

International Family Festival

Celebrating Our Cultural Diversity

Sunday, October 14, 2012

2:00—4:00 pm

at Springstep in Medford Square



Explore the cultures in your own backyard with this event. Families will take part in activities, watch great performances, and learn about cultures from:

Brazil
Haiti

India
Japan

This event is FREE to the public and is designed for children birth to 13!

Advanced registration is requested, but not required.

Please call the Medford Family Network at (781) 393-2106!

Please call for transportation options.

Medford Family Network Family Center

Medford High School
489 Winthrop Street
Medford, MA 02155
Phone: (781) 393-2106
Fax: (781) 393-2123

Email: mcassidy@medford.k12.ma.us

Website: www.medford.k12.ma.us

Http://www.medfordfamilies.org

[Find us on Facebook](#) -

Medford Family Network

Marie Cassidy, Family Support Coordinator

Heather Fuller, Program Aide

Office Hours:

9:00 am—5:00 pm (Monday—Friday)

Casa necessite de um Interprete para traduzir esta informacao, favor contactar o escritorio de ELL no numero 781-393-2348

Si un Interprete 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

Save the Date...

**Saturday,
October 20**

7:00 - 10:30 pm

Grownups Night Out and Fundraiser

**“Night of the
10,000 Lights”**

Medford City Hall



The Friends of the Medford Family Network are pleased to announce their annual fundraiser. Last year, we raised \$15,000 at “Night of 10,000 Balloons” and we are looking forward to an even more successful event this year!

This year’s gala event will feature:

- ♦ **Music by Alastair Moock & Friends and Out with the Cat**
- ♦ **Tastings by Medford’s finest Restaurants**
- ♦ **Raffle Baskets!**
- ♦ **Silent Auction**
- ♦ **And Much, Much More!**

Get your tickets today!

Tickets are \$20.00 in advance via www.medfordfamilies.org
\$25.00 at the door



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Family Support Programs

Call the Medford Family Network at (781) 393-2106
Please call for transportation options.

New Mom's Group

Facilitated by JF&CS Parent Leader

Every Monday

10:30 am—12:00 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 and a wonderful opportunity to meet new friends for yourself and new playmates for your child!

Drop-in Format

Location: MFN Family Center

Visiting Moms - Support for New Moms

Program is offered by Center for Early Relationship Support, a JF&CS Program

This is a FREE Home Visiting Program for new mothers. Sometimes a friendly face, adult conversation, a chance to tell someone that you feel overwhelmed and tired can make a world of difference. 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. The program is nonsectarian. For more information, contact Debbie Whitehill, Visiting Moms Director at 781-647-5327 or by email at dwhitehill@jfcsboston.org

Grandparents and Others

Facilitated by Arlene Wish, Parent Leader, Council on Aging

Every Thursday

10:00 am—11:30 am

Grandparents and Others, such as aunts and uncles, is a support group 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 offer support, ideas and compassion. Issues of limit setting and other child-rearing topics such as teaching children safety and empathy are discussed.

Registration Required

Location: MFN Family Center

Babysitting Exchange Program

Hosted by Jen Lewis, MFN Parent Leader

Barter for child care! We welcome new families who are interested in participating in this established, family-friendly program. Please feel free to contact Jen at jen@jenalisonlewis.com with any questions, to join, and/or to learn more about the exchange. The program includes monthly family playtime gatherings.

Registration Required

Dads are Great! Program ~ We Need Dads and Those in a Fathering Role!

Hosted by Tony Bennett, MFN Parent Leader

MFN has made a commitment to better serve Dads and Those in a Fathering Role, and we need your help! Tony has "stepped up to the plate" to lead this initiative. He is looking for dads to help coordinate a Dad and Daughter Dance; Dads and Kid Flag Football game; Dads and Kids Circus Time. We have funding available to support these programs. If you are interested, please feel free to call (781) 393-2106.

Double Your Pleasure Double Your Fun Play and Learn Groups ~ We Need Twins!

Recent demographics tell us that Massachusetts has the highest number of twins born in this country. A review of the MFN database confirms that there are many families with twins. We would like to serve these families with new programs such as Double Your Pleasure Double Your Fun Play and Learn groups. Please call (781) 393-2106 if you are interested.

Help Me Grow Program ~ Ages & Stages

Using the Ages and Stages questionnaires, parents are able to monitor their child's growth and development - cognitively, physically, emotionally, and socially. Participating in the program allows a parent to be an active participant in his/her child's development. Working together, we will be able to provide the most effective learning and resources to ensure your child has every opportunity for optimal growth and development. If you are interested, please call (781) 393-2106.



