

# Arlington Family Connection

supporting children age six and under and those who care for them



Volume II, Issue 4 \* July 2003  
www.arlingtonfamilyconnection.org



## Helpful Hints for Traveling with Babies

by Martha Ivester

Summer is the season of vacations, and for many new parents it may be the first time traveling overseas with children in tow. It is necessary to have a passport for each child. While flying domestically and to Canada a birth certificate can suffice, a passport (which includes a photo ID) makes getting through security much smoother.

When applying for a US passport at the post office, both parents must be present or the non-present parent needs to have signed an authorization letter that is best to have notarized. Applicants will need an original birth certificate and a properly-sized infant passport photo. One good local resource for infant photos is Cameras, Inc. in Arlington across from the high school. They have the baby lie on the floor to take the photo which is much more successful than trying to hold them in a sitting position.

During travel, I suggest carrying an original birth certificate and a copy of both the birth certificate and passport in a separate piece of luggage.

It is important to note that if one parent travels out of the country with the child, the non-present parent will need to have signed a notarized letter consenting to the travel. (Many airlines do not inform you of this and I had to sweet-talk my way into Canada the first time I went alone. This also applies to driving.)

In our child's first year, we took more than ten trips to Europe, Canada and the Caribbean and we starting to get the airplane routine down pat. Here are a few suggestions:

1. For babies under 6 months on a trans-oceanic flight, try to book the bulkhead seat that has the bassinet. The downside of these seats is that there is no diaper bag storage in front of you. Also bring your own blankets so you don't have to use the airline ones.
2. If you think the flight won't be full and you don't have a separate seat booked for baby, bring along the car seat as

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## Breastfeeding and Working: A Labor of Love

by Margaret Potter

Here I am, sitting in my office with the door closed, the lights slightly dimmed, my bra undone and my shirt unbuttoned. But no, this is not a passionate moment stolen from the middle of my work day. There is nothing romantic or furtive about this skin-baring moment. I am sitting at my desk, wearing a hands-free phone head-set, returning phone calls, as I use an electric breastpump. I work part-time and have three young children, including a baby who just turned one. Since I returned to work part-time when he was five months old, I have been pumping when we are apart so that he can have breast milk for his first year of life.

There are so many nutritional and emotional benefits to breastfeeding, for both mother and baby. So, despite some early challenges, all successfully resolved with the help of a lactation consultant, I have breastfed each of my children and am currently breastfeeding my one year old. For

many reasons, my husband and I chose to feed our children only breastmilk until they were six months old, and then we added solid foods into the mix. One of the most beautiful benefits of breast-feeding is the closeness that it provides; I find this to be true about pumping as well. Pumping for my baby makes me feel connected to him, even during the short periods when we're apart.

Mothers pump for different reasons. Some work full or part-time and pump while they are apart from their babies; their babies receive expressed breast milk from a bottle, a syringe (preferred for very young babies, to avoid nipple confusion), or a cup. Other mothers exclusively pump because their baby has a birth defect, such as cleft lip or palate, that sometimes prevents the baby from being able to latch on effectively. Many mothers who do not work outside the home pump occasionally as the need arises. Here are some tips

based on my experience:

1. **Get support!** Read as much as you can about pumping and breastfeeding in general, and rent or buy a pump from a certified lactation consultant. When choosing a lactation consultant, look for the initials IBCLC which stand for International

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# News from the Board

by Jennifer Opp

Caregivers of young children share many common experiences, regardless of our life circumstances. We are filled with a sense of wonder and awe as we welcome our children into our lives, though, at times feeling overwhelmed at the enormity of the task. When raising children, there seems to be a strong need to make connections with other people in our community who can support us.

Arlington Family Connection (AFC) was founded with the goal of supporting families with young children by offering information and opportunities for connection that can help ease the path for caregivers.

AFC is a dynamic group whose strength lies in its volunteers. Whether volunteering to help at a community party, stamp and mail out this monthly newsletter, plan events, or serve in a lead role on the board of directors, each contribution is valuable and beneficial — both to the individual and the greater community. AFC is pleased to offer individuals an opportunity to socialize and learn more about the organization and

involvement at our new Members' Nights, held in the homes of our board members. We hope that these casual gatherings will serve as a platform for dialogue about raising children in Arlington, how we can better support families and motivate members to contribute their efforts to the cause. We look forward to seeing you at our next Members' evening, slated for late September.

