



Arlington Family Connection

supporting children six and under and those who care for them

Volume VI, Issue 8 • October 2007

www.arlingtonfamilyconnection.org

Got questions about daycare or preschool in Arlington? AFC has answers!



A view of Options Night '06

Childcare and Preschool Options in Arlington
Open House Event
Thursday, October 11, 6-8pm
Stratton Elementary School

Get all your childcare questions answered in one place!

On October 11, 6pm - 8pm at Stratton Elementary School representatives from local preschools and daycare centers will be available to answer your questions about their programs. This event is free and open to the public. There will be light refreshments and a small play area for children to visit under the supervision of a parent.

Childcare options booklet on sale

Need a checklist of questions to ask when visiting childcare centers? Looking for tips for a smooth transition? In addition to the event, AFC has published the *2007 Preschool and Childcare Options* booklet. The booklet includes:

- A comprehensive list of licensed daycare facilities, preschools and family-based childcare in Arlington
- Preschool readiness cues
- Tips on when to apply
- Checklist of questions to consider during your visit regarding Health & Safety, Teachers/Care Providers and the Environment of the Facility
- Tuition information
- Student/teacher ratios
- Pickup/drop-off hours
- Transition tips

Preschool/daycare health and safety checklist

In addition to information about daycare centers and preschools in Arlington, the *2007 Preschool and Childcare Options* booklet includes extensive suggestions to help guide parents in their search for a daycare or preschool.

(Continued on page 3)

Saturday, October 27, 10-11:30am
Arlington Enrichment Collaborative
1100 Mass Ave, 2nd floor
New AFC Member Social

Are you new to AFC? If you've joined AFC in the last 12 months, please come to a new member social and playgroup. Drop-in anytime to meet other members—toys and coffee provided! Free. Info: Amy, 781-646-5417, outings@arlingtonfamilyconnection.org

Volunteer with AFC

Are you looking to meet other Arlington parents? Volunteering for an AFC event, group, or committee is a great way to get to know other members. Whether you have just a few hours or more to give, AFC has many opportunities for volunteering. Following is a list of open volunteer positions. For more information, contact Amy at info@arlingtonfamilyconnection.org or 781-646-5417.

AFC Playtime' Playgroup Staffers

AFC Playtime is a weekly drop-in playgroup for ages 0-4 years that meets every Monday from 10-11:30am, starting September 10. Volunteers arrive early to set up toys and greet attendees, then gather the group for circle time at the end of the session and make sure toys are put away. It's an easy and fun job you can do with your child(ren)! Volunteers work once every 4-6 weeks.

Seminar Coordinator

Help AFC offer evening seminars for parents. Work with members and the steering committee to identify topics and potential speakers, then plan and organize seminars.

Treasurer

Responsibilities (can be easily shared between two people) include managing AFC's checkbook, keeping track of financial records using Quicken, and provide a cash flow statement for AFC's monthly steering committee meeting.

Baby Buggy Brigade Leaders

The Brigade is an informal weekly group of parents and babies that walks on the bike path — as leader you decide when and where the group meets to fit your schedule.

Working Moms Group Coordinators

AFC's Working Mom's Group meets monthly to discuss issues and topics of concern to working mothers. Coordinator responsibilities include planning and facilitating meetings, and potentially organizing and leading some weekend activities for working families.

Other open positions include:

- E-bulletin Editor
- Winter Beach Party Committee
- Outreach & Publicity
- Outings
- Stand for Children Liaison
- Volunteer Coordinator
- Web Site Team

See the AFC website or contact Amy at info@arlingtonfamilyconnection.org or 781-646-5417 for information on any position.

Save the Date!

Monday, November 12, 2-3:45pm

Veterans Memorial Rink

422 Summer Street, Arl.

AFC's 3rd Annual Tot Ice Skating Party

Join us at this low-key and fun event and enjoy a gentle family skating time. Snacks, drinks and skates provided. Please bring a bike helmet. Ages 2-6. Contact Amy, 781-646-5417,

outings@arlingtonfamilyconnection.org



AFC Directory

General Information - Amy Speare, 781-646-5417
info@arlingtonfamilyconnection.org

AFC Playtime - Sarah Albers
playgroup@arlingtonfamilyconnection.org

Clerk - Margit Griffith

Community Service - Lauren Boyle
community@arlingtonfamilyconnection.org

e-Bulletin - Ruth Schmidt
bulletinboard@arlingtonfamilyconnection.org

Events - Jessie Keating
events@arlingtonfamilyconnection.org

Kindergarten Connections - Helene Ragovin
kinderconnect@arlingtonfamilyconnection.org

Membership - Leah Nelson and Molly Sanford
membership@arlingtonfamilyconnection.org

Newsletter Editors - Annette Donnelly and Carrie Finison
newsletter@arlingtonfamilyconnection.org

Newsletter Calendar - Aimee Linker and Louise Friel
calendar@arlingtonfamilyconnection.org

Options in Childcare & Preschool booklet - Kristen Strechay
options@arlingtonfamilyconnection.org

Outings - Amy Speare
outings@arlingtonfamilyconnection.org

Seminars - Maureen Igoe
seminars@arlingtonfamilyconnection.org

Treasurers - Ruth Kirby and Cynthia Murray
treasurer@arlingtonfamilyconnection.org

Web Site - Seth Maislin
webmaster@arlingtonfamilyconnection.org

Working Moms - Melanie Cooke and Su Joun
workingmoms@arlingtonfamilyconnection.org

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, 2007. 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



The Children's Room
Center for Grieving Children & Teenagers, Inc.

The Children's Room Memories Walk/Run

Are you looking for an opportunity to volunteer on a beautiful fall day for a wonderful cause? The Arlington Family Connection is teaming up with the Children's Room, a center for grieving children and teenagers right here in Arlington, for their annual *Memories Walk/Run*. The walk will take place in Arlington on Sunday, October 14. AFC will provide volunteers on the day of the walk to register walkers, give medals to those who finish, and help with other activities along the route. If you would like to volunteer anytime from 12:30 to 4:00 on October 14 and support a wonderful local cause, please contact Courtney Lauriat at courtney@lauriat.com or 781-316-8888.