Parent Education Programs

Call the Medford Family Network at (781) 393-2106
Please call for transportation options and child care.

Parent Group at Medford Housing

Facilitated by Irene Olson (MSPCC) and Lisa Tonello (Medford Housing)

Thursday, September 27

6:30—8:00 pm

Registration Required

Location: Medford Housing

This parent meeting will begin a monthly discussion group at Medford Housing. We welcome all parents who reside at Medford Housings (Willis Avenue and LaPrise Developments), as well as the community at large. This month's topic will be: the kids are back to school, so how is it going? Call Lisa Tonello 781- 396-7200 x130 to register.

Coffee, Conversation and Child Care

Facilitated by Judy Scribner-Moore, Parent Educator

7 Wednesdays; Oct 3, 10, 17, 24, 31; Nov 7, 14

10:00—11:30 am

Registration Required

Location: MFN Family Center

Fathers! Mothers! Caregivers! All! Come to the MFN Family Center and share your parenting stories, meet new people, learn from each other and enjoy some adult time. Judy will offer strategies and encourage group discussion/problem solving on the parenting topics that emerge during each session. You will be treated to a weekly Mystic Coffee Roasters Coffee.

In the Middle (A Program for Parents of Middle School-Aged Youth)

Facilitated by Howard Wolfe, LMFT

Wednesday, October 3

7:00—8:30 pm

Registration Required

McGlynn School Library

"Teenage Obnoxiousness"

Wednesday, November 7

7:00—8:30 pm

McGlynn School Library

"Surviving and Avoiding Power Struggles with Teenagers"

Wednesday, December 5

7:00—8:30 pm

McGlynn School Library

"Encouraging Children to Learn"

Parenting middle school-age youth is a challenging task. Join this series of discussions about adolescent development, effective communication, encouraging responsibility and cooperation and problem solving. Snacks and handouts are included. Please register for one, two or all! More workshops will be scheduled beginning in January 2013.

English for Speakers of Other Languages (ESOL)

Facilitated by Lisa Bealieu (Intermediate Class); Michael Skorker and Emily Pellini (Beginners Classes)

Tuesdays & Thursdays; October 9—June 20

3:30—6:00 pm

Registration Required

Location: MFN Family Center

ESOL is a program for families who live or work in Medford who want to improve their English skills. Both Beginner and Intermediate classes are offered. Child care is available upon request. These students with young children will enjoy a language-based playtime after class with their parents from 5:30 - 6:00 pm.

STEP (Systematic Training for Effective Parenting)

Facilitated by Valerie DeGeorge, Parent Educator

6 Tuesdays; October 16, 23, 30; November 6, 13, 20

7:00—8:30 pm

Registration Required

Location: MFN Family Center

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. Our goal is to explore and discuss ways that result in confident, cooperative, and responsible parent/child interactions. Use of parent handbook is available.

Help Me Get Ready to Read: A Workshop

Hosted by Susan Marx and Barbara Kasok, Literacy Specialists

Monday, October 29

6:30 - 8:00 pm

Registration Required

Medford Public Library

This workshop will provide reading strategies, suggestions for good books, and parenting strategies for parents, grandparents and any adult who work with children. Please call (781) 391-7950 to register. **Space is limited so register early.** Free Help Me Grow Guides will be given to the first 25 who register. *Thank you to Medford Rotary!*

Drop-in Playtime at the MFN Family Center!

Drop-in Playtime!

Parents, Caregivers, Guardians welcome!

September

Mondays	2:00 pm—5:00 pm
Tuesdays	9:00 am—5:00 pm
Wednesdays	9:00 am—5:00 pm
Thursdays	9:00 am—5:00 pm
Fridays	11:30 am—5:00 pm

October/November/December

Mondays	2:00 pm—5:00 pm
Tuesdays	No Drop-in
Wednesdays	12:00 pm—5:00 pm
Thursdays	1:30 pm—3:00 pm
Fridays	11:30 am—5:00 pm

Sign in all family members when you arrive each day!
Times/days are subject to change.

What is Drop-in Playtime?

Drop-in playtime at the Family Center is a wonderful opportunity to play and interact with your child(ren). Come down and enjoy the company of other families with young children while playing in our large playroom. Books, puzzles, toys, blocks, and more await you and your child(ren)!

