



Arlington Family Connection

supporting children six and under and those who care for them

Volume VI, Issue 10 • January 2008

www.arlingtonfamilyconnection.org

Save the Date!

Saturday, March 8, 2008

10am-1pm

AFC's Second Annual Winter Beach Party

Mark your calendars for AFC's sizzling winter beach party—Saturday, March 8, 10am-1pm at the Gibbs Gym in East Arlington. More than 400 people attended last year's party, and this year promises to include even more sand, sun, and fun. The party is open to AFC members and non-members alike so plan to bring friends. Party details will follow in next month's newsletter, so be on the lookout!

Seeking Party Volunteers

We're currently seeking volunteers to help with several beach party tasks, including food; crafts; games/activities; decorations; sound system/music. If you'd like to volunteer to help, please contact Jessie Keating at events@arlingtonfamilyconnection.org.

Car Seat Safety Resources

By Carrie Finison

Almost every parent knows that infants and young children are safest when riding in a car seat. But what sounds simple at first can quickly become complicated. Should your child sit rear-facing or forward-facing? At what age can you move up from an infant seat to a convertible seat, or from a convertible to a booster? What if your car has LATCH? What if it doesn't?

The following guidelines from the National Highway Traffic Safety Administration (NHTSA) should answer some questions. These guidelines are presented at www.seatcheck.org, a website that includes an inspection station locator, lists of recalled seats, information about LATCH, and much more. Another resource is the American Academy of Pediatrics car seat guide

(www.aap.org/family/carseatguide.htm). This site includes a description of each type of seat and useful comparison charts of each brand and model of car seat.

Ten Tips to Keep Your Child Safe

1. Infants should ride in rear-facing child safety seats in the back seat until at least age 1 and at least 20 pounds.
2. If under age 1, but more than 20 pounds, infants should ride in a child safety seat approved for heavier babies and remain rear-facing until at least age 1. Best practice states that children should ride rear-facing until they reach the upper weight or height limits of the safety seat.
3. Never place a rear-facing infant seat in front of a passenger air bag.
4. Once children outgrow their rear-facing child safety seats (typically over age 1 and heavier than 20 pounds) they should ride in a forward-facing child safety seat until they reach the upper weight (usually 40 pounds) or height limits of the seat.
5. Once children outgrow forward-facing child safety seats, they should ride in the back seat in booster seats until they are at least 8 years old, unless they are 4 feet 9 inches tall, at which point they should fit properly in a seat belt.
6. After outgrowing a booster seat, children under age 13 should always use a seat belt and ride in the back seat. Remember, kids of all ages are safest when properly restrained in the back seat.
7. Old/used child safety seats should not be used unless you are certain they have never been in a crash and you have all the parts (including instructions). Seats that are 6 years old or older should be discarded and never used.
8. Always read both the vehicle owner's manual and the instructions that come with the child safety seat.
9. It is important to remember that the "best" child safety seat is the one that correctly fits the child, the vehicle, and is used correctly every time.
10. Get your child's safety seat checked!

(Continued on page 2)

AFC Directory

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Editorial policy: The Arlington Family Connection (AFC) newsletter is published monthly and is free with membership. Published articles reflect the views of the respective authors and do not necessarily represent the views of AFC. Childcare, healthcare and legal information is provided for informational purposes only. It is not intended as a substitute for medical or professional advice. Always consult your own healthcare provider for any decisions relating to your child's well being. 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

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Closest Car Seat Inspection Locations

While the Arlington police department does not currently conduct safety-seat inspections, many other local police departments do, usually by appointment. At these inspections, certified technicians will properly install the seat for you and help you make sure that the seat is appropriate for the size and age of your child.



Cambridge Police Department

5 Western Ave., Cambridge
617-349-4365
By appointment
Wednesdays, 4:00-8:30

Somerville Police Department

220 Washington St., Somerville
617-625-1600

Medford Police Department

90 Main St., Medford
781-391-6776
By appointment
Tuesdays, 4:00-7:00

If you're running errands a bit further from Arlington, the police departments of Bedford, Carlisle, Concord, Melrose, Woburn, Everett, and Lincoln also conduct inspections. Call in advance for hours or to make an appointment.