Registration to participate in the annual *Memories Walk/Run* is at 1 pm on the day of the event and the Walk/Run is at 2 pm. Or you can register in advance at: <http://www.childrensroom.org>

About the Children's Room

The Children's Room provides caring support to children and teenagers after the death of someone close to them, typically a parent or a sibling. We provide a caring and safe environment for bereaved families to come together, learn from each other and to deal with their grief and find ways to heal.

Monday, October 29, 6:30-8:30pm

**Robbins Library
Community Room**

**Raising
Caring Kids
Nurturing Your Child's
Natural Development
of Empathy**

Presented by Margit Griffith, M.Ed.

**In lieu of seminar fee, please bring a donation for the
Arlington Food Pantry.**

Our pursuit of educational achievement, scientific advancement, and our reverence for the latest technological gem have produced a great irony. While these pursuits have propelled us into the 'global village,' at the same time they have taken focus away from our



development of the human skills we need in such a boundary-free world. While we are busy on cell phones, iPods, and computers we have tuned-out experiencing each other. As Arundahti Ray wrote in the paper, "Cultivating Empathy in Children and Youth," "...the ability to work cooperatively with others, to be tolerant, to respect and appreciate differences, and to be able to resolve conflicts in a constructive manner..." are even more necessary in this wide world than ever before. Yet we expect these abilities to manifest in our children without giving much thought to how they develop.

In this seminar, we will discuss what empathy means, how children develop empathy naturally and what parents can do to nurture a child's empathic development. One of the best ways to show children how to care is to model this as adults; and a great way to do this is to reach out within the community to help others in need. During the seminar, representatives from local charitable organizations will speak about the populations they serve right here in Arlington.

(Health and Safety Checklist continued from page 1)

The excerpt below, from the "Checklist" section of the 2007 Options booklet, lists health and safety questions to consider when evaluating a center.

- Is the indoor space uncluttered, spacious, easy to navigate and clean, well-lit and ventilated?
- Are toys and equipment clean and in good repair?
- Are tables and chairs size-appropriate? Can the children reach the toilet/sink easily and safely?
- Is the outdoor space attached to the indoor area, free of debris and fully enclosed?
- Are the children supervised at all times, even naptime?
- What are the arrangements for dropping off and picking up children?
- What are the provisions for an ill child? Is there a first aid kit, well-stocked and readily available? Does the staff have first aid training?
- How and where are meals/snacks prepared? Are they nutritionally sound?



Adapted from "The Preschool Handbook" by Barbara Brenner; "Miseducation" by David Elkind; "Finding the right preschool" by Patti Greenburg Wollman on www.parentsoup.com; and "Parent Fact Sheet" from www.qualitychildcare.org

This booklet will be on sale at the event and available for purchase at ISIS Maternity and Together in Motion after October 11.

AFC in Action

September Highlights

Old Frog Pond Farm Outing



October AFC Events

AFC Playtime! Mon., Oct. 1, 8, 15, 22, 29

10-11:30am. Arl. Enrichment Collaborative, 2nd Fl., 1100 Mass. Ave. (across from Jimmy's). Drop-in anytime at our weekly playgroup! Toys, coffee, closing circle time. Ages 0-4 yrs. \$3/family. Sarah 781-316-8181, playgroup@arlingtonfamilyconnection.org

AFC Drop-in Playgroup Tuesday, Oct. 2

3:30-5pm. Fox Library Comm. Rm., Arl. First Tues. of month. Drop-in anytime. Perfect for non-mobile babies! A great place for caregivers to get to know each other without having to chase their kids around! Ages 0-4. Free. Sandra 781-859-5050, playgroup@arlingtonfamilyconnection.org



AFC Steering Committee Meeting Tuesday, Oct. 2

7:30pm. Open to all members. Arl. Enrichment Collaborative, 2nd Fl. 1100 Mass. Ave. Amy, 781-646-5417, info@arlingtonfamilyconnection.org

AFC Baby Buggy Brigade Thurs., Oct. 11, 18, 25

11am (rain or shine). **Note, no Buggy Brigade on October 4.** Meets at Magnolia Field Playground (Magnolia St. and Herbert St., E. Arl.) We'll walk to Jamin' Java and back on the bike path (about 2.5-3 miles round-trip). Join or leave us at any point! Jessie, 617-460-9200, events@arlingtonfamilyconnection.org



AFC Outing: Together in Motion Friday, Oct. 5

9:30-11am. Together in Motion, 1 Broadway, Arl. Join us for an AFC exclusive visit! AFC discount price \$5/family. Eileen, 617-620-1772, outings@arlingtonfamilyconnection.org

AFC's 6th Annual Childcare & Preschool Options Night Thursday, Oct. 11

6-8 pm. Stratton School, 180 Mountain Ave, Arl. Don't miss this one-of-a-kind trade show to evaluate the diverse early childcare programs in our community. Kristen 781-643-1184, options@arlingtonfamilyconnection.org

AFC Outing: Regent Theater Family Fun Show with Billy Jonas Saturday, Oct. 13

10:30am. Regent Theater, 7 Medford St., Arl. Singalongs, bangalongs, whispéralongs – everybody's in the band when Billy comes to perform! Special AFC price: \$10/adult, \$9/child. Mention AFC when purchasing tickets. 781-646-4849, www.regentheatre.com

Children's Room Memories Walk - *Volunteers Needed!* Sunday, Oct. 14

12:30-4pm (anytime). 1210 Mass Ave., Arl. Volunteer to help register walkers, give medals to those who finish, and help with other activities along the route. Contact: Courtney Lauriat at courtney@lauriat.com or 781-316-8882

AFC Playground Fun: Menotomy Rocks Park Wednesday, Oct. 17

3:30-5pm (rain date Oct. 18). Menotomy Rocks Park, Jason St., Arl.. Come meet and play with other AFC families. Martina 781-316-8433, outings@arlingtonfamilyconnection.org



Working Mothers' Group Meeting Wednesday, Oct. 17

7:30pm. Arl. Enrichment Collaborative, 2nd Fl., 1100 Mass. Ave. Whether you work full-time, part-time, telecommute, or run own your business, come meet other working moms to connect, share solutions, and gain a sense of community. RSVP to workingmoms@arlingtonfamilyconnection.org

See the next page for even more October events!