Please make every effort to clean up “as you go” and before you leave. Clean up activities help children sort, organize and have a sense of responsibility.

Tufts University Leonard Carmichael Society
presents...

Playpals

A FREE program for children with special needs of all ages!

4 Saturdays;

October 13, 20, 27; November 3

10:00 am ~ 12:00 pm

10:00 - 11:00 am - Gym/Activities

11:00 am - 12:00 pm - Pool 1:1 Swim with a Buddy

Email Today! LCS.PlayPals@gmail.com.

Parents must be present. Participants do not need prior swimming experience, but must be able to follow directions in the pool for safety reasons.



Babes in the Woods

*Sponsored by the Massachusetts
Department of Conservation and Recreation*

Tuesdays; Thursdays; Saturdays

10:00—11:30 am

Tuesdays: A stroller-friendly meander through the Fells.

Thursdays: These hikes are not stroller-friendly and children should be in carriers or able to keep an adult pace through mixed terrain.

Saturdays: This stroll through the Fells is targeted to 5 to 8 year olds.

Contact the Friends of the Middlesex Fells for more information by calling (781) 662-2340 or visit www.fells.org.

Swap Day at the Medford Family Network!

Hosted by Tamar Siegel, MFN Parent Leader

Saturday, November 10, 2012

3:00 ~ 4:30 pm

Swap Day is here again!

Come take what you need for your family, and if you can, donate the following: gently-used, clean toys and books for all ages; baby equipment; clothing for infants, toddlers, kids, tweens and teens! **Please drop off items at the MFN Family Center on Friday, November 9, 9:00 am to 5:00 pm, or anytime during the week of November 5-9 on the porch at 155 Forest Street, Medford.**

- ◆ Contact Tamar Siegel at rtsiegel@comcast.net or call the MFN at (781) 393-2106 with questions;
- ◆ Donations must be small enough to carry; we do not accept stuffed animals, cribs, or car seats;
 - ◆ **You are NOT required to bring items in order to take items;**
- ◆ Child care is NOT available during the Swap (children may play in the MFN space with parent supervision, and you MUST clean up after them);
 - ◆ At the end of the day, items not chosen will be taken to a local charity.

Community Resources

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

Babies, Bibs & Books Program

Presented by the Medford Family Network (MFN)

This is a literacy program designed to introduce first time moms and dads to the importance and joy of reading to their baby. The MFN is distributing FREE gift bags to first-time moms and dads who live or work in Medford. These bags include a Board Book, bib, MFN's newsletter, Medford Community Directory, and general developmental information and activities to help your baby learn and grow. Call (781) 393-2106 to receive your free gift bag!

Freebie Foyer at the MFN Family Center

Please come by and check out our FREE gently-used items including books, maternity wear, infant and children's clothing, and baby essentials. ***TO DONATE, BRING ITEMS TO THE MFN OFFICE.*** We will check each item for safety and appropriateness and then place them in the Freebie Foyer. Also, feel free to give us a call at (781) 393-2106 if you need a particular item.

EMARC

EMARC is a non-profit organization serving individuals with developmental disabilities throughout the Metro North area. The Family Resource Center offers assistance to parents and other primary caregivers in their efforts to provide care in the home and community for a child or an adult. Contact Judy Santa Maria, Director, at (781) 942-4888 x4022 or visit www.themarc.org.

Make Way for Kids Preschool - Still Have Openings for the year 2012-13!

This program is an early childhood internship for Medford Vocational and High School students as they pursue potential career interests. Please call Michele Farquharson at (781) 393-2210 for more information.

Local Food Pantries in Medford

Community Cupboard Food Pantry at Unitarian Universalist Church (781) 396-4549, Thursdays; 6:00 to 7:30 pm

Saint Francis Food Pantry (781) 396-3400, Thursdays; 3:00 to 4:30 pm

Project Bread's Food Source Hotline (800) 645-8333

Bread of Life (781) 397-0404; 511 Main Street, Malden; Wednesdays; 4:00 - 6:00 pm; Fridays; 2:00 - 4:00 pm

Onetoughjob.org (*"Being a parent is one tough job"*)

The Children's Trust Fund understands and offers online parenting information, tips, and support and connect moms and dads with real-life parenting resources in the community.

Parentpagesnews.com (*Parent Pages*)

Supporting children and the adults who teach them, inspire them, and love them.

