

Arlington Family Connection

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



Volume II, Issue 11 * January 2004
www.arlingtonfamilyconnection.org



Happy New Year!

We're ringing in 2004 with a skinny version of this newsletter, but, not to worry, the whole newsletter will be back next month. As always, we welcome your contributions and appreciate your input. In the meantime, we hope you enjoy this listing of everything that's going on in and around Arlington for families with young children.

Attached you will see a flyer for a special talk by local psychologist and successful parenting guru, Jeff Drake. If you have the time and inclination, AFC would appreciate it if you would post it somewhere in the community.

Next month, the newsletter will be off and running with new stories, from how to make Arlington safe for kids with allergies to how to get involved in a community farm. We'll also be introducing a new cadre of editors and designers for the newsletter. Happy 2004!

-- Jen Goebel, Editor

Join the AFC Steering Committee!

For more information about AFC, please contact any of the following Steering Committee members or join us at our next meeting, Wednesday, January 7 at 8 pm. Contact anyone below for the meeting's location.

All Steering Meetings are open and AFC members are encouraged to attend. We will be planning future events and discussing issues of interests to Arlington families. If you would like to get more involved with AFC, or if you have a special interest you would like to see us pursue, please come to a meeting!

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Justine Lynch 781-648-0006
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Ruth Schmidt 781-643-2362
Outings and Membership
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AFC Volunteers Needed to ...

... Assemble AFC's Calendar

We need a newsletter calendar editor to gather and confirm new and continuing listings for our very much referred-to calendar section. Contact Ruth at calendar@arlingtonfamilyconnection.org.

... Edit/Design AFC's Newsletter

AFC still could use some editorial and design help. Short time commitments welcome! Some experience with computers is important for the designing part, but will teach layout in Pagemaker to anyone interested. For more info, please contact Jennifer Goebel at newsletter@arlingtonfamilyconnection.org.

... Help Plan AFC Outings

We need fun-loving members to help organize and lead outings both with and without children. We also welcome suggestions for future activities and trips. Contact Ruth at outings@arlingtonfamilyconnection.org or 781-643-2362.

... Join the Community Service Committee

We envision a group whose purpose is to facilitate simple projects that will involve preschool-age children in giving back to the children and senior citizens of our community. Whether it be collecting outgrown board books to donate to the library or making a simple craft to brighten the residence of a senior, it will introduce young children to community service. Please contact Ruth at 781-643-2362 or at outings@arlingtonfamilyconnection.org.

... Join the Newsletter Team, Submit Articles

We want to hear from you! Send articles or calendar listings to newsletter@arlingtonfamilyconnection.org or calendar@arlingtonfamilyconnection.org.

February article deadline: January 10

February calendar deadline: January 17

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.

Copyright remains with the individual author for bylined articles. All other materials are copyright Arlington Family Connection, 2004. Permission is granted to reproduce articles for which copyright is held by AFC provided appropriate credit is given and no fee is charged. The AFC newsletter accepts submissions from AFC members on issues relevant to families with children six and under. The editorial board reserves the right to refuse submissions for any reason. Send editorial submissions to: newsletter@arlingtonfamilyconnection.org; calendar listings to calendar@arlingtonfamilyconnection.org.

Calendar

Special Events for Families

Celebrate Chinese New Year Craft

Thursday Jan. 22, 2-8 pm. Robbins Library. All ages, drop-in and make a new year dragon puppet. 781-316-3234.

Tot Valentine's Day Party

Wed. Feb. 11, 10:30-11:30 am. Arlington Boys and Girls Club. 781-648-1617.

Daddy/Daughter Dance

Friday Feb. 13, 6:30-8:30 pm (snow date Feb. 14). Gibbs Gym, Foster St. Social for girls of all ages with fathers, grandfathers, or other adult males. \$5 per person. Info: Arlington Rec Dept., 781-316-3880.