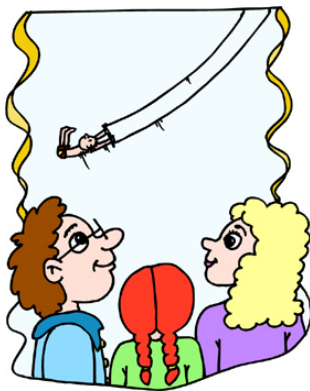
Volunteer with AFC

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. For more information, contact Amy at info@arlingtonfamilyconnection.org or 781-646-5417.

Places to Go: Jordan's Furniture, Reading

By Helene Ragovin James

You might end up at Jordan's Furniture in Reading because you need a new kitchen set, like our family did. Or, you might end up there because it's a cold, rainy afternoon and you're looking for a little inexpensive entertainment. Either way, it's an hour or so of fun for those in the age 3-6 range.



Those familiar with Jordan's Mardi Gras-themed Natick store will have some idea of what to expect. The entrance area is a cross between Barnum & Bailey and a Las Vegas casino — you can watch trapeze artists sail through the air; marvel at “liquid fireworks” (no noise, so great for little ones who are scared by traditional pyrotechnics) or play a skeeball-style arcade game. The area has a “Beantown” theme, complete with a reproduction of the Public Garden and the “Make Way for Ducklings” statues made entirely of jellybeans, and a giant Wally the Green Monster. Be warned though — Wally reaches out every so often and “eats” a Yankee — my 5-year-old was delighted by that, but another AFC'er told me it scared her 3-year-old. There's also an IMAX theater, which may or may not be showing something appropriate for the younger age group.

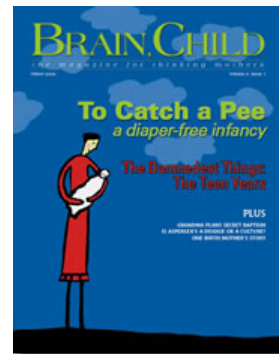
You'll probably want to forget everything you ever knew about nutrition before arriving here — there's a rather prominent jelly bean/candy store in the lobby and a Fuddrucker's restaurant, which specializes in big, greasy burgers and fried items. On the other hand, the mildly chaotic atmosphere ensures you won't have to worry too much about how your child behaves at the table, and the milkshakes are superb.

Jordan's Furniture, www.jordans.com. 50 Walker's Brook Drive, Reading (Exit 39 off Rt. 128). 781-944-9090. Open 7 days.

Food for Your Brain

By Amy Speare

Looking for a thought-provoking parenting magazine? *Brain Child* gives readers much more than the 'how to' tips that fill the pages of most other parenting magazines. Instead, *Brain Child* is like a journal where parents can learn from others' experiences. Each issue is filled with articles portraying real life experiences — sibling rivalry, family relationships, losing a child, raising a child with special needs, adoption, postpartum depression — often retelling seemingly mundane, everyday occurrences from a completely different and humorous point of view.



Frequently, articles mix humor, poignancy, and insight. Rather than a typical 'How to discipline your toddler' piece, you might find a humorous, insightful essay about a mother's experience with her 2-year-old in a full tantrum at the checkout line (something we can all relate to!).

Each issue also includes a recap of current events that affect mothers, book reviews, and more. Advertising is minimal and kept to a few pages at the back of the issue. The magazine has also recently started online discussions and an e-newsletter. Check out *Brain Child* for yourself at www.brainchildmag.com.

Join AFC's New Monthly Book Club!