Bestsellers Café Coffeehouse

Call Bestsellers Café at (781) 391-7171 for weekly storytelling events on Saturday mornings. 5% of every jewelry item purchased at Bestsellers Café will go to the MFN. Thank you, Rob, Marianne and Charlie Dilman, owners of Bestsellers Café!

MEDFORD PUBLIC LIBRARY NEWS

Story Times (*Special Halloween Story time on October 31!*)

7 Wednesdays; Sept 26; Oct 3, 10, 17, 24, 31; Nov 7 10:00 ~ 11:00 am Medford Public Library

Story Times are for ages 2 to 5. Come listen to a story and make a simple craft! Registration is not required.

Sing-A-Long with Liz Kitchell

Thursdays; October 18; November 15 10:00—11:00 am Medford Public Library

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



Medford Early Education and Care Forum and Fair

Tuesday, November 13, 2012

6:30 ~ 8:30 pm

Medford High School Library

Join us for a panel discussion as well as a question and answer session about the many Department of Early Education and Care licensed and Public School Early Education and Care programs in Medford.

- ◆ What are Early Education and Care options in Medford for infants, toddlers and preschool children?
 - ◆ Is financial assistance available?
- ◆ Speak with representatives and/or take home brochures and materials that will inform you about Medford's options.

Includes light refreshments. Sorry, child care will not be available. Call (781) 393-2106 with any questions.

Join MFN with Special Events in the Community

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

Farmers Market!

Thursdays; September 27; October 4, 11, 18

3:00 pm - 7:00 pm

Location: Medford Square

Farmers Market is winding up a very successful run in Medford at their new site at City Hall. Come on down and reap the benefits of the local fall harvest. Vendors include: produce, fresh breads, baked goods, wine, jewelry, free range meat, coffee and much more! Enjoy local musicians and the community table that highlights Medford's family-serving organizations.

10th Annual Community Day at Tufts University!

Co-sponsored with the cities of Medford and Somerville

Sunday, September 30 [Rain or Shine]

11:00 am—3:00 pm

Location: Top of the hill

Come Visit the MFN and FMFN Tables! Music & Dance Performances! Community Resources! Arts! Learning Across Tufts! Education and entertainment for all ages! All events, including lunch, are FREE. For more information, visit: <http://cdays.tufts.edu>

2nd Annual Haines Square Fall Festival - MFN is sponsoring a Story Walk!

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

Saturday, October 6 [Rain Date: October 7]

10:00 am - 3:00 pm

Location: Haines Square

Celebrating a diverse and vibrant shopping area, the Haines Square Fall Festival will feature live music, vendors from Medford Farmers Market, photographers for family portraits, children's activities, painters, and crafts. **MFN will host an activity that will result in framed portraits of each family!** Also, MFN is sponsoring a Story Walk! Come read the book, *Handa's Surprise*, by Eileen Browne. Please visit www.medfordfestival.org for more details.

Harvest Your Energy Festival

Saturday, October 13

1:00 pm - 4:00 pm

*Location: Wind Turbine at
McGlynn School*

Sponsored by MassEnergy Consumers Alliance

Come for some fun, education, food and more! For more details, please visit <http://Medford.org/harvestyourenergy>

Circle the Square

Thursday, October 18

4:00 pm - 8:00 pm

Location: Medford Square

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

On the third Thursday of the month, Circle the Square has come alive in downtown Medford Square. This FREE event is for all ages with performances, crafts for kids, special dining opportunities, scavenger hunts, dance and martial arts performances, and all-round fun! This will be the final one until next year. For more information, visit www.circlethesquare.org

Mystic River Celebration - Come Fly a Kite with MFN!

Saturday, October 20 [Rain Date: October 21]

11:00 am - 4:00 pm

Location: Condon Shell/Rt. 16

Hosted by the Medford on the Mystic Arts Festival

FREE! Live Music! Food! Artisan Crafts! Art Exhibits! Interactive Art Installations! Crafts for Kids! Shuttle transportation available from Commuter Lot near the Hyatt and City Hall. For more information, visit www.Medfordfestival.org

Halloween Stroll

Friday, October 26

3:00 pm - 4:30 pm

Location: Medford Square

Hosted by the Medford Chamber of Commerce

Calling all ghosts and ghouls! Show off your costumes as you trick or treat at local businesses throughout Medford Square, West Medford Square and Haines Square. Visit the MFN table for some special treats in Medford Square.

Do you have loose change lying around the house?

Bring your change to **Members Plus Credit Union in Medford Square** and help support the Medford Family Network. During the months of September and October, Members Plus Credit Union will donate all the proceeds from the coins collected to the Medford Family Network!

