

Arlington Family Connection

supporting children six and under and those who care for them



Volume IV, Issue 7 * Sept 2005
www.arlingtonfamilyconnection.org

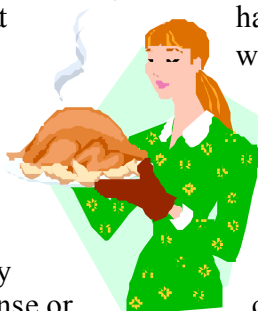


Healthy ideas for feeding your kids

By Ann Boehler Ostrowski

If your toddler or preschooler seems to exist on a diet of frozen waffles, crackers, and French fries, you're not alone. The good news is that there are simple steps you can take to make your kids' diets more healthful.

For starters, buy organic when you can, says Rosemary Dewees, a whole health educator in Waltham, Mass., who specializes in raising healthier children. If going totally organic isn't an option because of expense or availability, focus on organic dairy products like milk and cheese, wheat, strawberries, apples, and grapes.



It's also a good idea to cut down on the amount of processed food your family eats. Get in the habit of scanning labels and choosing products with the fewest--and most recognizable--

ingredients. Avoid products that contain enriched ingredients, partially hydrogenated oils, and high fructose corn syrup.

Finally, make foods yourself when you can. Whether it's a loaf of banana bread or a homemade pizza--when you make it, you control what goes into it. Dewees offers easy tips for upping the nutrition in your kids' favorite foods... *(continued on page 3)*

On the road towards childcare

By Paula Kirtley

Choosing the right childcare takes planning, discovering what is available in the community, sorting out which of the diverse early childhood programs meets your needs and, finally, meeting the providers.

A good place to start is deciding what type of care your child will require. Are you looking for care for an infant, toddler or preschooler?. Full-days or half-days, part-time or full-time, and how many days a week? Would you like a provider who cares for your child in her home, or a large day-care center or a preschool? Spend some time thinking about your expectations and concerns along with your needs when determining a type of program.

Once you have discovered what type of childcare you are searching for, the journey continues. Friends, neighbors and family will likely love to share their insight into what they enjoyed and what they would do differently with the programs their children attended. Listen carefully and keep the advice you believe is appropriate for you and your child. Remember, what may work for one child may not be best for another.

An excellent resource to have on hand is the Arlington Family Connection's "Childhood and Preschool Options in Arlington" booklet. It is an informational guide, listing all the current licensed early childhood providers in Arlington, created solely to help parents of young children with the overwhelming passage into the world of childcare... *(continued on page 2)*

Inside.....

Car Seat Safety, p. 4
Calendar, p.5
Membership form p.9
Save the dates, p.10

Childcare... (continued from page 1)

The next step is meeting with the providers you consider a good match for your family. On Oct. 6, from 6 to 8 p.m., the Arlington Family Connection will be hosting its fourth annual Childcare and Preschool Options Open House at the Stratton Elementary School gym. It's an evening where all the programs in early childhood care and schooling for the town of Arlington are gathered under one roof. Representatives from Arlington's large day-care centers, family day-cares and preschools will be available to answer questions, provide information and give an impression into the general atmosphere of their programs.

Another compelling reason to attend: free babysitting while you have an in-depth discussion with the providers. It's a wonderful way to narrow down your choices and schedule a visit to the programs you feel are a good match.

The search for childcare is one road on the parenting journey. No one program will be perfect. However, what is important is that the first parting of a parent with a child be filled with smiles and remembered with fondness. So, breathe deep, relax and enjoy your journey.

Paula Kirtley lives in Arlington and is the social director for her one-year-old son and three-year-old daughter. She welcomes feedback at paula@spiffy.com.

Options Night
October 6, 6 to 8 pm.
Stratton Elementary School gym

AFC Steering Committee Members

General Information - info@arlingtonfamilyconnection.org

Ruth Schmidt, 781-643-2362

Clerk

Karen Schwartz, 781-646-4510

Community Service - community@arlingtonfamilyconnection.org

Debra Reardon, 781-643-2081

e-Bulletin - bulletinboard@arlingtonfamilyconnection.org

Ruth Schmidt, 781-643-2362

Kindergarten Connections

Karen Donovan, 781-777-1011

Membership - membership@arlingtonfamilyconnection.org

Teri Heard Ralbovsky, 781-646-9154

Molly Sanford, 781-648-9748

Ruth Schmidt, 781-643-2362

Newsletter Editors - newsletter@arlingtonfamilyconnection.org

Soraya Merchant, 781-643-0661

Helene Ragovin James, 781-648-4863

Sarah Short, 781-777-2326

Newsletter Calendar - calendar@arlingtonfamilyconnection.org

Amy Speare, 781-646-5417

Options in Childcare & Preschool booklet -

options@arlingtonfamilyconnection.org

Sonya Coleman, 781-646-3324

Outings - outings@arlingtonfamilyconnection.org

Amy Speare, 781-646-5417

Jeanne Wells Hobbie, 781-643-6212

Johanna Wilson-White, 781-316-8131

Seminars - seminars@arlingtonfamilyconnection.org

Maureen Igoe, 781-643-7217

Treasurers - treasurer@arlingtonfamilyconnection.org

Andrea Canty, 781-316-2452

Johanna Wilson-White, 781-316-8131

Web Site - webmaster@arlingtonfamilyconnection.org

Eric Kachel, 781-316-0022

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, 2005. 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 and reserves the right to edit material as deemed necessary. Send editorial submissions to: newsletter@arlingtonfamilyconnection.org; calendar listings to calendar@arlingtonfamilyconnection.org

Submit articles, recipes, helpful tips, reviews,
etc. to the AFC newsletter team!

