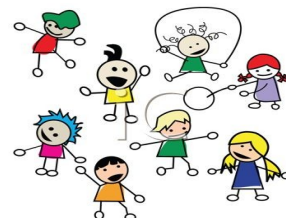
This workshop is the third workshop in a 3-part series on social emotional health in young children. "What's Your Problem Anyway" will focus on the many ways to solve problems, including prerequisite skills required for effective problem-solving. Strategies for conflict resolution will be discussed.

Registration Required

Location: MFN Family Center

TRAVELING PLAYGROUPS IN THE PARK

FACILITATED BY "MISS ANDREA" BREEN, PLAYGROUP LEADER



May/June 2016

9:30—11:30 am

Mondays

May 9 (Harris)
May 16 (McNally)
May 23 (Barry)
June 6 (Victory)
June 13 (Playstead)
June 20 (Magoun)
June 27 (Tufts)

Tuesdays

May 10 (Playstead)
May 17 (Playstead)
May 24 (Harris)
May 31 (Cummings)
June 7 (Dugger)
June 14 (McNally)
June 21 (Carr)
June 28 (Logan)

Wednesdays

May 11 (Cummings)
May 18 (Cummings)
May 25 (Victory)
June 1 (Tufts)
June 8 (Logan)
June 15 (Carr)
June 22 (Harris)
June 29 (Capen)

Thursdays

May 12 (Tufts)
May 19 (Magoun)
May 26 (Dugger)
June 2 (Playstead)
June 9 (Barry)
June 16 (Capen)
June 23 (Cummings)
June 30 (Carr)

Fridays

May 13 (Logan)
May 20 (Capen)
May 27 (Carr)
June 3 (McNally)
June 10 (Victory)
June 17 (Barry)
June 24 (Dugger)



Bubbles Balls Art Activities Parachute Play Storytelling Music & Movement Activities
Summer Fun Activity and Community Resource Information

If it is NOT pouring, we are playing.
If it IS raining, call the MFN at (781) 393-2106 to find out if we will be at the park.
Pack a snack and beverage and bring sunscreen! We will have a First Aid kit for emergencies.
Please call the MFN regarding transportation options and/or directions.
Call (617) 222-3200 or visit www.mbta.com for bus information.

Advance Notice!

July/August 2016

9:00—11:00 am

Wednesdays (Tufts Park)

July 13, 20, 27; August 3, 10, 17, 24, 31

Thursdays (Capen Street Park)

July 14, 21, 28; August 4, 11, 18, 25

Fridays (Carr Park)

July 15, 22, 29

Fridays (Harris Park)

August 5, 12, 19, 26



Bubbles

Songs

Games

Stories

Fun

Special MFN Programming!

Please call (781) 393-2106 to register.

Friday Night Fun with Families, Friends and Knucklebones..for the love of play!

(For up to age 8)

Facilitated by *Bernadette Kennedy and Cindy Sabbag*

3 Fridays;

April 8; May 20; June 10

5:00—8:00 pm

Location: Medford High School Gym, Enter through Community Schools Door

Family Fun Activities... Scooter Boards! Hula Hoops! Parachute Play!

Balance Beam! Music and Movement! Scooper Balls! Kid-Friendly Up and Down Roller Coaster!
Spinning Bilibos! Soft Sculpture Gym Equipment and Building Blocks! Vertical Ball Maze!

Registration Requested by not required. Call (781) 393-2106

Spanish Play & Learn Group

(For ages 3 to 6)

Facilitated by *Vicky de la Garza, MFN Parent Leader*



3 Saturdays;

April 2, 16, 23

9:00—11:00 am

Location: MFN Family Center,
489 Winthrop Street

Get ready to learn Spanish through play, art,
music and movement!
Handouts will be provided.

Registration required. Call (781) 393-2106.

Storybook Walk “Kickoff Event”

*Sponsored by Medford Family Network and
North Suburban Child and Family Resource Network*

Saturday, April 16

10:00—11:00 am

Location: Greenwood Parking Lot, Stoneham

Join us as we kickoff this year’s Storybook Walk! We will meet at the play area at Greenwood Park then meander our way through the Crystal Springs Trail while reading the pages of the story “Our Big Home.” When we finish, we will have Earth Day games, sing-a-longs, free books, and other fun activities.

Registration requested but not required.

Call (781) 393-2106.