Monday, Jan. 21, 2008, 7:30 pm.
Starbucks, Arlington Center
(327 Broadway)

Title: *The Glass Castle: A Memoir*, by Jeanette Walls

Do you like to read (or wish you had time to)? Would you enjoy some adult conversation? Please join us at our new monthly AFC Book Club. We'll choose a new book each month. Feel free to come even if you don't have a chance to read the book. Info: Wendy, 781-777-2706 or bookgroup@arlingtonfamilyconnection.org

AFC in Action

December Highlights

AFC Craft Time



January AFC Events

AFC at Together in Motion

Friday, Jan. 4

9:30-11am. Together in Motion, 1 Broadway, Arl. Join us for an AFC exclusive visit! AFC discount price \$5/family. Amy, 781-646-5417, outings@arlingtonfamilyconnection.org

AFC Playtime!

Mon., Jan. 7, 14, 21, 28

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, Jan. 8

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 Mtg.

Tuesday, Jan. 8

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

Parent's Afternoon Out

Saturday, Jan. 12

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 Jan. 8** Amy 781-646-5417, outings@arlingtonfamilyconnection.org

AFC Craft Time!

Tuesday, Jan. 15

4-5pm. Fox Library. Drop-in anytime to make a fun winter craft. \$2/child to cover supplies. 18 mo. & up. Maf 781-777-1994, outings@arlingtonfamilyconnection.org

Working Moms Group

Wednesday, Jan. 16

7:30pm. Arl. Enrichment Collaborative, 2 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

AFC Outing: Regent Theater with Dan Grady's Marionettes

Saturday, Jan. 19

10:30am. Regent Theater, 7 Medford St., Arl. Colorful marionettes put on an amazing show--magnificently strutting their stuff while roller skating, tightrope walking, dancing, and more. Special AFC discount: \$6/adult; \$5/child. Mention AFC when purchasing tickets. 781-646-4849, <http://www.regentheatre.com>

AFC Book Group

Monday, Jan. 28

7:30pm. Starbucks (327 Broadway, Arl Ctr.). Join AFC's new book group! This month's book is *The Glass Castle: A Memoir*, by Jeanette Walls. Come even if you don't have the chance to read the book. Wendy, 781-777-2706, bookgroup@arlingtonfamilyconnection.org

AFC Playground Fun

TBA

Note: We'll set the date based on weather - watch your email! Come meet other AFC families in this ongoing series of monthly playground fun. Martina, 781-316-8433, outings@arlingtonfamilyconnection.org

Arlington Public Schools Kindergarten Registration Dates

Children who are residents of Arlington and who will be turning age 5 by 8/31/2008 are eligible for public kindergarten. All public elementary schools in Arlington offer kindergarten programs. Refer to the schedule below for registration and orientation information for your local district.

Reprinted from the Arlington Public Schools website. For more information, please visit www.arlington.k12.ma.us/kindergarten/

Bishop

Parent Orientation (parents only)
February 7, 6:30-8:00pm

Registration (students & parents)
March 12, 9:30am-1:00pm

Story Time w/ principal (students & parents)
May 6 & 7
9:30am

Stratton

Registration
March 6, 9-11am & 5-7pm

Kindergarten Presentation
March 6, 7-8pm

Visiting Day
June 11, 9:00-10:30am

Hardy

Registration (parents only)
February 27, 7:30-10:00am; 5:30-6:30pm
(Snow date, Feb. 28)

Parent Orientation (parents only)
March 6, 7-8pm

Puppet Show
June – TBA

Classroom Visits – Step Up Day
Last Day of School

Dallin

Registration (parents only)
February 6, 8:30-11:00am

Parent Orientation – Ready, Set, Kindergarten
(parents only)
March 6, 7-8pm

Chats (students & parents)
Week of June 2

Visiting Day (students & parents)
June 12

Brackett

Registration (parents only)
February 12, 9-11am

Kindergarten Orientation (parents only)
March 27, 6:30-7:30pm

Story Times w/principal (students & parents)
May 12, 15, 19 & 20, 12:15-12:35pm

Thompson

Registration and visiting sign-ups
March 12 (parents only)
6-7pm (Registration)
7-8pm (Presentation)