We rely on our members to submit material for publication in the newsletter. A steady stream of articles helps the newsletter team create upcoming issues. So, if you've been thinking about writing, or want to share a great kid-friendly restaurant, please submit your writings by email to newsletter@arlingtonfamilyconnection.org

Healthy eating... (continued from page 1)

Frozen waffles: Look for whole grain or multi-grain waffles (Trader Joe's has ones we like) with a short ingredient list. Opt for organic pure maple syrup over the processed kind. For a sweet topping with less sugar, mix fresh fruit (berries, peaches, bananas) with a little maple syrup and serve over waffles.

PB&J: Instead of regular peanut butter, which is high in saturated fat and contains unhealthy hydrogenated oils, look for organic, natural peanut butter or try almond, cashew or even soy butter (if it's organic, all the better). Choose varieties without added sugar. Spread on a whole or multi-grain bread and top with an all-fruit spread for a healthy PB&J.

Fruit- and vanilla-flavored yogurt: Despite all the hype, yogurt is not the health food it's cracked up to be unless you're spooning up the plain kind. Flavored yogurt is packed with sugar. The solution: Look for organic brands with 16 grams of sugar or less, says Dewees. Or try mixing plain yogurt with a teaspoon of an all-fruit spread or sauce. If your kids still won't bite, try mixing half a cup of the sugary stuff with half a cup of organic plain yogurt to lower the sugar content.

French fries: Cut up a variety of potatoes (try Yukon gold and white and orange sweet potatoes) into fry shape, toss with a little olive oil, salt and pepper, and roast. Experiment with different root vegetables—you may be surprised what your kids will like. Serve with ketchup that doesn't contain high fructose corn syrup (try Trader Joe's organic ketchup).

Chicken nuggets: For a quick, healthful at-home version, coat chicken tenders in a mixture of breadcrumbs and Parmesan or Romano cheese and bake.

Crackers: Crackers are the no-brainer go-to snack for toddler and preschoolers on the run. But most varieties are loaded with unrecognizable ingredients, preservatives and artificial flavors and colors, not to mention fat and sodium. If your kids crave carbs, try rice crackers, or low-sugar, whole grain cereals like Cheerios. Other snack ideas include cut-up veggies served with hummus. If your kids turn up their noses at fruit for a snack, mix it up with cut-up pieces of nitrite-free dried fruit (choose varieties without added sweeteners or fat), dehydrated fruit, or even frozen fruit that's been partially thawed.

Interested in learning how to cook healthy, simple meals for the whole family? Contact Rosemary Dewees at 781-891-1528 or email at rcdewees@comcast.net for info about group cooking lessons.

Ann Boehler Ostrowski is a freelance writer and a mom of two boys. She can be reached at amostrowski@verizon.net



What's cooking?

A recipe from Ruth Schmidt

APPLE PIZZA

Ingredients:

refrigerator crescent rolls
melted margarine or butter
sliced apples
cinnamon and sugar mixture

1. Flatten each biscuit, place on cookie sheet
2. Brush with melted margarine
3. Pat sliced apples on top of each biscuit
4. Sprinkle with cinnamon-sugar mixture
5. Bake at 375-degrees for 15 minutes.

Whenever I held my newborn baby in my arms, I used to think that what I said and did to him could have an influence not only on him but on all whom he met, not only for a day or a month or a year, but for all eternity - a very challenging and exciting thought for a mother.
~Rose Kennedy

Car seat safety

By Sonya Coleman

When I was younger, there was no such thing as car seats. Now the law requires car seats for our children. So before my first child arrived a few years ago, I was given hand-me-down car seats. I thought, why not? I support recycling 100% and although they were older car seats, they looked solid enough.



A friend of ours recommended we have the local police install our car seats for the best fit. We made the appointment and were surprised that BOTH car seats did not pass safety inspection. One car seat was recalled. The second car seat had missing tags and since the police officer could not identify it on the safety recall list, they would not install it. Luckily, they were running a special program that allowed them to exchange the recalled seat for a new free car seat. It took two officers to install it to their safety

regulations! I was not only impressed by their efforts and training, but also learned that car seat installation was not easy.

I realized quickly that to insure the safest car travel for my daughter, a professional ought to handle it. Since this experience, I have utilized the National Highway Traffic Safety Administration (NHTSA) Child Safety Seat Inspection program to install all my car seats whenever necessary. Sometimes, you may find insurance companies co-sponsoring these events and offer new car seats. The NHTSA website (www.nhtsa.dot.gov) provides a listing of authorized inspection locations (mostly police stations), as well as other pertinent information.