September Highlights

Drop-in Playgroup



AFC Booth at Town Day



October AFC Events (continued)

Parent's Afternoon Out

Saturday, Oct. 20

2:30-5:30pm. Arl. Enrichment Collaborative, 2nd Fl., 1100 Mass. Ave., Arl. Drop-off your kid(s) for an afternoon of fun with AEC staff and certified babysitters. Ages 6 mo. & up. \$19 for 1 child, \$30 for 2. **RSVP required by Oct. 16** Amy 781-646-5417, outings@arlingtonfamilyconnection.org



AFC Craft Time!

Tuesday, Oct. 23

3:30-5pm. Fox Library. Drop-in anytime to make black bat & cat puppets. Please bring an old black sock! \$2/child to cover supplies. 18 mo. & up. Maf 781-777-1994, outings@arlingtonfamilyconnection.org



Mom's Night Out: Kathmandu Spice

Tuesday, Oct. 23

7:30pm. Kathmandu Spice, 166 Mass. Ave., E. Arl. Imagine relaxing and enjoying adult conversation while eating a wonderful dinner that someone else has prepared and put before you. Sound good? Then come to the next 'Mom's Night Out' (really it should be 'Primary Caretaker's Night Out'). RSVP to Elizabeth, 617-718-2872, eoakes@wellesley.edu

New AFC Member Social

Saturday, Oct. 27

10-11:30am. Arl. Enrichment Collaborative, 2nd Fl., 1100 Mass. Ave. (across from Jimmy's). Have you joined AFC within the past 12 months? Drop-in anytime to meet other new AFC members! Toys & coffee provided. Free. Amy, 781-646-5417, outings@arlingtonfamilyconnection.org

AFC Halloween Party

Saturday, Oct. 27

3:30-5pm. Together in Motion, 1 Broadway, E. Arl. Dress in costume (you and your kids!) and come play under black glow lights. We'll have some fun treats for the kids too! Special AFC discounted rate of \$5/family. Info: Amy, 781-646-5417, outings@arlingtonfamilyconnection.org



Seminar: Raising Caring Kids

Monday, Oct. 29

6:30-8:30pm. Robbins Library Community Room., Arl. *Nurturing Your Child's Natural Development of Empathy.* Presented by Margit Griffith M.Ed. In this seminar, we will discuss what empathy means, how children develop empathy naturally and what parents can do to nurture a child's empathic development. One of the best ways to show children how to care is to model this as adults; and a great way to do this is to reach out within the community to help others in need. During the seminar, representatives from local charitable organizations will speak about the populations they serve right here in Arlington.

Save the Date!

Monday, November 12, 2-3:45pm
Veterans Memorial Rink,
422 Summer Street, Arl.

AFC's 3rd Annual Tot Ice Skating Party

Join us at this low-key and fun event and enjoy a gentle family skating time. Snacks, drinks and skates provided. Please bring a bike helmet. Ages 2-6. Contact Amy, 781-646-5417, outings@arlingtonfamilyconnection.org



Local Events & Activities – October

For even more resources refer to www.arlingtonfamilyconnection.org

Arlington Venues

Arlington Boys and Girls Club, 60 Pond Lane, (Pleasant St. to Wellington St.). 781-648-1617. www.abgclub.org

Arlington Rec. Center & Veterans Memorial Rink, 422 Summer St. (Rt. 2A). 781-316-3880. www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Recreation/index

Fidelity House, 25 Medford St. 781-648-2005. www.fidelityhouse.org

Fox branch library, 175 Mass. Ave. (East Arlington, at Cleveland St.). 781-316-3198. www.robbsinlibrary.org/html/fox.htm

Gibbs Gym, 41 Foster St. (also accessible from Tufts St., between Mass. Ave. and Broadway). 781-316-3880.

Isis Maternity, 397 Mass. Ave., at Broadway. 781-429-1598. www.isismaternity.com

Regent Theatre, 7 Medford St. 781-646-4849. www.regenttheatre.com

Robbins Library, 700 Mass. Ave. (near Pleasant St./Rt. 60). 781-316-3234. www.robbsinlibrary.org

Special Events for Families

Topsfield Fair

Open through Oct 8, 10-10pm, Rt. 1, Activities include: Blacksmith, milking and wood carving demos, chick hatching and miniature train exhibits, giant pumpkin contest, petting farm, Kiddy Korral, racing pigs, sand sculpture, live music, rodeo, honey bee observation hives, and more. Weekday tickets \$10, weekend \$12, children under 8 Free. Info: 978-887-5000 or www.topsfieldfair.org.

National Heritage Museum

Thurs. Oct. 4, 10:30am-12, 33 Marrett Rd. Lexington, Say goodbye to the “Pets in America” exhibit by reading about your favorite animals and enjoying crafts. 0-4yrs. \$3/child (members), \$5/child (nonmembers), Info: 781-861-6559 or www.monh.org.

Arthur LIVE!

Oct. 3-7, Colonial Theater, 106 Boylston St. Boston, Come see Arthur live on stage in a new family musical, Info: 617-931-2787 or www.broadwayacrossamerica.com.