If you have any questions in the meantime, please call or e-mail one of the contacts listed below. We look forward to hearing from you.

## Board welcomes newest member as newsletter editor

Betsy Lawson has joined the board of directors as newsletter editor. She helped redesign the June issue and has worked this month with volunteer writers and editors to put together the July issue and to begin forming an editorial board to plan for the future.

Originally from Sudbury, Mass., Betsy studied journalism and women's studies at the University of Wisconsin-Madison and later worked as a

newspaper reporter in Atlanta, Ga., and Virginia Beach, Va. She moved to Arlington in 1993 to pursue a master's degree in Communications Management from Simmons College. She later did public relations for Brandeis University and Wellesley College.

When her daughter Sarah was born in July 2000, Betsy began doing freelance writing and editing from home. She and her husband, Kevin, are expecting their second child in October.

Betsy said she views the AFC newsletter as a wonderful forum to reach out to parents of all walks of life in Arlington who may be struggling to make connections or simply want to share information. Together with the board, Betsy will be working to include more articles from the perspective of working moms as well as those living in non-traditional families. She encourages feedback from readers in the form of Letters to the Editor or guest columns and articles. Please feel free to contact her with your ideas and suggestions at [betsy01@bellatlantic.net](mailto:betsy01@bellatlantic.net).

For more information about AFC, please contact any of the following members of the Board of Directors:

Dianna Dixon (781) 643-6851  
Vice-President and Events Committee Chair  
[dianna\\_dixon@hotmail.com](mailto:dianna_dixon@hotmail.com)

Diane Hebert-Farrell (781) 641-4516  
Clerk  
[kevanddi@verizon.net](mailto:kevanddi@verizon.net)

Betsy Lawson (781) 646-5812  
Newsletter Editor  
[betsy01@bellatlantic.net](mailto:betsy01@bellatlantic.net)

Justine Lynch (781) 648-0006  
Treasurer  
[lynchfam4@attbi.com](mailto:lynchfam4@attbi.com)

Jennifer Opp (781) 648-4314  
President  
[jennifer.opp@verizon.net](mailto:jennifer.opp@verizon.net)

Margaret Potter (781) 641-0260  
Vice-President and Community Service Committee Chair  
[mpotter@alum.wellesley.edu](mailto:mpotter@alum.wellesley.edu)

Melissa Spiers (781) 777-1363  
Membership Chair  
[mspiery@attbi.com](mailto:mspiery@attbi.com)

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## Editorial policy

The Arlington Family Connection (AFC) newsletter is published monthly and is free with membership.

Published articles reflect the views of the respective authors and do not necessarily represent the views of AFC. Childcare, healthcare and legal information is provided for informational purposes only. It is not intended as a substitute for medical or professional advice. Always consult your own healthcare provider for any decisions relating to your child's well being.

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The AFC newsletter accepts submissions from AFC members on issues relevant to families with children six and under. The editorial board reserved the right to refuse submissions for any reason. Send submissions to: [afcnwsltreditor@hotmail.com](mailto:afcnwsltreditor@hotmail.com).

# Breastfeeding and Working: Helpful Tips

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Board Certified Lactation Consultant — the gold standard in the field. They can help you with your pump, devising a schedule (to maintain your supply, you'll need to pump on the same schedule that your child typically eats) and providing support should you run into challenges. If you do run into challenges with pumping or breastfeeding, a lactation consultant will be able to work with you in a way that your doctor or other health care provider may not. Pumping is both a science and an art. Like most new skills, it takes practice, so be patient with yourself while you learn. Get all the information you can and then trust yourself to succeed.

**2. Rent or buy the best pump you can afford.** I chose to rent the Lactina pump, made by Medela, for about \$1.50 per day. The Lactina is a lightweight, hospital grade electric pump. I came to see the pump as one of the most important pieces of baby equipment I would use. At first the prices for good pumps seemed high, but in the end I realized that the pump was more important to me than a fancy crib or other furniture, and certainly more valuable than any of the many gadgets and accessories seen in baby stores. I also purchased a Medela tote bag for the pump that held all the accessories and had an insulated section to hold ice packs and the bottles of pumped milk.

**3. Get the facts.** There is some basic information you will need to know about storing and feeding expressed breastmilk. For example, expressed milk can be kept in the refrigerator for up to a week. For longer storage, you can freeze it for varying lengths of time, depending on the type of freezer you have. Because breast milk has anti-bacterial properties, it can be kept at room temperature for four to six hours. At first, it's best to freeze your milk in small amounts, until you get a sense of how much your baby eats. Once the frozen milk thaws, it cannot be re-frozen and should be consumed within 24 hours.