Suggested reading of books for kids about money and money management:

Benny's Pennies by Pat Brisson

The Berenstain Bears' Trouble with Money by Stan and Jan Berenstain

Sam and the Lucky Money by Karen Chinn

Just Shopping with Mom by Mercer Mayer

Come to the Network and pick up your free copy of
How Kids Learn About Money.



Why Read to Babies?

“Teachers are people who start things they never see finished, and for which they never get thanks until it is too late.” Max Forman

Excerpt from **ExchangeEveryDay** (August 28, 2012).

NAEYC has launched a new website for parents, www.families.naeyc.org, where we found an article by Julia Luckenbill, “13 Things Babies Learn When We Read with Them.”

Here are a few of her points:

- ◆ Reading is a time when I am held and loved.
- ◆ Every time we read I hear how words are used, listen to rich language, and learn new words.
- ◆ Things come in different colors, sizes, and shapes.
- ◆ It’s fun to play with language and explore rhythm, rhyme and humor.

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

The Early Childhood Office is a local point of entry to find out information about quality early education and care.

The office can assist placing eligible families on the Department of Early Education and Care centralized wait list for child care—infant, toddler, preschool, and school age.

The Parent-Child Home Program (PCHP) (781) 393-2102

PCHP is an internationally recognized, innovative home-based literacy, and school readiness program that strengthens families and prepares children to succeed academically. The parent and child enroll when the child is approximately 2 years of age, an important time for early language development. The family continues in the program for two years. Trained Home Visitors come to a home for a half hour visit twice a week. Carefully selected toys and books are used to model how parents can be effective teachers. The emphasis is on verbal interaction.

The PCHP is a free program for families that meet certain eligibility guidelines. For additional information or to make a referral, please contact the Coordinator, Donna Foti-Scovell, at 781-393-2122 or email dscovell@medford.k12.ma.us

Parent Leadership Opportunities

Medford Family Network Advisory Board (MFN)

Become a Member of the Medford Family Network Advisory Board! We are seeking new Board members for the upcoming fiscal year (July 2012 to June 2013). Current committees are...

Marketing/Public Relations Committee

To 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

To advise on program development and implementation; to assist in the planning and promotion of the Early Education and Care Fair as well as specialized programming such as Dads groups, programs for working parents and parents of twins.

The next meeting is scheduled for Thursday, October 11 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 Board (FMFN)

The FMFN is a nonprofit corporation comprised of MFN parents who promote, support, and assist in raising funds for MFN programs. We are currently looking for interested individuals to serve on the Board for Fiscal Year 2013 (July 2012 to June 2013)! If you would like to get involved, please contact Debbie Steiner Hayes, President, at (781) 395-8624 or email at debbie@medfordfamilies.org



Medford Family Resource Coalition Council (MFRC)

The Council is an early childhood governing body. The next meeting is Thursday, September 27, 6:00 to 8:00 pm (Location: MFN Family Center).



School Readiness and Early Childhood Curriculum Committee (SRECC)

Seeking PreK, Kindergarten, and Grade 1 parents. The next meeting is scheduled for Monday, October 22 at 3:15 pm (Location: MFN Family Center).

For more information on the MFRC or the SRECC, please contact Shelley Gross, Early Childhood/Afterschool Director at (781) 393-2211 or sgross@medford.k12.ma.us

What is the Medford Family Network (MFN)?

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 13, 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; discussion groups; 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 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 activities are co-sponsored with other family-serving agencies. Parent advisory, governing and leadership roles are available and encouraged. Funding for the MFN is through the Massachusetts Department of Early Education and Care, Coordinated Family and Community Engagement (CFCE) grant, the Children's Trust Fund, the Friends of the Medford Family Network Corp., and the generous donations from our families and friends.

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 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!

FY13 CFCE (Coordinated Family and Community Engagement) Grant Priorities:

These priorities are to: **actively identify and serve families** that are the most socially isolated, “hard to reach,” and hence at greatest risk for developmental delays; **provide high-quality, accurate consumer information and parent education based on science**; provide **evidence-based early and family literacy** programming; **support families through the continuum of services and supports needed for child development** birth to 13, including intentional support into kindergarten; and provide linkage to **comprehensive services** to support optimal child development for families and for early education and care programs.

FY13 CTF (Children's Trust Fund) Grant Priorities:

These 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



Children's Trust Fund



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