World's Fair for Kids

Feb. 14-16, 9 am-6 pm. World Trade Center, Boston. Tickets \$12 adults, \$8 ages 3-13. A fun-filled interactive exposition featuring 8 hands-on action-oriented themed pavilions focusing on technology, sports, play, arts, travel, nutrition, fashion and health & safety. Includes games, favorite characters, a petting zoo, face painting, and lots more. Visit: www.wfkids.com/boston.html.

Children's Winter Concert-Rick Goldin

Monday Feb. 16, 10:30 am. Church of Our Redeemer, 6 Meriam St., Lexington, 02420. Lexington Playcare Center presents an interactive performance of children's songs. Tickets \$6 at door, or in advance starting Jan. 26 by sending a check to LPC (same address as church). Proceeds go to the LPC scholarship fund. Info: pamela.tames@verizon.net

Winter Carnival

Thursday Feb. 19, 1-3 pm (snow date Feb. 20). AHS Toz Gym. Games, prizes, moonwalks, refreshments and fun for youngsters of all ages. Free admission, purchase tickets for activities. Info: Arlington Rec Dept., 781-316-3880.

Sing-alongs

Tuesdays Robbins Library: 10-10:30 am. Songs and singing games for ages 0-3. Space limited, tickets are distributed beginning 9am day of event. Call 781-316-3234 or visit www.robinslibrary.org.

Thursday, Jan. 8 and First Thursday of the month thereafter. Sing-along at Fox Library, 10 am. For infants and preschool-age children with Liz Buchanan.

Second and fourth Friday of the month.

Sing-along with Diane Taraz. 10-10:30am, Calvary United Methodist Church, 300 Mass Ave, \$1. Info www.dianetaraz.com.

Library Storytimes

Mondays (except Jan 19)

Toddlers at Robbins, 10:30-11:30am. Drop-in for children ages 18 mo. to 3 yrs with an adult. Stories, rhymes and fingerplays for first 15 mins, followed by play, a simple craft, and socializing.

Tuesdays, Jan 13 – Feb 10

Stories at Fox, followed by a craft. Ages 2 1/2-3 at 10-10:30 am
Ages 4-5 at 10:30-11 am
Call 781-316-3198 to sign up in advance.

Wednesdays

Preschoolers at Robbins, 10:30-11am. Drop-in for ages 3-5 with an adult or alone, but adult must remain close by in the library. Longer stories, rhymes, games and fingerplays.

Thursdays, Jan. 15-29 and Feb. 12-26

Lap-sit program at Fox, 10 am. Drop-in for infants up to age 2 and a half with an adult. A brief story and lap game time followed by play and socializing.

Other Fun Stuff

Puddlestompers Monday Playgroup

Drop-in preschool playgroup, Mon. 10:30 am-12:30 pm. Meets in the Fox Library Community Room in the winter (\$1/ family contribution for use of room); and outside when the weather is nice. To join group's email list, contact: JulieLucey@comcast.net or call 781-641-0944.

Toddlers and Twos

Drop-in, indoor gym time sponsored by the Arlington Recreation Dept. Wed. and Fri. 9:30-11 am. Gibbs School gym. Ages 15 mos.-3 yrs, \$3 per day. Will not meet on Feb. 18 or 20. Info: 781-316-3880.

Parent and Tot Connection

Hosted by the Arlington Boys and Girls Club, Fridays 9:30-11 am. Drop-in playgroup for toddlers and preschoolers with caregiver. Consists of age-appropriate play activities, crafts, stories and music. Free, supported by a grant to Community Partnerships for Children.

Art Beat Drop-in Studio Art Time

Children ages 4 and up. Project prices start at \$8. 212-A Mass Ave. Monday-Friday, 10 am-5 pm. Info: 781-646-2200.