**4. Work with your employer to get what you need.** For many mothers, it may feel awkward to explain to co-workers or a boss about pumping. Some work settings present more of a challenge than others and if you do not have a private office you may need to discuss your needs with your employer. While I am fortunate to have privacy at work, there have been times when I have been attending meetings or conferences and I've had to explain to people that I need access to a private space with an electrical outlet for about 15 minutes every three hours.

Talking directly about my needs around breastfeeding was a new experience for me, especially to male colleagues or conference directors. I had to think through exactly what I would say. I learned to be matter-of-fact: "I have a baby at home and I pump milk for him when we are apart". Getting over these feelings of awkwardness was a huge step for me in my parenting. Breastfeeding and pumping has taught me a concrete lesson about putting my child's needs before my own fleeting moment of embarrassment or worry about what someone else might think.

As a subscriber to an on-line group "pumpmoms", and a co-moderator of an on-line breastfeeding support group, I have assisted many women to set up a pumping routine

that works for them. I know of women who work in factories with short and infrequent breaks, women who are in sales and spend most of their day in their cars, women who are police officers, letter carriers and bus drivers — all of whom have precious few private moments while on duty. There are women who pump even though they work in cubicles, women who are teachers in classrooms, lawyers who are in court all day. With a little creativity, and a good electric pump, they have all been able to successfully pump despite their challenging work environments.

**5. Buy extra flanges and collection bottles.** At first I washed the entire set-up each time I pumped. Eventually I figured out if I bought two sets, I could wrap the used equipment in a cloth diaper and wash everything at home.

**6. Enlist the support of your partner and/or childcare provider.** As every parent knows, getting out of the house in the morning with young children can be challenging. Because I bring my preschooler to work with me, I have the added hurdle of getting there on time, with him ready for school and me ready for work. I need to bring my briefcase and purse, his backpack, our lunches, and the bag with the pump, ice packs, and accessories. My husband's job in the morning is to completely pack the pump and put it in the car. At night, he washes and dries the various pump parts, freezes the milk, and gets everything ready for the next day.

**7. Nurture yourself.** Your body is working hard to make nutritious milk. We often are told to take care of ourselves and it may seem impossible sometimes. But when you are pumping and breastfeeding, you are sustaining another human being and this is hard work! Be good to yourself, get plenty of rest, and eat as well as you can.

If you are feeling pressed for time at work because of your pumping, consider buying a pumping bra. These bras will allow you to pump hands-free so that you can do other things while you pump. I can talk on the phone or check email while I pump.

**8. Trust yourself and the wondrous capability of your body to feed your baby.** Women throughout time have nourished their babies with their milk and you can too! Feel free to contact me with any questions, mpotter@alum.wellesley.edu.

## Resources

*Nursing Mother, Working Mother*, by Gale Pryor  
*The Nursing Mother's Companion*,  
by Kathleen Huggins  
*The Womanly Art of Breastfeeding*,  
by La Leche League International

Lactation Consultants: Lactation Care (617) 244-5593

www.breastfeeding.com    www.la lecheleague.org  
www.lactationcare.com    www.motherwear.com

# The Natural Connection: *Ouch!* *homeopathic first aid for summer*

by Dianna Dixon

As would be in any case, the first rule of health is *prevention*. Use the sunscreen/big hat, the non-toxic bug repellent, the proper sports equipment. But if a summertime boo-boo occurs, homeopathy can help! (All remedies may be taken in the 6<sup>th</sup> or 30<sup>th</sup> potency, as marked on the bottle.)

**Bee stings:** *Apis* is excellent for bee stings – and jellyfish stings, for the exotic among us.

**Black eye:** *Arnica* is the first choice here, as for any bruise. *Ledum* is excellent for the typical blue/black discoloration. If there is actual damage to the eye, use *Symphytum* as well.

**Broken bones:** No surprise here – *Arnica!* Useful in reducing swelling and pain, *Arnica* can also help prevent shock. Once the swelling is down and the bone has been set, use *Symphytum* to heal the bone quickly.

**Bruises:** *Arnica*, absolutely. If the bruise seems to affect really deep tissues, take *Bellis Perinnis* as well. For bone bruises, take *Ledum*, *Symphytum* or *Ruta*.