Ringling Bros. Barnum & Bailey Circus

Fri. Oct. 5- Sun. Oct. 14, TD Banknorth Garden, 100 Legends Way, Boston, All new, all different, greatest show on earth, Ticket prices vary (from \$15.-\$100.), Info: 617-931-2000 or www.tdbanknorthgarden.com.

Free Admission Day

at the Boston Children’s Museum

Sat. Oct. 6, 300 Congress St. Boston, Children under 15yrs. enjoy free admission all day. Info: 617-426-8855 or www.bostonkids.org.

Build a Toy Boat

Sat. Oct. 6, 10am, Concord Museum, 200 Lexington Rd., Concord, Sand, paint, decorate, and raise the mast, activity in association with the “Building Thoreau’s Boat” exhibit, Ages 5yrs.+ , \$10/member, \$15/nonmember,

reservations required, Info: 978-369-9609 or www.concordmuseum.org

Once Upon a Time with Kidstock

140 Clarendon St. Boston, Oct. 6, 7, & 13, 11am, Hansel & Gretel Oct. 27 & 28, 11am, The Haunted Hotel All ages, \$8/person, children under 3yrs. Free, 617-585-5678 or www.lyricstage.com.

Fest ‘O Fall at Blue Hills Trailside Museum

Sat. Oct. 6-Mon. Oct 8, 10-4:30pm, 1904 Canton Ave. Milton, Honey harvesting demonstrations, live animal presentations, pumpkin painting & more! All ages, \$1/members, \$4/adult non-members, \$2.50/children non-members, 617-333-0690

Oktoberfest

Sun. Oct. 7, noon-6pm, Harvard Square, Cambridge, Live entertainment, street performers, and over 200 arts, crafts, and food vendors, Info: www.harvardsquare.com.

Annual Field Day

Sat. Oct. 13, 2-4:30pm, Robbins Farm Park, Eastern Ave. Arl. Activities and fun for the whole family, rain date: Oct. 14, Info: www.robbsinfarmpark.org.

Arlington Open Studios

Sat.-Sun. Oct. 13&14, noon-5pm, Arlington Center for the Arts, 41 Foster St. View art from 70 visual artists, see live music and dance, Info: 781-648-6220 or www.acarts.org.

Drop-In and Draw

Sat. Oct. 13 & 20, 1-3pm, Fogg Art Museum Courtyard, 32 Quincy St. Cambridge, Free for the courtyard only or included with gallery admission, Info: 617-495-9400 or www.artmuseums.harvard.edu

Newton Harvest Fair

Sun. Oct. 14, 11-5pm, Newton Centre Common (Beacon St. & Langley St.)

Amusement rides, handmade & international crafts, face painting, pumpkin decorating, children’s activities, sand art, food, live music, **Rain date: Oct. 21**, Info: 617-796-1450

Fall Family Festival

Sun. Oct. 14, 12-4pm, Garden in the Woods, 180 Hemenway Rd. Framingham, Activities include: scavenger hunt, live animal programs, garden making, and more. Info: 508-877-7630 or www.newenglandwild.org.

Children’s Opera: Jack and the Beanstock

Sat. Oct. 20, noon & 2pm shows, 8 The Fenway, Boston, Free, Info: 617-912-9222

Davis Farmland Weekend Fun

145 Redstone Hill, Sterling Oct. 6&7, Kindermusik sing-a-long with Pam Espinosa, Oct. 13&14, 20&21, and 27&28 Kid’s Fun Halloween Events Oct. 20-28- Farm Open Sat & Sun. ONLY, ALSO: The MagaMaze is open Farm: 978-422-6666, Maze: 978-422-8888 or www.davisfarmland.com

Boo at the Zoo

Sat-Sun. Oct. 20&21, 11-3pm, The Stone Zoo, 149 Pond St. Stoneham, Go to the zoo to enjoy a trick-or-treat trail, creepy crafts, a haunted maze, and howling and costume contests hosted by Radio Disney. Info: 781-438-5100 or www.zoonewengland.com.

Tales of the Night

Fri. & Sat. Oct. 26&27, 6:30-8:30pm, Drumlin Farm, 208 S. Great Rd. Lincoln, Prowl the farm with curious creatures of the night on candlelit paths. Visit the ghoulish graveyard for witches brew and spooky snacks. Enjoy silly haunted skits. \$13. Rain or shine, All ages Info: 781-259-2206 or www.massaudubon.org.

Zoo Howl

Sat.-Sun. Oct. 27&28, 11-3pm, Franklin Park Zoo, 1 Franklin Park Rd. Dorchester, Haunted happenings include: creature encounters, creepy crafts, ghoulish games, a haunted maze,

and a trick-or-treat trail. Radio Disney hosts howling and costume contests on the main stage while playing spooky tunes. Info: 617-541-5466 or www.zoonewengland.com.

Great Pumpkin Fest

Sat. Oct. 27, 10am-9pm, Ecotarium, 222 Harrington Way, Worcester, Train rides, costume parade, & games, \$13 non-members, \$10 members, Info: 508-929-2700 or www.ecotarium.org.

Baby Loves Disco

Last Sunday of each month, 2-5pm, Revolution Rock Bar, 200 High St. Boston, \$12 (non-walkers, free) Childproof disco/dance party with "real" music by the legendary DJ kon, healthy snacks by Wild Oats, bar available for mom and dad. Info: www.babylovesdisco.com

Sing-alongs & Music

Mondays

5pm. Finagle a Bagel, 91 Middlesex Tpke, Burl. Ed Morgan performs fun original and classic children's songs. Free 781-273-6500, www.finagleabagel.com

11am. Stellabella Toys, 1967 Mass. Ave., Camb., Porter Sq. Sing-along, play games Free For more information call 617-864--6290

1st and 3rd Friday of the month

10am, Calvary Church, 300 Mass. Ave. Join Diane Taraz for a fun sing-a-long, \$1/person, Info: www.dianetaraz.com

Saturdays

11am. Stellabella Toys, 1360 Cambridge St. Inman Sq.. Camb. Sing songs, play games Free 617-491- 6290

Bear Rock Café

Weds. 10am, 350 Cambridge St. Woburn (near Whole Foods), Info: 781-938-6100 or www.bearrockcafe.com.