Sonya Coleman has two young daughters and is leading the AFC Childcare & Preschool Options this year. She can be reached at s.coleman@gmail.com



Kids enjoying themselves at the 4th annual AFC sponsored “pizza at the playground” event.



Calendar

Refer to

<http://www.arlingtonfamilyconnection.org> for even more resources!

Special Events for Families

Robbins Farm Park Annual Field Day

Sat. Sept. 10 (rain date Sept. 11). 2:30-4pm. This annual Field Day includes activities and fun for the whole family. Free. Info:

<http://www.robbsfarmpark.org>

Bowman Fall Festival

Sat. Sept. 10, 11am-3pm (rain or shine). Bowman School, 9 Philip Rd., Lexington. Live entertainment with Ben Rudnick & Friends (Arl. native) at 2pm, Fiddlers, Dancers and More! Pony Rides, Moon Bounce, Dunk Tank, Crafts, Egg Toss, Sack Races, Face Painting, Slush, Crazy Candy, Hotdogs, Cotton Candy, Popcorn and More!

National Heritage Museum Family Day

Sat. Sept. 10, 10am-4pm (rain or shine). 33 Marrett Rd., Rt. 2A, Lexington. Join us as we celebrate the Museum's 30th anniversary. There will be chalk art with Sidewalk Sam and Art Street, craft demonstrations, arts and crafts, music, food and fun. All ages. \$5/family. Info: 781-861-6559, <http://www.monh.org>

Mystic Drummers Concert

Sept. 11, 3pm. Winchester Unitarian Society, 478 Main St., Winchester.

Join the Mystic Drummers and the Drum Connection dancers in a spirited, family-friendly, and participatory celebration of rhythms, songs and dances from Africa. Co-sponsored by the Arlington Center for the Arts and the Winchester Unitarian Society. Proceeds benefit the Benkadi Project. \$12/ adult; \$8/child. Info: 781-648-6220, <http://www.acarts.org/events>

Burlington Truck Day

Sun. Sept. 11, 10am-3pm (rain or shine). Come to the Burlington Common for an up-close look at DPW, municipal and commercial trucks of all sorts; including excavators, bucket loaders, cement mixers, fire engines, bulldozers and more!

Codman House Arts & Crafts Festival

Sun. Sept. 11 (rain or shine), 10am-4pm. Codman Rd., Lincoln. The 23rd annual arts festival features entertainment, children's activities, food and more. Ages 2 & up. \$5/adult, free/ages 12 & under. Info: 781-227-3957 ext. 270.

Preschool Nature Programs

Thurs., Sept. 15, 22, 29, 10am. Fox Library, Arl. Teacher/naturalist Paula Jordan will highlight nature that kids will find in their backyards and neighborhoods. Ages 3-5. Sign up begins Sept. 1 for the series or individual programs. Space is limited. Info: 781-316-3198.

Arlington Town Day Festivities

Fri. Sept. 16, 5pm, Spy Pond Field – BBQ & kid activities followed by fireworks at dusk. Sat. Sept. 17, 10am-3pm – Street Fair in Arl. town center with booths, vendors, live entertainment & kid activities. See *Save The Dates* for more details.

Verrill Farm BBQ

Sat. Sept. 17, 12-5pm (rain or shine). 11 Wheeler Rd., Concord. BBQ, live music by Pine Hill Ramblers, pony rides, hayrides. All ages. Free. Info: 978-369-4494, <http://www.verrillfarm.com>

WGBH Ice Cream FunFest

Sat. Sept. 17, 11am-5pm (rain or shine). WGBH Parking Lot, 125 Western Ave, Allston. Enjoy all-you-can-eat ice cream, PBS Kids' activities, a chance for kids to meet favorite PBS characters and live entertainment. Free/WGBH members; \$12/non-memb adult; \$5/non-member child. Info: <http://www.wgbh.org/auction/special/funfest2005>

Salem Pirate Faire

Sat. & Sun. Sept. 17-18, 10am-5pm. Winter Island Park, Salem. The family-friendly faire features an ongoing storyline each day, and plenty of opportunities for patrons to meet some of the most famed and feared pirate captains in history. The faire also features plenty of music, vendors dealing in clothes, jewelry, gifts, and accessories, unique variety acts, and plenty of grub and grog (that's food and drink for you landlubbers). All ages. \$10/adult; \$5/child. Info: 781-853-0583, <http://www.geocities.com/piratefaire>

Make a Fall leaf Wreath

Sat. Sept. 24, 10am-2pm. Robbins Library, Arl. All ages. Drop-in to make a colorful fall wreath. Free. Info: 781-316-3234.