**Cuts and scrapes:** Interestingly, *Calendula* and *Hypericum* work to clean and heal a wound externally in cream form, and help to heal internally when taken in remedy form. If there is a puncture wound, take *Ledum* as well. If the cut moves towards infection, with heat/redness/swelling/pain or even pus, take *Hepar Sulph*.

**Heat stroke:** Use *Belladonna* if the sufferer has bright red, hot and shiny skin and complains of a throbbing headache and trouble breathing. With symptoms like these plus marked anxiety, use *Aconite*. With symptoms like these plus the sufferer seems drunk or giddy, use *Gelsemium*.

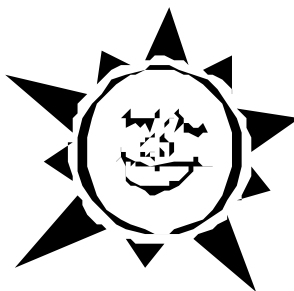
**Sprain:** *Arnica* is the remedy of choice, working to repair damaged blood vessels and reduce swelling and pain. If the sprained area is too painful to move, use *Bryonia*; if, on the contrary, it seems to “loosen up” with movement, use *Rhus Tox*. If neither is particularly true, use *Ruta* once the swelling has gone down.

**Sunburn:** *Cantharis* and *Causticum* are both excellent at relieving the pain of sunburn; *Cantharis* is particularly good for the blistering that accompanies some burns.

(Note: these remedies are to be taken internally; *Hypericum* or *Calendula* cream can be recommended for a soothing external application.)

And for the adult who has a bit too much fun-in-the-sun, *Nux Vom* the next morning is great to combat the ill-effects of over-indulgence in food or drink.

Have a safe, healthy and happy summer!



Most health food stores (Whole Foods Market, Wild Oats) and Harnetts in Harvard Square carry these remedies in the 6<sup>th</sup> or 30<sup>th</sup> potency; both are suitable for adults and children, even tiny babies. Johnson Drugs in Waltham (781) 893-3870; [www.johnsondrugs.com](http://www.johnsondrugs.com) also does mail order. Follow the dosage information on the package. These stores also carry books on homeopathy for further general information.

Homeopathic remedies are gentle and safe with no side effects – perfect for children. As always, the information in this column is for education only and is not intended as medical advice.

*Dianna Dixon is a UK-trained and licensed homeopath practicing in Arlington.*

## Kindergarten Connections

If you have a child starting kindergarten in the fall and are interested in meeting other families in your school district this summer, please contact the following people:

Bishop: Jerri Newman (781) 641-9933 or [jerrinewman@verizon.net](mailto:jerrinewman@verizon.net)

Brackett: Helene Newburg [guaitch@yahoo.com](mailto:guaitch@yahoo.com)

Dallin: Cathy DiFonzo (781) 648-9443 or [cathydifonzo@hotmail.com](mailto:cathydifonzo@hotmail.com)

Hardy: Chris Foster (781) 646-9927 or [fostercm@hotmail.com](mailto:fostercm@hotmail.com)

Peirce: Lori Rogers-Stokes [rogersstokes@hotmail.com](mailto:rogersstokes@hotmail.com)

Stratton: Melissa Spiers [mSPIERS@attbi.com](mailto:mSPIERS@attbi.com) (see playground schedule page 6)

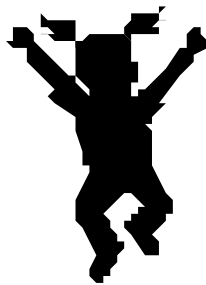
Thompson: Beth Billings (781) 648-6270 or [bethbil@yahoo.com](mailto:bethbil@yahoo.com)

# Fun Places to go with Kids: Cape Cod Children's Museum

by Bonnie Walsh

Despite long waits in traffic and a recent plethora of cool, wet weekends, thousands of families continue to make that annual rite of summer, the trip down to the Cape. During the recent Memorial Day downpours, in which I found myself on the Cape with a 20-month-old and nary a beach day in sight, I was delighted to discover the Cape Cod Children's Museum. Once located in the Falmouth Mall and hoping to someday relocate to Mashpee Commons, the Museum is currently located just off of the Mashpee rotary on Great Neck Road South.