Tim Seston Songs and Stories

Tues. Oct. 2, 16, & 30, 9- 9:45am, Main Streets Market and Café, 42 Main St. Concord, Infant and toddler sing-a-long & playtime, Free, every other Tues. Info: 978-396-4149

Storytimes and Library Programs

Meet Winnie the Pooh Story Time

Weds. Oct. 10, 10:30am, Robbins Library, Children ages 3-5yrs. can listen to stories and meet Winnie the Pooh. Bring your cameras. Tickets available beginning Oct. 1. Info: 781-316-3234 or www.robbinslibrary.org.

Drop-In Storytime at Robbins

Toddlers (18 months-2.5 yrs.) Mondays, 10:30am, Oct. 1, 15, 22,& 29 Stories, rhymes, fingerplays, and a simple craft

Preschoolers (2.5 yrs. and up) Mondays, 11am, Oct. 1, 15, 22, & 29 Longer stories followed by a craft

3-5 Year Olds

Wednesdays, 10:30am, Oct. 3, 17, 24,& 31

Stories, rhymes, games, fingerplays, & a craft 781-316-3234 or www.robbinslibrary.org.

Sing-a-long at Robbins

Tuesdays, 10am, Oct. 2, 9, 16, 23, & 30 Infants and toddlers, space is limited so tickets are given out that day beginning at 9am. Info: 781-316-3234 or www.robbinslibrary.org.

1st Thursday of the Month Singalong at Fox

Oct. 4, 10am, Fox Library, Join Sulinha for singing, dancing, and fun! Info: 781-316-3198

Drop-In Storytime at Fox

Tuesdays, Oct. 2, 9, 16, 23, & 30, **Ages 2-3yr.** 10am
Ages 4-5yrs. 10:30am
Stories and fingerplays followed by a craft
Info: 781-316-3198 or www.robbinslibrary.org

Trick-or-Treat at Robbins & Fox Libraries

Weds. Oct.31, 2-6pm,
Come get candy and temporary tattoos.

Concord Museum Story Hour

Fri. Oct. 12, 1pm. Concord Museum, 200 Lexington Rd., Concord. For ages 3-5 years; adult/child program, \$5/pair, members, \$8/pair, nonmembers. Story this month, "Three Days on a River in a Red Canoe" by Vera B. Williams. Activity and snack registration required Info: 978-369-9763. www.concordmuseum.org.

Barefoot Books

Fri. and Sat. 10:30am. 1771 Mass. Ave., Camb. A fun hour of age- appropriate stories, coloring and refreshments Free For ages 1 and up 617-349-1610, www.barefootbooks.com.

Barnes & Noble

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

Harvard Coop

Tues. & Sat. 11am. 1400 Mass. Ave. Camb. Preschool story hour with snack and craft, Free 617-499-2000 or <http://harvardbkstore.com>.

Henry Bear's Park

Thurs. 11am. Ages 3-6 Free 685 Mass. Ave, Arl. 781-646-9400 and 361 Huron Ave, Camb. 617-547-8424, www.henrybear.com.

Porter Square Books

Weds. 11am. Porter Sq. Shopping Ctr., Camb. Free. 617-491-2220, www.portersquarebooks.com

Pottery Barn Kids

Tues. 10am. Burlington Mall. Free. Info: 781-221-5833

Starbucks, Arlington Center

NEW TIME! Weds. 10am. 327 Broadway, Free. Read with Paula, Call 781-641-2893

Other Arlington Fun Stuff

Adoptive Family Gym Mixer

Mon, 9:30-11am. Together in Motion, 1 Broadway, Arl. \$5/child. For families with

children 0-6.years. Call 781-643-1377. www.togetherinmotion.com

Arlington Boys and Girls Club

Offers many fun, fall classes for children and a **Parent and Child Drop-in Swim** (Sept. 11- Nov. 27) Tuesdays at 10:30- 11:15, \$4/child Info: www.abgclub.org

Arlington Center for the Arts

Offers many fun, fall classes for children Info: 781-648-6220 or www.acarts.org.

Arlington Recreation Dept.

Offers many fun, fall classes for children. Info: 781-316-3880 or www.arlingtonma.gov.

Artbeat Weekend Workshops

Saturdays, 3-6pm, 212A Mass. Ave, Arl. Free instruction, pay for materials, Ages 4yrs+
Oct. 6: Spider Art
Oct. 13: Heads Will Roll
Oct. 20: Spooky Night Candles
Oct. 27: Make Your Own Monster
Info: 781-646-2200, www.artbeatonline.com.

Capitol Theater Movies for Caregivers with Babies

Mondays. 204 Mass. Ave. Arl. Begin between 1-2pm. New movies chosen weekly. \$5/adult Nursing, bottle feeding, fussing, changing diapers are never frowned upon. Info: 781-648-6022, www.somervilletheatreonline.com.

Family Fun Saturdays are back!

10:30am, Regent Theatre, 7 Medford St. Arl.
Oct. 6. Stevesongs, **Oct. 13,** Billy Jonas
Oct. 20, Vanessa Trien, **Oct. 27,** Jackson Gillman's "Halloween Silly Willies" Info: 781-646-4849 or www.regenttheatre.com.

Fidelity House

25 Medford St. Arl. Classes for preschoolers that also have a drop-in option **Tot Time**, Fridays, 9:30am or 10:30am, 1 hr. structured activity time designed to develop fine/gross motor & social skills, parent remains w/child, \$5 drop-in fee (space permitting), or \$20 for 5 wks.(Oct. 5-Nov.2 or Nov. 9- Dec. 14) Info: 781-648-2005 or www.FidelityHouse.org.