Bolton Fair

Sat. & Sun. Sept. 24-25, 9am-6pm. Fairgrounds, Route 117, Bolton. Barnyard animals, crafts show, food, balloon artist, hay bale maze, rides and games and more. All ages. Info: 978-779-6253, <http://www.boltonfair.org>

Topsfield Fair

Oct. 1-10. 10am-10pm. Rt. 1, Topsfield. Blacksmith, milking, and wood carving demonstrations; chick hatching and miniature train exhibits; giant pumpkin contest winner; petting farm; racing pigs; sand sculpture and more! Info: 978-887-5000, <http://www.topsfieldfair.org>

Oktoberfest

Oct. 2, 12-6pm (rain date Oct. 9). Harvard Sq., Cambridge. The 27th annual festival features over 200 merchants and vendors of artistic crafts, jewelry, clothing and other gifts from around the world with a variety of ethnic cuisine and free entertainment for all ages. Free.

Info:

<http://www.harvardsquare.com/oktoberfest/>

Sing-alongs & Music

Mondays

5pm. Finagle a Bagel, 91 Middlesex Tpke., Burlington. Ed Morgan performs a selection of fun original and classic children's songs. Free. Info: 781-273-6500, <http://www.finagleabagel.com>

Tuesdays

10am. Fox Library, Arl. Babies to 36 mos. Songs and singing games. Spaces limited; tickets available at 9am. Free. A Russell Fund Program. *Sing-alongs at Robbins Library will resume in October.* Info: 781-316-3198.

Thursday, Oct. 6

Note: This first Thurs. of the month program resumes in Oct. 10am. Fox Library, Arl. For infants and preschoolers. Join Liz Buchanan for songs and singing games. Drop-in. Free. A Russell Fund Program. Info: 781-316-3198.

Second & fourth Friday of the month

10am. Calvary United Methodist Church, 300 Mass Ave, Arl. Sing-along with Diane Taraz \$1. Info: 781-648-3719, <http://www.dianetaraz.com>

Saturdays and Sundays

5-8pm on WERS 88.9FM radio. Every weekend The Playground program from the Emerson College radio station plays the best local, national and international

kids artists as well as classic hits, Broadway show tunes and more. Info: 617-824-8891, <http://www.wers.org>

Saturdays

11am Stellabella Toys, 1360 Cambridge St., Inman Sq., Cambridge. Join local musicians to sing songs and play games. All ages. Free. Info: 617-491-6290.

Library Storytimes

Note: Storytime and lap-sit programs at Fox Library will resume in October.

Monday, Sept. 26

10:30am Robbins Library, Arl. *Session limited to 12 children. Tickets available day of the program. A second storytime will begin at 11am if more than 12 people come.* Drop-in for ages 18mo.-3yrs. With an adult. Stories, rhymes and fingerplays, followed by play and a simple craft. Info: 781-316-3234.

Wednesday, Sept. 28

10:30am Robbins Library, Arl. Drop-in for ages 3-5 with an adult or alone, but adult must remain close by in library. Longer stories, rhymes, games and fingerplays followed by a simple craft. Info: 781-316-3234.

Other Storytimes

UPDATE! National Heritage Museum

Thurs. Sept. 15, 10:30am. 33 Marrett Rd, Rt. 2A, Lexington. In honor of "Blue Monday," we'll read the tale of a stuffed superstar badly in need of a wash in *Sock Monkey Goes to Hollywood* and make toys from those lonely, single socks left in the dryer. Ages 4 & under. \$3/child. Info: 781-861-6559, <http://www.monh.org>

Barefoot Books

Fri. & Sat. 10:30am, ages 2 & up.
Sun. 2pm, ages 5 & up. (Offered once per month – call for date). 1771 Mass. Ave., Camb. A fun hour of age-appropriate stories. Coloring and refreshments too! Free. Info: 617-349-1610.

Barnes & Noble Storytimes

98 Middlesex Tpke., Burlington.
Pre-schoolers – Tues. at 10:30am
Pajamarama – Fri. at 7pm. Free. Info: 781-273-3871.

Harvard Coop

11am every Tues. & Sat. 1400 Mass. Ave., Camb. Join us for our preschool story hour with snack and craft on the Lower Level. Free. Info: 617-499-2000.

Henry Bear's Park

Thurs. 11am at Arl. & Camb. locations.
Ages 3-6. Free. 685 Mass. Ave., Arl.
Info: 781-646-9400. 361 Huron Ave., Camb. Info: 617-547-8424.

Pottery Barn Kids

11:30am Mon.-Fri.. Check store for details. Free. Pottery Barn Kids, Burlington Mall, Burlington. Info: 781-221-5833.

Other Arlington Fun Stuff

RESUMED! Parent and Tot Connection

Starts Sept. 30. Every Friday, 9:30-11am Drop-in playgroup for toddlers and preschoolers with caregiver. Consists of age-appropriate play activities, crafts, stories and music. Hosted by the Arl. Boys & Girls Club. Free, supported by a grant to Community Partnerships for Children. Info: 781-648-1617.

RESUMED! Public Skating



Sept. 23 – March 31, 422 Summer St., Arl. Fri.: 11am-1pm, 2:45-4:45pm; Sat.: 4-6pm; Sun.: 9:30-11:30am, 2-4 pm. \$6/adult, \$3/child, discount punch ticket also available. Info: 781-316-3880.