The CCCM is essentially one very large room (warehouse size) with a number of different educational and scientifically oriented displays and activities. Many of the displays work best just for climbing on and exploring, such as a large pirate ship, a train with its many cars, a tree house, and a real rowboat. Other activities include a kitchen area, a Lego table, a puppet area, dress up clothes, an arts and crafts area and a train set. For older children, there are more detailed educational components to some of the activities, such as a shadow box, a Native American



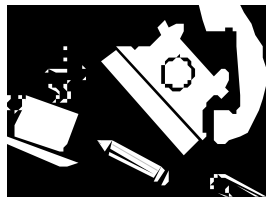
display, a 'sound thrower' and a number of optical illusions. While a few of the displays were in somewhat shabby condition or broken, there was more than enough to keep a young child interested for at least a couple of hours.

The Museum also has a couple of separate rooms for birthday parties as well as a small, reasonably priced, gift area. One major disappointment was that the sole source of any nourishment was an ice cream vending machine in their lobby, with no area to eat it in either within or outside of the Museum. Sharing an ice cream with a toddler huddled inside of a car is a messy proposition!

Overall, however, my impression of the CCCM was very positive. This was a great way for a young child to spend a rainy afternoon on the Cape. Indeed, even if the weather is good, if you just need a day out of the sun it is reasonably priced and well worth the trip. Admission is \$4 for children, \$5 for adults. For more information, call: (508) 539-8788 or visit [www.capecodchildrenmuseum.pair.com](http://www.capecodchildrenmuseum.pair.com).

## "Mom, I'm Hungry! What's for Dinner?"

Delivery options when you're too busy, or too tired, to cook  
by Judy Petrie



Having dinner delivered has been a life saver many times at

my house. Some of my favorites are Joe Pizza's greek pizza and Steve's spinach calzone. Gift certificates at one of these places is a great gift for new parents. Call for times of delivery and minimum dollar amount. All area codes are 781.

### Chinese/Thai

China Café 646-6621  
Great Wok 648-8998  
Jade Garden 648-8882  
Sun's Chinese Kitchen 648-3388  
Thailand Café 643-0296  
Thai Moon 646-3334

### Italian

Sabatino's Italian Kitchen 646-4126

### Pizza

Arlington House of Pizza 646-5016  
Domino's Pizza 643-2300  
Joe Pizza 648-5858  
Maria's Pizzeria 648-8011  
My Brother's Place 646-0110  
Olympic Pizza 643-6131  
Papa Gino's 648-4570  
Steve's House of Pizza 646-8900  
Villa House of Pizza 646-0202

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*Ed. Note:* Are we missing your favorite delivery place, perhaps outside Arlington, but willing to deliver? Comments about food quality or timeliness of delivery? Email [betsy01@bellatlantic.net](mailto:betsy01@bellatlantic.net) and we'll republish the 'beefed-up' list in a future issue.

## Override Update

Arlington residents concerned about the town's fiscal crisis have organized a group called the June 15 Coalition (June 15 was the day after the vote in which the override initiative failed). This group is working on devising creative solutions to the problems caused by the deep cuts in the town's budget, and welcomes public participation. Contact Nora Mann at [corman@rcn.com](mailto:corman@rcn.com) for more information.

In addition, residents have set up a non-profit foundation called Arlington Partners in Education that will be raising funds for the schools. Contact Julie Dunn at [jbdunn\\_99@yahoo.com](mailto:jbdunn_99@yahoo.com). Tax-deductible donations can be sent to: Arlington Partners in Education Foundation, Jane Culbert, Treasurer, PO Box 80, Arlington, MA 02475.

# On-going Activities

## Groups

**New Mothers' Drop-in Group:** Thursdays, 10-11:30am, Calvary United Methodist Church, 300 Mass Ave. Free, nonsectarian, facilitated group. All new parents are welcome with their babies. Sponsored by Jewish Family and Children's Services. Group runs through the summer. Info: (617) 558-1278.

**New Mothers' Drop-in Group:** alternating Tuesdays, 9:30-10:30am, Henry Bear's Park, 685 Mass Ave. This is a free, informal drop-in group for new mothers with infants. For more information, please call (781) 646-9400. This group runs through the summer.

**Working Mothers' Group:** This informal group provides mothers, who are also working, with a place to meet and talk. *Please note: this group will not run in July and August.* For more information about September meetings, email Pamela Harlem at pharlem@partners.org or call (781) 648-9034.