Isis Maternity

Programs and products for expecting and new parents. **AFC member discount-1st month free.** www.isismaternity.com.

Mom and Me Pilates

Thurs. 9:15am. Atelier Pilates, Union Sq., Som. 5-class cards for \$75, 6th class free. Drop-in for \$19. Registration required, Call Megan Berry 617-718-0237 or visit megan@mommanet.com.

Music Together

Explore what music sounds like, looks like, and feels like. Call 781-648-4084 or visit www.musictogetherofarlington.com

Parent and Tot Connection RESUMES!

Fridays, 9:30-11am, Arl. Boys & Girls Club, Drop-in playgroup for toddlers and

preschoolers with caregiver, Play, crafts, stories, music, Free, Info: www.abgclub.org.

Puddlestompers Playgroup

Wednesdays, 10am-12, local playgrounds (free) or the Fox Library Community Room (\$1), Drop-in playgroup is for toddlers, preschoolers, siblings, and their caregivers. Make friends and have fun! Meeting locations are emailed on Tues. nights. To be added to the email list contact Sarah at 781-648-3342 or siendo@verizon.net.

Toddlers and Twos

Every Weds. and Fri. 9:30-11am, Gibbs Gym, Foster St. Indoor play program for tots (15-36 months) and parents, structured for the development of gross and fine motor skills, \$45/10 visit pass or \$5 drop-in/child, Info: 781-316-3880 or www.arlingtonma.gov.

Together in Motion

1 Broadway, E. Arl. Drop-in play space with 3 areas for: crawlers, open play; organized games. Ages 0-6. Mon-Fri 1:30-5pm; Mon, 11am-12:30pm; Wed, 9:30am-noon; Sat&Sun, 9-11am. \$7/ages 1-6; \$5, 6-12 mos; under 6 mos, free with playing sibling. Fall classes include: **Itsy, Bitsy Yoga, a Matial Arts Sampler, and Creative Dance** Info: 781-643-1377 or www.togetherinmotion.com

Veteran's Memorial Skating Rink

422 Summer St. \$3/children under 16, \$6/adult Public Skating: **Mon.** 12-1:50pm, **Thurs.** 9-11am, **Fri.** 11-1pm, 2:30-4:30pm, & 7-9pm, **Sat.** 4-5:50pm, **Sun.** 9:30-11:30am, & 2-4pm, Info: 781-316-3880 or www.arlingtonma.gov.

Indoor Playspaces

Gymnastics Academy of Boston

Open gym Mon.-Fri. 11:30am-1pm. Drop-in and explore. \$5/members, \$10/non-members Info: 617-441-9700 or www.gymnasticacademy.com.

TumbleKids Open Gym

38 River St., Winchester- **Thurs. 10:30am-12 & Fri. 12:30-2pm.** (781-721-1144) or 201 Arl. St., Watertown- **Fri. 12:30-2pm.** (617-926-2640) \$10/child. Classes offered for an additional fee. Info: www.tumblekidsusa.com.

Kids Playground

15 Normac Rd., Woburn Indoor playground with playspace, tubes and tunnels, mini golf. Info: 781-935-2300, www.kidsplayground.com.

Perpetual Motion

345 Chelmsford St., Lowell (off Rt. 3) Indoor playground for kids 0-6yrs. Info: 978-452-0777 www.perpetualmotioninc.com.

MyGym

1065 Comm. Ave. (behind Shaw's) Boston, New indoor playspace for babies and toddlers. Open gym: Mondays at 4pm and Thursdays at 2:15pm, Info: 617-789-3669

Beyond Arlington

Puppet Showplace Theatre

Sat. & Sun. 1 & 3pm shows, Weds. & Thurs. 10:30am show. 32 Station St., Brookline. Ages 3 and up. Age appropriateness varies per show. \$7.50/members, \$9.50/non-members. Info: 617-731-6400, www.puppetshowplace.org.

Home Depot Kid's Workshop

1st Sat. of the month, 10am-noon, 10 1st Ave., Waltham. Drop-in build-it-yourself project, Ages 2+ with an adult. Call 781-672-0900

Play Academy

25 Riverside Ave. Medford. Offers classes for infants-age 5yrs; Drop-off program. Info: 781-738-PLAY, www.play-academy.com.

Pre-school Movies

Tues. 10:30am. Cary Mem. Library 1874 Mass. Ave., Lex. Drop-in movies for ages 2-6. Free. 781-862-6288, www.carylibrary.org

Local Attractions

Boston Children's Museum

300 Congress St., Boston. Open daily, 10am-5pm, Fri until 9pm. Hands-on approach to history, science, etc.; toddler PlaySpace. New, expanded space and exhibits, including 3-story climbing structure. Info: www.bostonkids.org.

Butterfly Place

120 Tyngsboro Rd., Westford. Open daily, (through Columbus Day), 10am-5pm. Large, warm atrium with some 500 butterflies representing species from all over the world. \$9/adult; \$6/child 3-12; free under 2. Info: 978-392-0955 or www.butterflyplace-ma.com.

Codman Community Farm

58 Codman Rd, Lincoln. Open Tues-Sun, 9am-6 pm. Non-profit, historic working farm that produces hay, meat, eggs and other products. See the animals and learn about agriculture. Pick-and-pay flower garden. \$1/non-members. Info: 781-259-0456 or www.codmanfarm.org.

Chip-In Farm

201 Hartwell Rd, Bedford. Open daily, 10am-6 pm. Small family-owned farm with free petting zoo. Store with fresh eggs and penny-candy counter. Info: 781-275-2545 or www.chip-infarm.com.

Children's Discovery Museum

177 Main St., Acton. Open daily, 9am-4:30pm. Victorian house with transformed into 10 hands-on exhibit areas. Ages 6 & under. Check website for special programs. \$8, free under 1. Info: 978-264-4200 or www.discoverymuseums.org.