RESUMED! Puddlestompers Nature Exploration

Multi-week sessions for ages 2-6. Classes will be held outdoors, in different green spaces in Arlington each week. A portion of the proceeds from this class goes to the Arl. Conservation Commission. For class dates, times, info and registration: 781-449-0776, <http://www.puddlestompers.com>

RESUMED! Regent Theatre Family Fun Shows

The Regent Theater (7 Medford St., Arl.) offers great family programs.
Oct. 8 – 10:30am & 1pm – Steve Songs
Oct. 15 – 10:30am, Vic & Sticks Storytime Band
Oct. 22 – 10:30am, The Fool of the World & the Flying Ship (storytelling w/ music)
\$7/adult, \$5/child. Info: 781-646-4849, <http://www.regentheatre.com>

RESUMED! Toddlers and Twos

Sept. 21 – Dec. 16. Wed. & Fri. 9:30-11am. Indoor gym time for ages 15 mos – 3 yrs. with parent, sponsored by the Arlington Rec. Dept. Drop-in for \$5/visit or purchase a punch ticket at Arl. Rec Office (Summer St.) for \$45/10 visits. Info: 781-316-3880.

Arlington Boys & Girls Club

60 Pond Ln., Arl. The Boys & Girls Club offers a variety of programs for children ages 6 mo. & up from swimming to tumbling and more. \$20/annual child membership, plus fee for ea. program. Info: 781-648-1617, <http://www.abgclub.org>

Arlington Center for the Arts

Classes begin September 26. 41 Foster St., E. Arl. ACA offers preschool, homeschool, and after school classes for ages 2 & up. Jewelry-making, drama & improv, drawing, painting, songwriting, pottery, cartooning, and much more! View schedule online. Info: 781-648-6220, <http://www.acarts.org>

Arlington Rec. Dept.

Each season, the Arl. Rec. Dept. offers a number of programs for small children, including skating, indoor gym playtime, arts & crafts, gymnastics, sports, and yoga. 422 Summer St., Arl. Info: 781-316-3880,

http://www.town.Arlington.ma.us/Public/Documents/ArlingtonMA_Recreation/index

Art Beat Weekend Workshops

Weekday 1hr. drop-in program, anytime from 10am-5pm. Choose from a variety of projects. \$10-20/project.

Saturday drop-in program from 3-6pm. Different themed craft each week, focusing on world cultures. \$10-20/project. Ages 4 & up. 212-A Mass Ave., Arl. Info: 781-646-2200, <http://www.artbeatonline.com>

Capitol Theater Movies for caregivers with babies

Mon., new movie chosen weekly starting between 1-2pm, \$4.50/ adult. Nursing, bottle feeding, fussing, and changing diapers is strongly encouraged and never frowned upon! 204 Mass Ave, Arl. Info: 781-648-6022. To join the email list send an email to BabyFriendlyMovies-subscribe@yahoo.com; or visit <http://groups.yahoo.com/group/BabyFriendlyMovies>; for this week's movie visit <http://www.somervilletheatreonline.com>

CORE Stage Company Classes

Regent Theater, 7 Medford St., Arl. This brand new theatre education conservatory

program will offer theatre, movement and dance classes for ages 3 & up. Mid-Sept. class registration is now open. Classes meet Wed. & Fri. \$150/month. Info: 917-597-8320,

<http://www.corestagecompamy.com>

Fidelity House

25 Medford St., Arl. Fidelity House offers many programs for young children including a tot playgroup (drop-in or class), pre-school sports, and gymnastics. No membership required for children up through Kindergarten. Fees may apply for each class. Info: 781-648-2005, <http://www.fidelityhouse.org>

Puddlestompers Playgroup

Mondays, 10:30am-12:30pm. Playgroup will be at various local playgrounds and planning field trips until the weather drives us inside. Drop-in pre-school playgroup. In the case of extreme weather, meets in the Fox Library Community Rm. Arl. (\$1/family donation requested when inside). To join the group's email list, contact 781-641-0944 or JulieLucev@comcast.net

Wild Mamas Connection

A supportive community for mamas & mamas-to-be that offers unique fitness, yoga, CPR, and nutrition classes, workshops and groups that promote fun, fitness and healthful living. \$30/year membership. Additional fees for classes and workshops. Info: 781-483-3565, <http://www.wildmamasconnection.com>

Beyond Arlington

RESUMED! Bedford Family

Connection Playroom

Opening the week of Sept. 12. Mon. – Fri. 9:30-11:30am. First Parish Church, 75 The Great Rd., Bedford. The playroom offers a warm, informal atmosphere where children can play together while parents and caregivers supervise and chat. Members: \$.50/child per day; non-members: \$2/child per day. Info: 781-275-5231,

Babes in the Woods

Tues. 10am Middlesex Fells. Strolls & hikes through the park. Free. Info: 781-396-8994, <http://www.fells.org/babes.html>

Kids Playground

15 Normac Rd, Woburn. Indoor playground with play space, tubes & tunnels, mini golf, interactive village and more. Info: 781-935-2300, <http://www.kidsplayground.com>

Memorial Drive Sundays

Every Sun. through Nov. 13, Memorial Dr. in Cambridge is closed to traffic 11am-7pm. Bring your bike (tricycle, trail-a-bike...), stroller, rollerskates, scooter, running shoes or walking feet to take advantage of this magnificent parkway along the Charles River.