Registration Continued
March 13, 9-11am

Visiting Day
1st or 2nd week of June (students & parents)

Peirce

Registration (parents only)
February 13, 6:30-7:00pm

Parent Orientation (parents only)
February 13, 7:00-7:30pm

Registration II
March 6, 9-12am

Visiting Day (parents & students)
May 8, 9-10am

Local Events & Activities – January

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.robbinslibrary.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.robbinslibrary.org

Special Events for Families

Charlotte's Web

Sun. Jan. 13, 1pm & 3pm, Leventhal-Sidman Jewish Community Center, 333 Nahanton St. Newton Center, Ages 3 yrs.+, \$9/member or \$10 general admission, Info: 617-558-6522 or www.lsjcc.org/home/cultural_magic.html

Be Our Guest

Sun. Jan. 13 & 20, 1-4pm, Concord Museum, 200 Lexington Rd. Concord, FREE admission, 978-369-9763 or www.concordmuseum.org

SteveSongs Family Concerts

Sun. Jan. 20, 10:30am, 300 Pleasant St. Framingham, Tickets are \$9. in advance or \$11 at the door, Info: 508-872-3622 or Jodytrod@rcn.com
Mon. Jan 21, 10am & 1pm, 9 Piper Rd. Lex. Tickets are \$10 in advance or \$12 at the door, Tickets: 800-937-3397 (10-6pm, Mon.-Fri.) Info: 781-861-0300

The Gizmo Guys

Mon. Jan. 21, 11am & 1pm, Leventhal_Sidman Jewish Community Center, 333 Nahanton St. Newton Center, Original routines, world class juggling skills and humor combine for laughter and fun for the whole family. \$8/member or \$9 general admission, Info: 617-558-6522 or www.lsjcc.org/home/cultural_agic.html

Once Upon a Time with Kidstock

140 Clarendon St. Boston, Jan. 19, 20, 26, & 27, 11am, **Thumbelina** All ages, \$8/person, children under 3yrs. Free, 617-585-5678 or www.lyricstage.com.

BosTix Junior

Bring your child to the theater to see family friendly plays and musical productions. Info: www.BosTix.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

Monday

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

Wednesday

Bear Rock Café

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

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

Saturday

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

Storytimes and Library Programs

What are Mr. Bear, Uncle Squirrel, and Mrs. Cardinal Doing this Winter?

Thursdays, Jan. 10, 17, 24, & 31, 3:30pm, Fox

Library, Do art projects, hear stories, and sing songs while learning about how animals in New England spend their winters. Ages 4-5 yrs. Space is limited, sign up beginning Jan. 2, 781-316-3198 or www.robbinslibrary.org

Drop-in Storytime at Robbins

Toddlers (18 months-2.5 yrs.)

Mondays, 10:30am, Jan. 7, 14, & 28

Stories, rhymes, fingerplays and a simple craft

Preschoolers (2.5 yrs. and up)

Mondays, 11am, Jan. 7, 14, & 28

Longer stories followed by a craft

3-5 Year Olds

Wednesdays, 10:30am, Jan. 9, 16, 23 & 30

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

Drop-in Spanish Story Time

Sat. Jan. 12, 9:15am, Robbins Library

Sing songs, listen to stories, learn new words and make new friends, Stories in Spanish with translation. Info: 781-316-3234 or

www.robbinslibrary.org

Sing-a-long at Robbins

Tuesdays, 10am, Jan. 8, 15, 22, & 29

Ages: 0-36 months, Space is limited so numbers are given out the day of the program beginning at 9am. Info: 781-316-3234 or www.robbinslibrary.org

1st Thursday of the Month Singalong at Fox

Jan. 3, 10am, Fox Library, Join Sulinha for singing, dancing, and fun! Info: 781-316-3198