Concord Museum

200 Lexington Rd, Concord. Open daily, Mon-Sat 9am-5pm, Sun 12-5pm. Historical, literary, artistic treasures of the area. Monthly storytime (Sept 14) and children's programs. \$8/adults, children under 6 free. Info: 978-369-9763 or www.concordmuseum.org.

Davis Farmland

145 Redstone Hill, Sterling. **Oct. 4-14 Open Thurs.-Sun. ONLY, Oct. 20-28 Open Sat. & Sun. ONLY**, admission 9:30-4pm, farm closes at 5pm, **Oct. weekdays buy 1, get 1 free after 2pm**, weather permitting. Meet barnyard animals and learn how a farm works. \$12.95/ages 2 and up; free under 2, MegaMaze open Sat.& Sun. ONLY 10am-5pm 978-422-6666 or www.davisfarmland.com

Drumlin Farm Wildlife Sanctuary

208 S. Great Rd, Lincoln. Open daily 9am-5pm., closed non-holiday Mon. Explore the fields, forest and farmyard. Weekly programs for kids. Members free, \$6/Non-member adults, \$4/non-member ages 3-12. Info: 781-259-2200 or www.massaudubon.org.

Ecotarium

222 Harrington Way, Worcester. Open Tues-Sat 1am-5pm, Sun 12-5pm. 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 or www.ecotarium.org.

Garden in the Woods

Daily 9am-5pm, 180 Hemenway Rd, Framingham, Free parking, Tours included with admission (weekdays at 10am and weekends at 2pm) \$7/person, seniors & students \$5, children 6-18yrs \$3, members & children under 5 yrs. free 508-877-7630 or www.newenglandwild.org

Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, wetlands. Programs for kids. Members free, \$4/non-memb. adult, \$3/non-memb. child. Info: 617-489-5050 or www.massaudubon.org.

Harvard Museum of Natural History

26 Oxford St, Cambridge. Open daily 9am-5pm. Wide array of stuffed animals in the mammal exhibit. 40ft dinosaur replica. \$7.50/adult, \$5/ages 3-18. Free every Sun. 9am-noon. Info: 617-495-3045 or www.hmnh.harvard.edu.

Institute of Contemporary Art

100 Northern Ave., Boston. Open Tues-Sun 10am-5pm, Thurs & Fri until 9pm. Free Family Fun Playdates, last Saturday of every month, 10 am-4 pm. to adults accompanied by child 12 and under. \$12 general admission. Info: 617-478-3234 or www.icaboston.org.

Museum of Fine Arts

465 Huntington Ave., Boston. Family Place, for families with children 4 and up, art activities. Wed-Fri, 3-4:45 pm; Sat-Sun, 11am-4pm.. Info: 617-267-9300 or www.mfa.org.

Museum of Science

Science Park, Boston. Open daily 9am-7pm, Fri until 9pm. Hands-on Discovery Zone, with children's gallery for those 5 and under. Info: 617-723-2500 or www.mos.org.

National Heritage Museum

33 Marrett Rd., Rt. 2A, Lexington. Open daily 10am-5pm, Sun 12-5pm. Great monthly programs including storytimes with crafts. Free admission. Info: 781-861-6559 or www.monh.org.

New England Aquarium

Central Wharf, Boston. Open daily 9am-6pm, Fri-Sun until 7pm. \$17.95/adult, \$9.95/children ages 3-11, free for children under 3. Info: 617-973-5200 or www.neaq.org.

Southwicks Zoo

2 Southwick St, Mendon. Open daily, 10am-5pm. Animals & birds, shows, kiddie rides, animal rides (ponies, camels, elephants). \$16.75/adults; \$12.75/ages 3-12; under age 2, free. WGBH & AAA discounts. Info: 800-258-9182 or www.southwickszoo.com.

Stone Zoo

149 Pond St., Stoneham. Open daily 10am-5pm, Sat & Sun until 6pm. Small zoo, with a petting barnyard, playground and many animal exhibits. \$8/Adult, \$5/Ages 2-12 under age 2, free. Info: 781-438-5100 or www.zoonewengland.com.

Take a Walk at Gore Place

52 Gore St., Waltham. Mon – Fri, 9am to 3pm; Sat & Sun, noon-3pm. Visit llama, sheep, goats, chickens, rabbits. Rent an “activity pack” with activities appropriate for children ages 4-9. Backpack rental, \$5. Info: 781-894-2798 or www.goreplace.org.

Seminars and Open Houses

Lesley Ellis School Open House

Nov 3, 9:30-11am, 41 Foster St., Arlington. Meet the faculty, staff and current parents. Visit classrooms, and attend an information session with the Head of the School. Children welcome. For more info. Including directions call 781-641-1346 or www.leslevellis.org.

Effective Parenting

Groups forming now. Workshop designed for parents of children 0-3yrs. Explore different parenting topics each week. \$140/person, \$180/couple. For info contact Melissa Lucius 781-641-4284, parenting@rcn.com or www.effective-parenting.org.

From Rivalry to Revelry: Nurturing Sibling Relationships

by Deborah Weinstock-Savoy PhD. Parent Education Series at Lesley Ellis School, Oct. 23, 7-8:30pm at the Lesley Ellis School, 41 Foster St., Arlington. Part of the Parent Education Series. Free, register by calling 781-641-1346 or visit www.leslevellis.org for more information on the series.

Benefits

PTO Thrift Shop

Benefits Arlington Public Schools
Basement of the Fox Library,
Hours: Weds. 4--8pm, Thurs. 9:30am- 1pm,

2nd Sat. of the month 12:30—5pm, Gently-used clothing for all ages, toys, books, housewares, and more., Info: 781-483-3433 or www.ptothriftshop.com.