Courtyard Kids Intergenerational Play

Facilitated by *Laura Ingano,
MFN Parent Leader*

2 Thursdays;

April 28; May 26

3:15—4:15 pm

Location: Courtyard Nursing Care Center,
200 Governors Avenue, Medford

Intergenerational play with residents of the
Courtyard Nursing Care Center.

Interactive activities include board games, arts and
crafts, bingo, and card games. For all ages!

Registration Required.

Call (781) 393-2106

Character Breakfast with Curious George!

*Sponsored by The Greater Boston Reading Council
and the Medford Family Network*

Saturday, April 30

9:30—11:00 am

Location: McGlynn Elementary Café
3002 Mystic Valley Parkway

Activities:

Arts & Crafts Bookmark Making Storytelling
BBiP Activities Sing-A-Longs Face Painting

Breakfast:

Bagels Bananas Juice Yogurt

Have your picture taken with Curious George.
FREE Books for children Literacy Packets for parents

Registration is Required!

Call (781) 393-2106



Week of the Young Child! **Brain Building in Progress (BBiP)**

Join us in celebrating
Brain Building in Progress Week
April 10—16!

For one week every year, parents, business leaders, educators, and community leaders come together to build young minds and a more prosperous future for everyone in Massachusetts.

- April 9**—BBiP giveaways/FREE books at Mobile Market at 239 Commercial Street, Malden
- April 10**—Mayor Stephanie Burke signs a formal Proclamation of Brain Building in Progress Week
- April 10-16**—FREE BBiP raffle at MFN
- April 10-16**—BBiP display and giveaways at all Story Times at Medford Public Library
- April 11 - 16**—BBiP activity tables at Open Drop-in Playtime at MFN
- April 11**—BBiP and Babies at “Creative Coping” Workshop at MFN
- April 11-15**—BBiP activity tables at all Play & Learn Groups at MFN
- April 16**—BBiP handouts at the Self-guided Story Walk at Middlesex Fells

For complete details, check the specific program information located throughout this newsletter.

For more activities across the state,
Visit www.brainbuildingprogress.org

Drop-in Playtime at the MFN Family Center!

April 2016

- Mondays 1:30 pm to 5:00 pm (*closed 4/18—see box*)
- Tuesdays No Drop-ins (*except 4/19—see box*)
- Wednesdays 12:00 to 5:00 pm (*except 4/20—see box*)
- Thursdays No Drop-ins (*except 4/21—see box*)
- Fridays 2:30 to 5:00 pm (*except 4/22—see box*)

April Vacation 2016

- Monday, April 18 Closed
- Tuesday, April 19 9:00 am to 1:00 pm
- Wednesday, April 20 9:00 am to 1:00 pm
- Thursday, April 21 9:00 am to 1:00 pm
- Friday, April 22 9:00 am to 1:00 pm
- Saturday, April 23 9:00 am to 12:00 pm

May 2016

- Mondays 9:00 to 11:00 am **AND** 1:30 to 5:00 pm
- Tuesdays 9:00 am to 12:00 pm
No Drop-ins (*5/3 only*)
- Wednesdays 11:30 am to 5:00 pm
2:00 pm to 5:00 pm (*5/4 only*)
- Thursdays 9:00 am to 3:00 pm
No Drop-in (*5/5 only*)
- Fridays 2:30 pm to 5:00 pm (*5/6, 5/13*)
9:00 am to 5:00 pm (*5/20, 5/27*)

June 2016

- Mondays 9:00 am to 5:00 pm (*6/6, 6/13*)
- Tuesdays 9:00 am to 12:00 pm (*6/7, 6/14*)
- Wednesdays 11:30 am to 5:00 pm (*6/1, 6/8, 6/15*)
- Thursdays 9:00 am to 3:00 pm (*6/2, 6/9, 6/16*)
- Fridays 9:00 am to 5:00 pm (*6/3, 6/10, 6/17*)

Drop-in Playgroups Guidelines

- ◆ Park strollers and put jackets, etc. in the cubbies or on the hooks in the foyer area;
 - ◆ Sign in and out at the registration desk;
- ◆ Parent/Caregiver must stay with child(ren) at all times, including bathroom visits!;
- ◆ Keep food and snacks limited to the round “snack table.” Snacks must be Peanut and Nut Free;
 - ◆ Cold beverages are allowed, HOT are NOT!;
- ◆ ALL electronics, i.e., cell phones, iPads, laptops, etc., should be turned off and limited to emergencies only.