Capitol Theater Movies for caregivers

with babies. Mondays, movie chosen weekly starting between 1-2 pm, \$4.50/ adult. Nursing, bottle feeding, fussing, changing diapers is strongly encouraged and never frowned upon! To join the e-mail list send an e-mail to BabyFriendlyMovies-subscribe@yahoo.com; for more info visit <http://groups.yahoo.com/group/BabyFriendlyMovies>. 204 Mass Ave., Arlington.

Full Moon Restaurant

Monday night is movie night, kids can come in pajamas. 5-8 pm. Preschool-oriented kids' movies in the play area. 138 Mass Ave., 781- 646-1404.

Public Skating

422 Summer Street, Veteran's Memorial Sports Center. \$2 children, \$4 adults. Fridays: 11am-1pm, 2:30-4:45 pm, 7-9 pm. Sundays: 9:30-11:30 am, 2-4 pm. *Special public skate Mon. Jan. 19, 10 am – 12 noon, and Mon. Feb. 16, 10 am – 12 noon. Info: 781-316-3880.

Regent Theatre

The Regent offers great family programs most Saturday mornings from 10:30-11:30 am. \$5 for kids & seniors, \$7 adults. Tickets available at the door starting at 9:30 am, or in advance the week before at Henry Bear's Park.
Jan. 17: Bonaparte (magician)
Jan. 24: Johnny the K (spirited musician)
Jan. 31: Mo-Commotions (local teen pop)
Feb. 6: TBA
Feb. 14: Gunnar Madsen (funny singer)
Feb. 21: TBA
Feb. 28: Cirque du Jour (clowns)
Mar. 6: Margot Fox (family folk music)
Please call 781-646-4849 or visit www.regenttheatre.com/events/family_fun.htm for more information.

Beyond Arlington

Babes in the Woods

Strolls and hikes through the Medford Fells every Tuesday, 10-11:30 am. Free. For maps, schedules or info call 781-396-8994 or visit www.fells.org/babes.html.

Belmont KidSpace

Indoor playspace for ages 5 and under. \$45 family season pass or \$3/day. 365 Belmont Street, Belmont. Hours: Mon/Thurs 1- 5 pm; Fri 5-8 pm; Sat 9 am-12 noon; 2nd & 4th Sundays 2-5 pm; 3rd Sunday 2-5 pm for special families. For more info call 617-484-7703 or visit www.belmontkidspace.org.

Calendar, continued

Barefoot Books

1771 Mass Ave., Cambridge is a dreamy setting for regular storytimes and special readings and events. 617-349-1610 or www.barefootbooks.com.

SHIP AHOY Sat. Morning Theatre

10:30 am, Concord Youth Theatre, 40 Stow St., Concord. For ages 3 & up, tickets \$5 at door. Concord Youth Theatre actors will inspire you with their new and improved versions of familiar children's stories, complete with ample opportunities for audience participation. Schedule:
January 17 ~ Rapunzel
January 24 ~ Gingerbread Man
January 31 ~ Goldilocks
February 7 ~ Hansel and Gretel
February 14 ~ Sleeping Beauty
February 28 ~ Rumpelstiltskin
Info: www.concordyouththeatre.org

Rattle at the Brattle, baby-friendly film series. Wed 1 pm, \$9, Harvard Square. For film schedule/info, visit <http://www.brattlefilm.org/parents.html> or join the email list by sending an email to parents@brattlefilm.org.

Somerville Theater movies for caregivers with babies. Tuesdays 1:15 pm, \$4, Davis Square. Info: 617-625-4088

Benefits

Kans for Kids

Sat. Feb 7, 10 am-1 pm. Donate clean returnable bottles and cans to benefit Arlington Recreation's Youth Activities. Gibbs School on Tufts St. 781-316-3880.

Seminars and Open Houses

Lesley Ellis School Open House
Tues. Jan. 6, 8:30-10:30 am, 41 Foster St., Arlington. A progressive, independent elementary school, serving children in preschool through grade 5. For more info contact Tricia Moran at 781-641-1346.