Harvest Day & Benefit for Emerson Hospital’s Pediatric Care Unit

Sat. Oct. 6, noon-4pm, Verrill Farm, 11 Wheeler Rd. Concord, Entertainment includes: Southern Rail plays Bluegrass- vocals, banjo, & mandolin, Giddy Up Ponies, and hayrides
Info: 978-369-4494 or www.verrillfarm.com

Children’s Room Memories Walk

Sun. Oct. 14, 12:30-4pm, 1210 Mass. Ave. Volunteer to help anytime during the walk. Contact Courtney at 781-316-8888 or courtney@lauriat.com

Trick or Treat for Sight Night

This Halloween kid’s can scare up used eyeglasses for people in developing countries while trick-or-treating. For information and a free collection kit call toll-free 1-877-605-4242 or www.sightnight.org

Groups

40-something Mom’s Group

Ongoing monthly discussion and support group for moms of babies &/or young kids led by Suzan Wolpow, a licensed therapist with a specialty in women’s issues, and an older mom herself. Meets monthly in North Cambridge \$25/meeting. Info: 617-441-0758 or www.yourclearvoice.com.

Arlington Area Adoption Moms

Oct. 11, 7:30pm, Arl. Town Hall Annex, Academy St. (directly behind Town Hall, 730 Mass. Ave.) Contact Rachel Silverman, 781-641-2947 or rachelannathorne@yahoo.com.

Belmont Food Allergy & Asthma Support Group

Parents group meets monthly to discuss and advocate for children living with food allergies and asthma. For info contact Theresa Normile 617-489-6668 or Tnormile@foodallergyfacts.com.

Breastfeeding Drop-in Group

Thurs. 3pm, Isis Maternity. For nursing moms and babies, Free, Staffed by certified lactation consultants: www.isismaternity.com.

Drop-in Playgroups

Isis Maternity. Non-mobile babies Thurs. 1:45pm, Mobile babies Fri. 3:30 pm, Free for members, \$5 for non-members. Info: www.isismaternity.com.

Grandparents’ Support Group

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

International Adoptions

Free 8 week support and education group for parents accompanied by their children. Begins Sept 25. Meets Tues 10-11:30am at 1430 Main St, Waltham. Info: 781-693-5677 or

eberne@jfcscoston.org.

La Leche League

Education, information, and support for breastfeeding women . Meetings in the basement of Fox Library on the 3rd Tues. of each month at 7:30pm, or 2nd Thurs. of the month at 10am at 175 Harvey St. Cambridge. Free. contact Heather 781-648-2988 or <http://home.comcast.net/~jrsladkey/lll/index.html>.

Learn & Play Adoption Group

For parents and adopted children ages 0-5yrs. Facilitated by First Connections. Community Agencies bldg., Emerson Hospital, 111 Old Rd. to 9-Acre Corner, Concord. Registration required \$30. Info: 978-287-0221 or www.jri.org/cfys/.

New Babies/New Mom’s Group

First time mothers bring infants up to 6 months old to meet with other mothers and a leader for support and discussion. Session begins Sept 18. Info: www.warmlines.org.

New Mothers’ Drop-in Group

For mothers with children under 1. Fri. 10-11:30am. Calvary United Methodist Church, 300 Mass. Ave., Arl. Free, non-sectarian, facilitated group. Sponsored by Jewish Family & Children’s Svcs. Info: 617-558-1278.

New Mother’s Group

Tues. 11:30am.-1pm Temple Isiah, 55 Lincoln St, Lexington. Sponsored by the Parent Connection of BIDMC . Free 8 week sessions. Registration required. Info: 617-667-2229.

Older First -Time Moms

3rd Weds. of each month , 7pm Fox Library. Social and support group for first-time moms in their late 30’s and 40’s. Suggested \$1 donation. Info: 781-674-2029.

Spanish Playgroup

Formed by an Arlington-based group of parents, the age range is 1-8 yrs old. Spanish skill ranges from beginner to bilingual. Most of the families have one parent who speaks some Spanish. For info contact Deb Savage at debsavage@juno.com.

We Are Family

3rd Thurs. of the month, 7-9pm Community Agencies bldg., Emerson Hospital , 111 Old Rd. to 9-Acre Corner, Concord , Support group for parents of older (3yrs.+) internationally adopted children or children previously in DSS custody. Info: 978-287-0221 or www.jri.org/cfys/.

Working Mom’s Group

Oct. 17, 7:30pm at Arlington Enrichment Collaborative (1100 Mass Ave, Arl, across from Jimmy’s). Info: workingmoms@arlingtonfamilyconnection.org

New member Renewal Date: _____

AFC Membership/Renewal Form

Name(s): _____

Address: _____

City/State/Zip: _____

Email Address(es): _____

All AFC correspondence (announcements and newsletters) are sent out via email by default.

Please check below if you would rather:

* Printed newsletter mailed to me, in addition to email.

* Printed newsletter only, not the email version.

* I prefer not to receive any email from AFC. (Printed newsletter will be mailed to you.)

Please list your child(ren): (if applicable)

Name Gender Date of Birth (mo/year)

School District: (circle one for geographic location)

Bishop Brackett Dallin Hardy

Peirce Stratton Thompson Out-of-Town

Arlington Family

Connection

P.O. Box 150

Arlington, MA 02476

Volunteer Interests

(check all that apply)

* Events/Parties * New Parent Outreach

* Newsletter * Outings with Kids * Playgroups

* Outings without Kids * Seminars * Web Site

* Email Bulletin * Childcare & Preschool Options

* Publicity * Membership * Working Moms

* Community Service * Kindergarten Connections

* Treasurer/Clerk * Other _____

Membership Fees: All memberships renew in August, 2008, and begin September 1st for a flat \$20/yr.

* **Sponsor Member (\$25).** Enjoy the usual benefits of membership plus make a \$5 donation to help support new AFC programs.

* **Standard Member.** Circle the month you are joining:

\$20 (August/September/October)

\$15 (November/December/January)

\$10 (February/March/April)

\$5 (May/June/July)

Please mail membership form and check to:

Arlington Family Connection

P.O. Box 150

Arlington, MA 02476

October, 2007