**Older First-time Moms Group:** third Wednesday of each month, 7-9pm, various Arlington locations. This is a social and support discussion group for first-time moms in their late 30s/40s in the Boston area. The group is free, but a \$1 donation is suggested. Call (781) 674-2029 for details. This group runs through the summer.

**Grandparents Support Group:** meets second Thursday of the month from 12-1:30pm for grandparents providing primary childcare for their grandchildren. Sponsored by the Arlington Youth Consultation Center. Call (781) 316-3250 for details and to pre-register. This group runs through the summer.

**Arlington Fathers' Group:** Tuesdays 7:30-9pm. Sponsored by Parents Helping Parents. This is a free support group for fathers who are feeling isolated, overwhelmed, or concerned about their anger toward their children. For exact location and more information, call (800) 882-1250. Group runs through the summer.

## Classes

**Cookie Dough and Turtle Art Home-based Class:** Children cut out cookie dough upon arrival and later eat their creations! While cookies bake stories are read aloud, followed by two fabulous crafts led by Judith Sagan, Rhode Island School of Design Graduate and mother of one. For 4- and 5-year olds. Thursdays from 3-4:30pm, July 17-August 7. Fee \$24 (4 classes) for child with parent; extra fee for drop-off. Pre-registration required. To register and for class location, call Judith at (781) 643-1912.



**Puddlestompers Monday Playgroup** moves Outdoors! With the long awaited arrival of spring, the Puddlestompers Playgroup will meet at Magnolia Park Playground on Monday mornings from 10:15am-12:30pm. In the event of inclement weather (which may also mean too hot as the summer comes) we'll continue to keep the Fox Community Room as an option, and use it when necessary. (Note: no fee when

outside; \$1/family when at Fox.) To get on the Puddlestompers Playgroup email list, contact julielukey @attbi.com or nina@matchups.com. For more info, call Julie (781) 641-0944 or Nina (781) 648-8533.

**Kids Corner** —Arlington Parks & Recreation Ages 3 – 6 (child must be toilet trained). There are still spaces available in this program combines two of the more popular programs for young children at the same site. Youngsters will be grouped according to age. Games, crafts, outdoor play, walking trips, special events and water play will be offered - provided the town has fixed the currently broken spray park located on-site. Snack provided. 9am – noon. Thompson School. II (SEC B1, July 7-18), III (SEC C1, July 21-Aug. 1), IV (SEC D1, Aug. 4- 15) Fee: \$85 per session.

**Arlington Parks & Recreation** 422 Summer Street, Arlington, MA 02474 (781) 316-3880 [www.town.arlington.ma.us/recnws.htm](http://www.town.arlington.ma.us/recnws.htm)

## Special Library Events

**Robbins Library Family Picnic Concert Series** Bring a blanket and a picnic and enjoy music under the stars. Concerts are on Robbins House Lawn (in Community Room if it rains unless otherwise noted) Provided by the Russell Fund. Thursdays, 6:15- 7:15 pm, July 17 (rain 22nd.), 24, 31 as well as August 7, 14.

**Sea Crafts at the Fox Library** Wednesday afternoons and evenings in July. Do-it-yourself craft materials available for ages 5 and up. Drop in and make a treasure! Call (781) 316-3234 or visit [www.robbsins library.org](http://www.robbsins library.org).

**Craft Fair on Robbins House Lawn** Wednesday, July 30 from 10-11:30 am. Bring and buy clever creations and treats! If you are bringing things to sell, sign up at the library 316-3234 or 3235. Co-organized with Recreation Department.

## Sing-alongs

**Sing-along with Diane Taraz** Second and fourth Fridays of the month, 10-10:30am, Calvary United Methodist Church, 300 Mass Ave, admission \$1. For more information, see [www.dianetaraz.com](http://www.dianetaraz.com).

**Robbins Library** - 10-10:30 am, Wednesdays July 16 and 23 *only*.

## Storytimes

**Storytime at Henry Bear's Park** 685 Mass Ave, Thursdays 11 am. Call (781) 646-9400 for more information.

**Fox Library** lap-sit stories for stories for children up to 2.6 years with adult. Thursdays, 10-11:30, July 17, 24 and 31. Call (781) 316-3234 or visit [www.robbsins library.org](http://www.robbsins library.org).

**Fox Library** drop in stories for ages 3-5. Tuesdays, 10 am, July 1, 8 and 15. Call

(781) 316-3234 or visit [www.robbsins library.org](http://www.robbsins library.org).