Fostering Respect and Responsibility in Children

part of the Lesley Ellis School Parent Education Series, with Rick Irving, LICSW. Tues. Jan. 13, 7:30 pm, 41 Foster St., Arlington. Free, open to the public. For more info call 781-641-5987.

Free Estate Planning Seminar

Friday Jan. 23, 7 pm, Wild Oats Community Room, 2151 Mystic Valley Pkwy, Medford. Attorney (and AFC member) Beth Murphy and Financial Advisor Sarah

Watts will teach you the methods of getting assets to your intended beneficiaries, how to set up guardianship for your children, and when and why you need a healthcare proxy, living will and power of attorney. Also, educational planning for your children and life insurance. Seating is limited, register in advance by calling Beth Murphy at 617-909-1655 or visit www.bethmurphy.com.

Basic Rights, part of the Special Education Parent Advisory Council (SpedPAC) workshop series. Thurs. Feb. 5, 7-9 pm, Brackett School, 66 Eastern Avenue. Get an overview of the special education process, procedural timelines, determining eligibility, developing the Individualized Education Program (IEP), and what's involved in due process. Presented by Federation for Children with Special Needs (www.fcsn.org). Contact Trish if you plan to attend or wish to join the SpedPAC e-list: 781-641-0182 or t_orlovsky@hotmail.com.

Playful Parenting Seminar

Wed. Feb. 11, 7:30-9 pm. Buckman Tavern, Lexington, followed by dessert at the Copa Café. Sponsored by the LPPTA. \$10 per person, reserved in advance. Contact Suzie Byers at 781-863-5863 or suzie_byers@hotmail.com.

Groups

Older First-time Moms' Group

Meets in Arlington third Wednesday every month, 7-8:30 pm. Social and support discussion group for first-time moms in their late 30s and 40s in the Boston area. Free. \$1 donation suggested. Call 781-674-2029 for location.

Baby Talk Drop-in Group

Tuesdays, 10:15-11:30 am at the Boys & Girls Club. For parents/caregivers and their babies, birth to 18 mos. Come socialize while your infant or toddler plays with age appropriate toys in a cozy room overlooking Spy Pond. \$3 per visit. Runs Dec. 2- Jan. 13. For info contact lynnhorgan@comcast.net.

New Mothers' Drop-in Group

Thursdays, 10-11:30 am, 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. Info: 617-558-1278.

New Mothers' Drop-in Group

Alternating Tuesdays, 9:30-10:30 am,

Henry Bear's Park, 685 Mass Ave. Free, informal drop-in group for new mothers with infants. For info call 781-646-9400.

New Mothers' Group

Wednesdays, 10-11:30 am, Beth Israel Deaconess & Children's Hospital Medical Care Center, 482 Bedford St., Lexington. Free, group meets for eight weeks. To register or for more info, call Kristin Hicks at 617-667-2229.

Grandparents Support Group

Second Tuesday of the month, 12-1:30 pm. For grandparents who are primary caretakers of their grandchildren. Sponsored by the Town of Arlington. Call 781-316-3410 for more information.

Arlington Fathers' Group

Tuesdays 7:30-9 pm. Sponsored by Parents Helping Parents. Free support group for fathers who are feeling isolated, overwhelmed, or concerned about their anger toward their children. For location and information, call 800-882-1250.

ANYONE FOR A TOY LIBRARY?

In Melbourne, Australia, where I am from, there were three toy libraries in my neighborhood and all three were incredibly popular. By paying a small yearly fee, I took home a variety of toys, ranging from outdoor toys (such as small slides, trampolines and cars) to indoor toys (such as train sets, dollhouses, puzzles, dressups etc). We could keep these toys for a week or two -- if the kids got sick of them after a week, we'd return them. If they really liked them, we'd have them for the two weeks. Like a library, the kids understood that they had to be returned after two weeks. We never had any problems with the returns because they knew they'd be getting new toys to play with!