Respect our Family Center!

Clean up..Clean up...
while you are here and before you leave!



S.T.E.A.M. Play & Learn Groups

(Science, Technology, Engineering, Art and Math)

Facilitated by Steve Lechner, Science Magician

2 Saturdays;

May 14, 21

9:00—11:00 am

Location: MFN Family Center, 489 Winthrop Street

For ages 3, 4 & 5

This program will introduce children to science, technology, engineering, art and math to build their sense of discovery and capture their imagination.

Registration Required.

Choose one, two or both.

Call (781) 393-2106.

Our Local Community...Special Events



Annual Teddy Bear Picnic

Friday, June 10, 2016

OR

Saturday, June 11, 2016

10:00 am ~ 12:00 pm

Location: Victory Park, Winthrop Street, Medford

Featuring....

**Deloitte Day with Science Magician, Steve Lechner on Friday, June 10 and
Knucklebones Play and S.T.E.M. with Vicky del la Garza on Saturday, June 11**

Parachute Play Face Painting Games Bubbles Hula Hoops Sing-a-Long
S.T.E.M. (Science, Technology, Engineering, Math) Activities

Teddy Bear Parade! Bring your favorite Teddy or any "Loviel!" Pack a picnic! Bring a blanket!

Registration is Required! (781) 393-2106! Let us know which day you will attend!

Call for directions and/or transportation options.

Rain Location: Cages 1 & 2 in the Medford High School Gym—Community Schools Entrance

Symposium on Addiction: Proactive Steps & Resources

Sponsored by Center for Citizenship & Social Responsibility

**Saturday, April 2
12:45—5:00 pm**

Location: Medford High School, 475 Winthrop Street

Keynote Speaker:

Dr. Robert Brooks, Clinical Psychologist

Topic: Raising Resilient Children & Adolescents

In this presentation, Dr. Brooks describes factors that help children/adolescents deal more effectively with stress, pressure and becoming resilient.

For more information on the symposium, contact Michael Skorker at morker@medford.k12.ma.us

Swap Day

For Families who live or work in Medford

**Sunday, June 5
3:00—4:30 pm**

Location: Temple Shalom, 475 Winthrop Street

Help others and help yourself! You do not need to donate in order to take items. Please take what you need.

What can I donate? Clothing for infants, toddlers, kids, tweens/teens; gently-used and clean toys, books and baby equipment; maternity wear only. Drop off your donations at the MFN Family Center from 9:00 am to 5:00 pm on Friday, June 3 OR anytime May 29—June 4 on the porch at 155 Forest Street.

Contact Tamar Siegel at rtsiegel@comcast.net with ?s

Circle the Square

*Sponsored by CACHE
(Coalition for Arts, Culture and a
Healthy Economy)*



**Thursday, June 16
3:00—7:00 pm**

MFN Location: Green of City Hall

Don't miss these citywide events on the third Thursday of June, July and August!

**June Theme:
Medford Invents**

MFN Activity Area with FREE Books and "inventive" activities! Live Music, Art, Performances, Food!

To learn more, visit www.circlethesquare.org

Matt Heaton Sing-A-Longs

Facilitated by Matt Heaton, Musician



**Saturday, June 18
10:30—11:30 am**

Location: Medford Public Library, 111 High Street

Join us for a sing-a-long with Matt Heaton. Matt performs kid music, he calls "toddler billy." His songs are a mix of rockabilly, surf, American roots and Irish traditional. And, of course, delivered with a sense of humor and fun!

His music is both entertaining and enjoyable for both children and adults. Ages birth—4.

Registration required.
Call (781) 393-2106

Parent Leadership Opportunities

Medford Family Network (MFN)

Advisory Board

We are seeking new Board and Committee members who are welcome to join at any time. Committees are...

Marketing Committee

Focus on all communication, including brochures, press, newsletters and social media to ensure that MFN information is available in a variety of formats to all families.

Program Committee

Advise on program development and implementation; assist in the planning and promotion of the Early Education & Care Fair as well as specialized programming such as Parent Café, Peer Review, Financial Literacy and Family Literacy.

Parent Ambassador Committee

Initiate the Parent Ambassador Program with a focus on sustainability: design and organize trainings and ensure that major city-wide events are attended by MFN Parent Ambassadors.