Drop-In Storytime at Fox

Tuesdays, Jan. 8, 15, 22, & 29

Ages 2-3yr. 10am

Ages 4-5yrs. 10:30am

Stories and fingerplays followed by a craft

Info: 781-316-3198 or www.robbinslibrary.org

Tuesday

Barnes & Noble

98 Middlesex Tpke., Burlington
Preschoolers, 10:30am, Free, 781-273-3871

Harvard Coop

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

Pottery Barn Kids

10am, Burlington Mall, Free, 781-221-5833

Wednesday

Porter Square Books

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

Starbucks, Arlington Center

10am, 327 Broadway, Free, 781-641-2893

Thursday

Mornings at the Museum

Jan. 10, 10:30am, National Heritage Museum, 33 Marrett Rd. Lex. Come hear stories about planes, trains, and automobiles and make a locomotive. \$3/child (members) \$5/child (nonmembers) Info: 781-861-6559 or www.monh.org

Henry Bear's Park

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

Friday

Barefoot Books

10:30am, 1771 Mass. Ave. Camb. A fun hour of age- appropriate stories, coloring and refreshments, Free, Ages 1yr.+ Info: 617-349-1610 or www.barefootbooks.com.

Barnes & Noble

98 Middlesex Tpke. Burlington,
Pajamarama: 7pm, Free. 781-273-3871

Concord Museum Story Hour

Jan. 11, 1pm, 200 Lexington Rd., Concord. For ages 3-5 years; adult/child program, \$5/pair, members, \$8/pair, nonmembers. This month's story: "Snowy Day" by Ezra Jack Keats. Activity and snack registration required Info: 978-369-9763. www.concordmuseum.org.

Saturday

Barefoot Books

10:30am. 1771 Mass. Ave. Camb. A fun hour of age- appropriate stories, coloring and refreshments, Free, Ages 1yr.+ Info: 617-349-1610, www.barefootbooks.com.

Harvard Coop

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

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, winter classes for children and a **Parent and Child Drop-in Swim** (Dec. 4- March 4) Tuesdays, 10:30- 11:15am, \$4/child, Info: www.abgclub.org

Arlington Center for the Arts

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

Arlington Recreation Dept.

Offers many fun, winter 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+ 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

10:30am, Regent Theatre, 7 Medford St. Arl. **Jan. 12:** Airborne Comedians, **Jan. 19:** Dan Grady's Marvelous Marionette Medley, **Jan. 26:** "Now that's What I Call MAGIC" Info: 781-646-4849 or www.regenttheatre.com.

Fidelity House

25 Medford St. Arl. Offers 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 and social skills, parent remains w/child, \$5 drop-in fee (space permitting), or \$20 for 5 wks. beginning Jan. 4 Info: 781-648-2005 or www.FidelityHouse.org.

Isis Maternity

Programs & products for expecting & new parents. *AFC member discount-1st month free*, **Drop-in Playgroups:** Non-mobile babies Thurs. 1:45pm, Mobile babies Fri. 3:30 pm, Free for members, \$5 for non-members. Info: www.isismaternity.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

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), This drop-in playgroup is for toddlers, preschoolers, siblings and their caregivers. Come make friends and have fun! Meeting locations are emailed on Tues. nights. To be added to the group email list contact Sarah at 781-648-3342 or siendo@verizon.net.

Toddlers and Twos

Every Weds. & 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-12:30pm; 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, Matial Arts Sampler, Creative Movement, Creative Art Class (2-3yrs. & 3-5yrs.) and Movin' & Groovin'**, 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

Bedford Family Connection Playroom

Mon.-Fri. 9:30-11:30am, First Parish Church 75 The Great Rd. Bedford (use Elm St. entrance) Info: contact Amy Pearson at alm.pearson@verizon.net or www.kidsplaybedford.com.