I am now a member of the USA Toy Library Association and am awaiting a manual on 'How to Start a Toy Library in the US.' I am doing this purely voluntarily because I really feel that the kids need as much as possible - especially during these winter months. My kids are already going ga-ga and winter is just beginning!

If you would like to join me in starting a toy library, I would really appreciate it if you could contact me by email at boell@rcn.com.

-- Jacqueline Boell

Save the Dates!

Wednesday, Jan. 7

AFC Steering Committee Meeting

8 pm. Open to all members. Contact Ruth Schmidt at 781-643-2362 or info@arlingtonfamilyconnection.org for the meeting's location.

Thursday, Jan. 8

AFC Book Club

Meets first Thursday of every month. New members always welcome. Info: Nancy Flynn-Barvick at barvick@comcast.net. This month's book is *Bringing Down the House* by Ben Mezrich.

Tuesday, Jan. 13 and Tuesday, Feb. 10

AFC Mom's Movie Night

Join us for a movie at the Capitol Theater (7 pm-ish), followed by dessert and discussion at Flora. An e-mail will be sent the week prior announcing the movie title, time, and other details. No reservations

needed. For more info contact jpetrie@xensei.com or jbgascoigne@rcn.com, or call 781-643-4842 (Janet).

Tuesday, Jan. 20

AFC Workshop: The Four Keys to Effective Discipline

7:30-9 pm at the Arlington Senior Center, 21 Maple St. (behind Town Hall). Led by Jeff Drake, M.A. You will learn how to avoid the stress and damage of unnecessary power struggles, create cooperation and respect, and raise a child who is a stronger, more self-confident and successful adult. Free, but space is limited and pre-registration is required. Contact Jeff Drake at 781-863-1023 or jeff@successfulparents.com.

Wednesday, Jan. 21

AFC visits the Children's Discovery Museum, 11 am-12:30 pm, 117 Main St., Acton (45 mins from Arlington) Exclusive AFC group visit to one of the most fun

places in the area for kids ages 1- 5. \$4.50 per person age 1 and up. Spaces are limited, advance reservation and payment required. RSVP no later than Jan 10 to Ruth Schmidt at outings@arlingtonfamilyconnection.org or 781-643-2362. More info on the museum: www.discoverymuseums.org.

Saturday, Jan. 31

Stand for Children, Arlington Chapter Organizational Meeting

2-4 pm, location TBD. Stand for Children is a highly-effective member-driven child advocacy organization (www.stand.org). Their mission is to advocate for funding for early childhood education, schools, and other children's programs that give children a fair chance in life. This meeting will introduce people to SFC and how it can help us here in Arlington; also planning their first event. Contact Barbara Goodman (member, Arlington School Committee) at 781-643-8239 or barbcgood@yahoo.com.

To become a member, give a gift membership or renew your membership, visit the Arlington Family Connection Web site at www.arlingtonfamilyconnection.org/membership/index.html.

Arlington Family Connection
PO Box 150
Arlington, MA 02476

Happy 2004!

Arlington Family Connection

PRESENTS

THE FOUR KEYS TO EFFECTIVE DISCIPLINE

A Workshop Led by Jeff Drake, M.A.

Creator of the “Successful Parents” Programs

Tuesday, January 20

Arlington Senior Center

21 Maple Street, Arlington

7:30 – 9 pm

You will learn how to:

- Avoid the stress and damage of unnecessary power struggles
- Create cooperation and respect
- Raise a child who will become a strong, self-confident and successful adult

This presentation will benefit all parents who have children between the ages of 0-6. Arlington Family Connection wants to extend a special invitation, however, to parents of newborns or soon-to-be-parents to come and connect with other Arlington families.

This workshop is free of charge, but space is limited and registration required. Contact Jeff Drake at: 781-863-1023 or jeff@successfulparents.com.

For more information about Jeff Drake and the “Successful Parents” programs, please visit: www.successfulparents.com.