Michaels Kids Club

Sat. 10am-12pm. Michaels Arts & Crafts, 34 Cambridge St., Burlington. Different craft each week. Ages 5-10. \$2/child. Info: 781-229-7592, <http://www.michaels.com>

Pre-school Movies

Tuesdays. 10:30am Cary Mem Library, 1874 Mass. Ave., Lexington. Movies for pre-schoolers, ages 2-6 in the Cary Library Mtg. Rm. Info: 781-862-6288, <http://www.carylbrary.org>

Puppet Showplace Theatre

Saturdays & Sundays, 1pm & 3pm shows. 32 Station St., Brookline.

Recommended for age 3 & up. Age appropriateness varies per show. Call for performance schedule.

\$7/members, \$8.50/non-members. Info: 617-731-6400, <http://www.puppetshowplace.org>



Stroller Strides

A total fitness program for caregivers with children ages 6 weeks & up. Each 60 minute class consists of outdoor power walking with intervals of body toning and is taught by a certified instructor. Classes are available in Lexington, Burlington and Winchester. Check the Web site for dates and locations. First class is free. \$15/class, with discounts for monthly membership. Info: 781-799-2925, <http://www.strollerstrides.net/winchester>

Local Attractions

NEW! Davis' Farmland & Mega Maze

Thru Oct. 30. 145 Redstone Hill, Sterling. About an hour from Arlington, but worth the trip. Davis Farmland has a lot to offer: farm animals & petting zoo, pony & safari rides, water & sand play, construction play, and the famous Mega Maze corn maze. *Tip: call ahead, they do not open in bad weather.* Farmland hours: Thurs-Sun 9:30am-4pm \$12.95/person, free/under 2. Mega Maze hours: Sat & Sun 10am-5pm.

\$12.95/adult, \$9.95/child, free/ages 2 & under. Combo tickets available. Info: 978-422-MOOO (6666), <http://www.davisfarmland.com>

RESUMED! Take a Walk at Gore Place

52 Gore St, Waltham This program provides young visitors and accompanying adults with an activities backpack designed to help them explore the open spaces and hidden places on the 45-acre estate. Visitors will explore the brook, visit farm animals, and discover the gardens while drawing from the materials (magnifying glass, binoculars and activities booklet) provided in a backpack. Materials are designed for children 3-9 years old; just ring the bell at the Mansion to rent your backpack for \$5 and begin your exploration. Free parking. Info: 781-894-2798, <http://www.goreplace.org>

The Butterfly Place

Open until Oct. 10. 120 Tyngsboro Rd, Westford. A large, warm atrium containing up to 500 butterflies (representing up to 50 species from around the world) and filled with colorful plants and shrubs on which the butterflies feed and reproduce. Come walk amongst the butterflies and see them up close! Info: 978-392-0955, <http://www.butterflyplace-ma.com>

Children's Discovery Museum

177 Main St., Acton. A Victorian house with rooms, corridors, and closets creatively transformed into ten hands-on exhibit areas. Ages 6 & under. Check their calendar for special programs. \$8/person; Free/under 1. Info: 978-264-4200, <http://www.discoverymuseums.org>

Drumlin Farm Wildlife Sanctuary

208 S. Great Rd, Lincoln. Explore the fields and forest and visit the farmyard. Weekly programs for kids. Closed non-holiday Mondays. Members free, \$6/Non-member adult, \$4/Non-member ages 3-12. Info: 781-259-2200, http://www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm

Ecotarium

222 Harrington Way, Worcester. Nurture young children's curiosity and wonder with hands-on exploration of real things. Monthly family preschool programs. Members free, \$8/Non-member adult, \$6/Non-member ages 3-18. Explorer Express Train ride, \$2.50/person. Info: 508-929-2700, <http://www.ecotarium.org>

Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, and wetlands. Also fun programs for kids. Gen. Admission: members free, \$4/non-member adult, \$3/non-member child. Info: 617-489-5050,

http://www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat

Harvard Museum of Natural History

26 Oxford St, Cambridge. Sat. programs for kids age preschool to 3rd grade. \$7.50/Adult, \$5/Ages 3-18. *Note: Free to the public 3-5pm Weds. from Sept. – May and every Sun. 9am-12pm year round.* Info: 617-495-3045, <http://www.hmnh.harvard.edu>

National Heritage Museum

33 Marrett Rd., Rt. 2A, Lexington. Great monthly programs for kids and families including storytimes with crafts and family programs. Info: 781-861-6559, <http://www.monh.org>