**Robbins Library** drop-in stories and craft for 4-8 year-olds. Wednesdays, 10-10:45 am, July 9, 16 and 23. Call (781) 316-3234 or visit [www.robbsins library.org](http://www.robbsins library.org).

## Bookclubs

**The AFC Book Club** usually meets the first Thursday of the month. Note: summer meetings will be June 5, July 17 and then not until September 4. The July book is *Say When: A Novel* by Elizabeth Berg. New members welcome. Info: Nancy Flynn-Barvick at [barvick@attbi.com](mailto:barvick@attbi.com).

## Movies

**Movies at the Capitol Theater** for caregivers with babies. Movies chosen weekly. Showtimes Mondays between 1-2pm, depending on the movie. Admission \$4.50. To join the email list, please contact Michelle Krawchuck at [amichuk@mindspring.com](mailto:amichuk@mindspring.com).

## Beyond Arlington

### Medford

**Babes in the Woods** Tuesdays, 10-11:30am, . Come for a walk at the Middlesex Fells, more than 2,000 acres of protected woods with hiking trails, ponds and wildlife. Alternate weekly between strolls and hikes. Kids of all ages welcome. Free. Information and schedule, visit [www.fells.org/babes.html](http://www.fells.org/babes.html) or call Rob at (781) 396-8994.

Know of a great event around town and want to share it with other AFC members? Send your calendar listing to: [betsy01@bellatlantic.net](mailto:betsy01@bellatlantic.net) by July 18 to make the August issue.

Happy summer!

## Starting Stratton Kindergarten this Fall?

To meet other families whose children will be starting Stratton kindergarten in the fall, please join us for any of the following Friday playground dates at 10:30am, weather dependent.

7/11	Spy Pond Playground
7/18	Dearborn School Playground
7/25	The Reservoir
8/1	The Reservoir
8/8	Menotomy Rocks Park
8/15	Sprinkler Park - Thompson
8/22	Robbins Farm Park

Info: Melissa Spiers at [mspiers@attbi.com](mailto:mspiers@attbi.com).

# Travel Tips

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carry-on. If you're traveling with a partner, at check-in request an aisle and window seat in the same row. Chances are higher that the space between won't be filled. Most car seats will fit in the overhead bins if the seat is occupied.

3. If you are renting a car, especially in Europe, and your carseat is not latch compatible, make sure you ask for a car with a ratcheting seatbelt at booking as not all cars have this.

4. Consider purchasing a carseat carrying case if you're traveling with your convertible seat and checking it. Not all airlines have the large plastic bags at check-in and the seats can get pretty beat-up.

5. Dress baby in multiple layers because plane temperatures vary greatly.

6. Make sure that diapering supplies are easy to access because changing in airplane toilets requires advanced yoga poses. It's best to wait until the handicapped bathroom is free because it has more space. Make sure you bring *twice* as many diapers as you think you will need on the plane. (Changing air pressure takes its toll

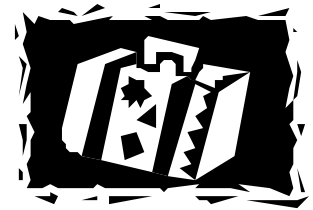
on baby's digestive system.)

7. Make sure your travel stroller is easy to fold and has some kind of locking mechanism if you plan to gate-check it (recommended). Be sure to ask for a gate-check tag at check-in — not all check-in agents remember to ask. I do not recommend purchasing a stroller travel bag because I saw one family who never got their stroller at the destination because the baggage handlers figured it was check-in luggage (it was in a bag) and put it in the main compartment.

8. A Baby Bjorn (a front pack child carrier) is also great to have if you'll be taking taxis/buses and won't have the carseat with you. While not as safe in the cab as a carseat, it works in a pinch. Buckle the seatbelt over your lap/shoulder but under the baby in the carrier.

9. Bring a crib sheet along as most hotels use harsh detergents. I always bring along at least one washload-worth of detergent in the event of emergency washes (like stomach flu that wiped out five days wardrobe in six hours).

10. Bring a familiar crib toy or



“lovey” in your carry-on so in the event of lost luggage your baby has something familiar smelling/feeling for bedtime. I also bring 1-2 changes of clothes and 1+ extra meals in my carry-on, plus a change of t-shirt and underwear for me (again — in case of vomit or lost luggage). Lots of small snacks are good to pass the time.