Board meetings are held on the second Thursday of each month from 6:15 to 8:15 pm at the MFN Family Center (includes dinner, child care and transportation options).

For more information, please contact Marie Cassidy, Family Support Coordinator at (781) 393-2106 or mcassidy@medford.k12.ma.us.



Friends of the Medford Family Network (FMFN)

Board

The FMFN is a nonprofit membership organization that directly supports the MFN by securing donations for programming and family events (e.g., Teddy Bear Picnic, Playgroups in the Park, Family Concerts). The FMFN is currently looking for interested individuals to serve on the Board and help plan upcoming events.

For more information, please contact Suanna Crowley, President, at info@medfordfamilies.org.



Medford Family Resource Coalition (MFRC)

Council

The MFRC Council is an early childhood advisory body. The next meeting is Thursday, May 19 from 6:00 to 8:00 pm at the MFN Family Center (includes dinner, child care and transportation options).

School Readiness and Early Childhood Curriculum Committee (SRECCC)

Seeking PreK, Kindergarten, and Grade 1 parents. The next meeting is TBD.

Questions? Please contact Shelley Gross, Early Childhood/Afterschool Director at (781) 393-2211 or sgross@medford.k12.ma.us

Building Bridges to Kindergarten

Informational Meetings for Parents and Families of Incoming Kindergarten Students
Facilitated by Shelley Gross, Early Childhood/Afterschool Director and Maria Micieli, Kindergarten Teacher, Brooks School

Tuesday, April 26
7:00—8:00 pm

Location: MHS Library, 489 Winthrop Street

Preceded and followed by an Open House at MFN Family Center, 489 Winthrop Street
6:30—7:00 pm and 8—8:30 pm

Wednesday, May 4
7:00—8:00 pm

Location: Roberts Elementary, 35 Court Street

Come to either scheduled informational meeting for:

- ◆ Program Overview and Highlights
- ◆ Q&A Opportunity

Child Care/Interpreter(s) available by request.

Requests must be received by April 15 for April 26 presentation and April 29 for May 4 presentation.

Please call (781) 393-2102



Kindergarten 2016-17 Registration Information

Kindergarten enrollment is for children who will be 5 years of age by August 31, 2016.

All registrations must be submitted in person at the Parent Information Center, no exceptions.

Parents can contact the Parent Information Center to make an appointment at parentinfocenter@medford.k12.ma.us.

Registration forms will not be mailed out; all forms can be downloaded at www.medford.k12.ma.us

Medford Public Schools Early Childhood Office (781) 393-2102

The Early Childhood Office can provide information about quality early education and care and afterschool options.

We are happy to assist!

What is the Medford Family Network (MFN)?

The Medford Family Network of the Medford Public Schools is a FREE universal (everyone welcome) parenting education and family support program focusing on the positive impact on the developmental process of children prenatal to age 8, and supporting the families that care for them. All adults who live or work in Medford, caring for young children, are welcome! This is accomplished through parenting education workshops; age-specific play and learn groups; new moms groups; home visitation; family events; a lending library; a family resource/drop-in center; information and referral services; family literacy activities; financial literacy information; 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 activities are co-sponsored with other family-serving agencies. Parent advisory, governing and leadership roles are available and encouraged.

Information & Referral Services

If you have questions or concerns about your child(ren), 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 the 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 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.

We are funded in part by:

Department of Early Education and Care Coordinated Family and Community Engagement Grant

Grant priorities are to: reach and meet the needs of children, especially those with multiple risk factors and/or are hard to reach, through universal and targeted outreach strategies; provide families with access to comprehensive services; provide evidence-based early literacy and family literacy opportunities; and provide families with support for continuity through early childhood transitions.

Children's Trust Massachusetts Family Center Grant

The Children's Trust helps parents navigate the joys and challenges of raising children. The grant priorities are based on the five protective factors that are the foundation of the Strengthening Families Approach: parental resilience; social connections; concrete supports in times of need; knowledge of parenting and child development; social and emotional competence of children. MFN incorporates all of these factors into its programming throughout the year in a variety of methods and activities.

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



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



Medford Family Network (MFN) is funded by the Massachusetts Department of Early Education and Care (EEC), Coordinated Family and Community Engagement (CFCE) grant, the Children's Trust (CT), the Friends of the Medford Family Network (FMFN) Corp., and the generous donations from our families and friends.