Southwick's Zoo

10am-5pm, 7 days a week until Oct. 23. 2 Southwick St., Mendon. About an hour from Arlington but worth the trip! Info: 800-258-9182, <http://www.southwickszoo.com>

The Stone Zoo

149 Pond St., Stoneham. Small local zoo, with a petting barnyard, playground and lots of animal exhibits. Great for young children! \$7/Adult, \$4.50/Ages 2-15. Info: 617-541-5466, <http://www.zoonewengland.com>

Seminars & Open Houses

Instrument Petting Zoo & Open House

Sat. Sept. 10, 9am-1pm Powers Music School, 380 Concord Ave., Belmont. Please join us for the 5th annual event, which is the perfect opportunity to meet some of our faculty, experience a musical demonstration, sit in on a Keys for Kids class or just try your hand at an instrument. Info: 617-484-4696, <http://www.powersmusic.org>

Effective Parenting

Sept. 28, Oct. 5, 12 and 19, 8-10pm in Arl. Center. A parenting workshop designed for parents of children birth to 3 yrs. In this workshop, you will learn practical parenting skills as well as effective ways to communicate with your child. Led by a seasoned mom and skilled facilitator, this small and highly

interactive group will explore different parenting topics each week through lively discussion. \$120/person, \$160/couple. Registration & info: Melissa Lucius, 781-641-4284, parenting@rcn.com or <http://www.effective-parenting.org>

Benefits

Kans for Kids

Sat. Oct. 4 10am-1pm Gibbs School on Tufts St., Arl. Donate clean returnable bottles and cans to benefit Arl. Rec. Youth Activities. Info: 781-316-3880.

UPDATE! PTO Thrift Shop for the Arl. Public Schools

Note: the shop will be closed from Aug 24 – Sept. 10. Wed. 4-8pm, Thurs. 9:30am-1pm 2nd Sat. of the month 12:30-5pm. Basement of the Fox Library at 175 Mass. Ave., E. Arl. Gently-used clothing for all ages, toys, books, housewares and more. Volunteers needed during store hours and for donation processing. Info: 781-483-3433, <http://www.ptothriftshop.com>

Groups

NEW! Adoption Support Services

ODS/Adoption Comm. of NE, 1750 Washington St., Holliston. Non-profit membership organization for those touched by adoption. Provides education, outreach, support groups, seminars/workshops for adoptive families; those considering adoption; adoptees; birth families. Local chapters sponsor activities/meetings throughout the Boston area. (Note: ODS/ACONE is not an adoption agency.) Info: 508-429-4260, <http://www.odsacone.org>

NEW! Learn & Play Adoption Group

1st Wed. of ea. Month, 10-11:30am. Community Agencies Bldg., Emerson Hospital, 111 Old Rd. to 9 Acre Corner, Concord. Runs Sept. – June. A learn (for parents) and play (for kids) group for parents and adopted children birth to 5 yrs. Facilitated by First Connections with occasional guest speakers. Registration requested. \$30/Sept – Dec. Info: 978-287-0221, http://www.cfys.org/first_connections.htm

RESUMED! Infancy to Independence (I to I)

16 week program for families with children ages 1-4 in Waltham and surrounding towns. Children learn and grow through free play, and creative projects while parents share advice and discuss a wide range of topics. Parents

cooperatively run the program. Meets once a week (T, W, Th or F), 9-11:30am, Sept.-Jan (also Feb.-June). Limited to 12 families per day. \$50/semester plus \$10 for each add'l sibling; siblings under 1 free. Info: To register, 781-207-0371, <http://www.ItoI-MA.org>

RESUMED! New Mothers' Drop-in Group

Will resume in the fall – call for exact date. Every other Tues 9:30-10:30am, Henry Bear's Park, 685 Mass Ave., Arl. Free, informal drop-in group for new mothers with infants. Info: 617-547-8424.

Arlington Fathers' Group

Tues. 7:30-9pm. 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 & information, call 800-882-1250.

Belmont Food Allergy & Asthma Support Group

A group of parents who meet monthly to discuss and advocate for the issues that arise when you have children living with food allergies and asthma. Info: Theresa Normile, Tnormile@foodallergyfacts.com or 617-489-6668.

Grandparents' Support Group

Second Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of their grandchildren. Free, sponsored by the Town of Arl. Info: 781-316-3410.

La Leche League

An int'l, nonprofit, organization dedicated to providing education, information, support, and encouragement to breastfeeding women. Arl. meetings at Fox Library, 175 Mass. Ave. at 7:30pm on the 3rd Tues. of ea. month. One morning meeting is held in Camb. on 2nd Thurs. of the month at 10am, 175 Harvey St., Cambridge. Free. Info: Heather 781-648-2988, <http://home.comcast.net/~jrsladkey/lll/ind.html>. Neighboring towns also have leagues with monthly meetings. Refer to <http://www.lllusa.org/MARIVT/Massachusetts.html> for a listing of Mass. Leagues

New Mothers' Drop-in Group

Fri. 10-11:30am, Calvary United Methodist Church, 300 Mass Ave., Arl. Free, nonsectarian, facilitated group. All new parents are welcome with their babies. Sponsored by Jewish Family & Children's Svcs. Info: 617-558-1278.