11. Bring a few outlet plugs, a faucet cover and a bath no-slip mat (I travel with a small foamy mesh square sink mat that I got at Target). A nightlight is also a good idea. Bring adapters if you are going overseas.

12. Baby monitors are great if you are staying in a small-ish hotel and the restaurant is not far from the room — you can leave baby sleeping and grab a bite to eat. Not all monitors work in Europe so again check if yours will blow out before you plug it into a 220v outlet.

All this planning may sound daunting, but once you're on your way — enjoy. It's vacation!

## AFC Membership Form

If you're interested in becoming part of an active, growing network of parents, professionals and other community members who care for young children, then membership in Arlington Family Connection (AFC) is for you. AFC offers educational seminars, social events, a web site, playgroups, a monthly newsletter and a guide to local preschools. To become a member, complete the form below, and send it in along with your check for \$20 to cover your annual membership fee. All memberships renew in September. Join in July or August and your membership will run through September 2004.

*Please make checks payable to:*  
Arlington Family Connection  
PO Box 150  
Arlington, MA 02476

Please print clearly.                      Date: \_\_\_\_\_

I am a: Parent: \_\_\_\_\_ Grandparent: \_\_\_\_\_  
Educator: \_\_\_\_\_ Health Care Provider: \_\_\_\_\_  
Child Care Provider: \_\_\_\_\_ Other: \_\_\_\_\_

Name: \_\_\_\_\_

Spouse/Partner's Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Please list your children (if applicable)

Name	Gender	Date of Birth

School District (circle one): Bishop Brackett Dallin  
Hardy Peirce Stratton Thompson

Would you like to be on an AFC committee?  
(check all that apply)

Play groups \_\_\_\_\_ Publicity \_\_\_\_\_ Speaker Series \_\_\_\_\_  
Newsletter \_\_\_\_\_ Fundraising \_\_\_\_\_ Social Events \_\_\_\_\_  
Resource Booklet \_\_\_\_\_ New Parent Outreach \_\_\_\_\_  
Activities \_\_\_\_\_ Community Service \_\_\_\_\_  
Other \_\_\_\_\_

This membership is a gift from: \_\_\_\_\_

To celebrate: \_\_\_\_\_

# Save the Dates!

## Wednesday, July 16

**AFC meets at Codman Farm**  
(Codman Rd, Lincoln)  
10 am-noon.



Visit this working farm and see chickens, sheep, cows and pigs, as well as an impressive community garden. Free. Fresh eggs available for sale. Meet by the barn or we will see you down on the farm. Cancelled in the event of rain. For info or directions, contact: Diane Hebert-Farrell, 781-641-4516. kevanddi@verizon.net.

## Thursday, July 17

**"AFC Book Club"** will discuss *Say When: A Novel* by Elizabeth Berg. Evening event. For location and more information, contact Nancy Flynn-Barvick at barvick@attbi.com. The book club will take August off, but will resume with its regular first

Thursday of the month meetings on September 4. News members welcome!

## Tuesday, July 22

**AFC meets at the Thompson School Playground and Spray Pool** (North Union Street, Arlington), 4-7 pm.

Pack a picnic dinner, swimsuits, and anything with wheels (bikes, trikes, scooters, skates).



Remember to bring helmets too! AFC will provide popsicles to cap off this fun evening. Cancelled in the event of rain. For info, contact Ruth Schmidt at: ruthschmidt@att.net or 781-643-2362. *(Note: The spray pool is currently not working at Thompson and may not be fixed by the town in time for this event. All 'wheel' activities will proceed as scheduled.)*

## Monday, July 28

**AFC meets at the Dominic Filippello Playground** (Arlington St., Watertown), 11 am - 1 pm.

Pack a picnic lunch and your swimsuits to enjoy this park near the Arsenal Mall. Amenities include a fenced-in playground, sprinkler park, covered picnic area, restrooms, play fields, and a walking track. Street parking; nearest cross streets are Coolidge Hill Road and Berkeley St. Meet by the sprinkler/picnic area. Cancelled in the event of rain. Info: Ruth Schmidt at ruthschmidt@att.net or 781-643-2362.

### August Newsletter Deadline

Interested in writing for the AFC newsletter? The next deadline is July 11 for articles, July 18 for calendar items. Email: betsy01@bellatlantic.net.

Arlington Family Connection  
PO Box 150  
Arlington, MA 02476