Belmont Kidspace

Payson Park Church (lower level) 365 Belmont St. Belmont, This indoor playspace is a parent run co-op where families with infants, toddlers, and preschoolers can have lots of fun. Hours: **Mon. & Thurs.** 1-5:30pm, **Fri.** 5-8pm, **Sat.** 9am-12, **2nd & 4th Sun.** 2-5, **3rd Sun. of the month** 2-5pm for special children, See website for admission info. www.belmontkidspace.org

LPPTA Drop-In Center

Fridays, 9:30-11:30am, Kennedy Hall in St. Brigid's School at St. Brigid's Church in Lex. (use Worthen Rd. entrance) This indoor playspace is for 0-5yr olds and their parents/caregivers to play, relax, and socialize. \$1/child, Info: www.lppta.org

Winchester Recreation Playtime

Thurs. 9:30-11 am, 263 Main St. Winchester, Drop-in, \$5/family, Ages: 9 months-4yrs. Info: 781-721-7125

Winterfun

Weds. 9:30-11am, Bowman Elementary School Cafeteria (enter front door, turn left) 9 Philip Rd. Lex. This drop-in arts & crafts program for toddlers & preschoolers meets every other Weds. during the school year. \$2/child, call ahead to confirm dates: Jackie Lupone 781-538-5648 or Susan Morin 781-676-2041 or www.lppta.org

Winter Park

Fridays, 1-2:30pm, Waldorf School, 739 Mass. Ave. Lex. (check in at the office for new room location) Drop-in, indoor playspace for toddlers and preschoolers, Requested donation of \$5. or \$10/family, Info: 781-863-1062 or www.thewaldorfschool.org

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. Info: 781-862-6288, www.caryllibrary.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.

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.

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.

Frog Pond, Boston Common

The Frog pond offers concessions, skate rentals, rest rooms, and a warming area. Info: 617-635-2120 or www.bostoncommonfrogpond.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.hmn.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, interactive 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.

Stone Zoo

149 Pond St. Stoneham. Open daily 10am-4pm, Small zoo, with a petting barnyard, playground and many animal exhibits. \$8/Adult, \$5/Ages 2-12, under 2yrs. free, Info: 781-438-5100 or www.zoonewengland.com.

Take a Walk at Gore Place

52 Gore St., Waltham, Mon-Fri, 9am- 3pm; Sat & Sun. 12-3pm. 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

Jan 8, 9:30-11am, 41 Foster St., Arlington. Lesley Ellis School is an independent, progressive school for children in Preschool-Grade 5. Learn more about the program and speak with current faculty and parents. For more info, including directions, call 781-641-1346 or www.lesleyellis.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.

Stop Smoking through Hypnosis

Thurs. Jan. 17, 7-8:30pm, Robbins Library Community Room, Presenter Mark Hall

provides the audience with facts, images, and suggestions to empower individuals to stop smoking. **Rain date: Jan. 24.**

Benefits

PTO Thrift Shop

Benefits Arlington Public Schools
Closed most of January. For more info:
www.ptothriftshop.com

Groups

40-something Mom's Group

Suzan Wolpow, a licensed therapist with a specialty in women's issues and an older mom herself, has started a new group. This monthly discussion & support group for moms of babies &/or young children meets on Mondays from 9:30-11am in North Cambridge \$25/meeting. Info: 617-441-0758 or www.yourclearvoice@msn.com

Arlington Area Adoption Moms

Contact Rachel Silverman for date and location info. 781-641-2947 or rachelannathome@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, 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@jfcsoxford.org.

La Leche League

Dedicated to providing education, information, and support to 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 in Cambridge (175 Harvey St.). Free For info 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 1yr. 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, Free, 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

Contact workingmoms@arlingtonfamilyconnection.org for date and location.

Winter at a Glance Corrections

*Tim Seston no longer performs at the Main Streets Market and Café

*The National Heritage Museum Storyhour – "Mornings at the Museum" does not always occur on the 2nd Thurs. of the month. The dates are: **Jan 10, Feb. 21 & March 13.**

**Arlington Family
Connection
P.O. Box 150
Arlington, MA 02476**

January, 2008

AFC Membership/Renewal Form

New member **Renewal** Date: _____

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

Would you like to be contacted about volunteering?

Yes No

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