Arlington Family Connection

Membership Form

P.O. Box 150, Arlington, MA 02476

New member **Renewal**

Date: _____

Name: _____

Address/City/State/Zip: _____

Phone: _____ Email: _____

Spouse/Partner's name: _____

I am a/an: Parent Grandparent Other _____
 Educator Child Care Provider Health Care Provider

I would describe myself as:

Employed part-time Employed full-time
 Stay-at-home Parent Other _____

Newsletter Delivery Preference: US Mail Email Both

Please list your child(ren): (if applicable) *If you need extra space, please use the back of this form.*

Name	Gender	Date of Birth
------	--------	---------------

School District: (please circle one for geographic location even if you don't have kids in school)

Bishop Brackett Dallin Hardy Peirce Stratton Thompson Out-of-Town

Areas of interest: (please check all that apply; we need participants, ideas, and volunteers)

Events/Parties New Parent Outreach Newsletter
 Outings with Kids Outings without Kids Playgroups
 Speaker Series / Seminars Web Site Other: _____

Best times for you to meet: _____

Comments: _____

To help us serve Arlington and our members better, we'd like to hear from you. How did you hear about us? How can we best serve your needs?

Is there anything else that you'd like to tell us? Please use the back of this form.

Membership Fees: (all memberships renew in September)

- One year membership \$20 (those starting in July or Aug. will run through the following Sept.)
 Mid-year discounted membership \$10 (for those joining between February and June)
 Send a gift membership (\$20 or \$10 as above) to the person below, and say it's from me!

Recipient's Name(s): _____

Address/City/State/Zip: _____

Phone: _____ Email: _____

Please make check payable to **Arlington Family Connection** and mail it with this form to the address above. For information or questions, contact Ruth Schmidt at 781-643-2362 or membership@arlingtonfamilyconnection.org.

Thank you and welcome!

Arlington Family Connection

PO Box 150

Arlington, MA 02476

September, 05.

Save the Dates!

Thursday, Sept. 1

AFC Book Club

Meets first Thurs. of every month. This month's book is *A High and Hidden Place* by Michele Clare Lucas. For more info contact Trish Richardson at

richardson_728@hotmail.com

Tuesday, Sept. 6

AFC Steering Committee Meeting

7:30pm. Open to all members. Wild Child, 397 Mass. Ave., enter on Broadway. Info: contact Ruth Schmidt at 781-643-2362 or

info@arlingtonfamilyconnection.org

Friday, Sept. 16

Arlington Town Day BBQ & Fireworks

5pm. Spy Pond Field and the Boys & Girls Club, Arl. Pony rides, moon walk, face painting and other family entertainment, plus food available to purchase. Fireworks display at Spy Pond at dusk visible from many places in Arlington.

Saturday, Sept. 17

Working Moms Group

Usually meets the first Sat. of the month 10:30am-12pm, for a casual discussion. Arl Senior Ctr., 27 Maple St Occasionally there

will be social outings. For questions or to join the mailing list, please contact Wendy at workingmoms@arlingtonfamilyconnection.org or call 781-648-2341.

Saturday, Sept. 17

Arlington Town Day Street Fair

10am-3pm (rain date Sept. 24). Over 200 booths for organizations, schools & vendors will be set up on Mass. Ave. from Pleasant St. to Mill St. Come enjoy live entertainment, demonstrations, pony rides, kiddie rides, moon walk and more!

Entertainment on Center Stage in front of the Town Hall. Also, a huge book sale behind the Robbins Library. All ages.

Saturday, Sept. 17

AFC Booth at Town Day

Be sure to drop by the AFC booth and help your children decorate a colorful crown (free). Renew your memberships too. Please consider volunteering at the AFC booth for an hour or two. It's a great way to meet other members and encourage others to join. To sign up, email

info@arlingtonfamilyconnection.org or call Ruth at 781-643-2362.

Thursday, Sept. 22

AFC Outing to Stone Zoo

10am-12pm. (Rain date Sept. 29). 149 Pond St., Stoneham. Join other AFC members for a morning at the zoo! We've negotiated a

group discount: \$6.50/adult, \$3.50/ages 2-12, Free/under 2. We will meet at the ticket booth at 10am. You must be present in order to receive the discounted rate. We will plan to start the touring zoo at



10:15am. Please RSVP so we have an idea how many people to expect. Info and RSVP: Johanna 781-316-8131 or outings@arlingtonfamilyconnection.org

Thursday, Oct. 6

AFC's 4th Annual Childcare & Preschool Options Night

6-8 pm, Stratton School Gym. 180 Mountain Ave, Arl. Please join AFC along with Arlington preschools and childcare providers for the evening. Evaluate the diverse early childcare programs in our community, ask questions, get info and ease your mind in the process. Info: contact Paula Kirtley at paula@spiffy.com or 781-643-4229.