



Arlington Family Connection

supporting children six and under and those who care for them

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www.arlingtonfamilyconnection.org

Ten Resolutions for a Sustainable New Year

by Amy Speare

It's that time of year again—time to reflect on the past and set goals for the future. This year, I'm setting my sights on decreasing my family's footprint on our earth. Most of us know about energy-efficient light bulbs, Energy Star™ appliances, and turning off the lights when you leave the room. (My son always catches me if I forget!) Here are a few other family-oriented sustainable resolutions I'm putting on my 2009 list:

1. Freecycle. Your trash is someone else's treasure. To join Arlington's Freecycle group, visit <http://groups.yahoo.com/group/freecycleArlingtonMa>.

2. Transportation. Bike, walk, or take the bus to the library, school, store, etc. at least once a month rather than drive your car. You'll enjoy the fresh air and your kids will build stronger muscles.

3. Recycling:Trash ratio. Strive to have more recycling on the curb than trash. Let your kids help sort recycling and bring it out. Recycled materials can also be great craft supplies or instruments! The Department of Public Works hosts community collection days in November and May for old sneakers, books, bikes, and much more: http://www.arlingtonma.gov/Public_Documents/ArlingtonMA_DPW/recycle/index.

4. Reusable bags. Paper or plastic? Neither! Keep a few reusable bags in the car so you have them when you go to the store. Each bag saves 3-4 plastic bags from the landfill. They're also very useful for carrying library books, special school supplies, and more.

5. Reduce paper. AFC decided to reduce our paper consumption (and costs) by sending our monthly newsletter via email only (unless specifically requested). Opt to receive other publications, school newsletters, or bank and utility statements online. Also, remove your

name from most national (junk) mailing lists at <http://www.dmaconsumers.org>.

6. Donate clothing and toys. The Little Shop at the Fox thrift shop (located in the Fox Library in East Arlington, www.littlefoxshop.com) is a good donation spot, and also a great place to shop for your kids! All proceeds fund the Fox Library. Big Brother/Big Sister also does pick-ups (www.bbbsfoundation.org/), and Planet Aid has drop-off boxes at the Gulf station on Mass. Ave. in the Heights, in the parking lot of Sunshine Cleaners on Park Avenue, and at the Global gas station on Mass. Ave. in East Arlington. Remember, donations are tax-deductible.

7. Cardboard Toys. Turn your used boxes (diapers, cereal boxes, etc.) into puppet theaters, barns, or baby beds. Large cardboard boxes transform into cars, houses, or pirate ships. When you're done, flatten and put them in the special cardboard bins at the DPW on Grove Street (no need to cut them into smaller pieces!).

8. Juice Boxes. Stop sending juice boxes in your child's lunchbox. Instead, use an 8 oz. plastic bottle with a built-in straw. Thermoses work for milk, too.

9. Tire Pressure. If you have a mechanically-inclined child, show him/her how to use a tire-pressure gauge and check your car tires together. Checking the air in your car tires every few months saves gas.

10. Heat. Install a programmable thermostat that automatically lowers the heat when you leave or sleep. Studies show that we sleep better when it is cool. And wearing an extra layer in the house helps us reduce our foreign energy dependence.

For more tips, visit

www.arlingtonma.gov/Public_Documents/ArlingtonMA_DPW/Recycle or www.sustainablearlington.org.

Want to Know About Recalls As They Happen?

Have you ever wondered whether a toy your child was given (or one you bought at a garage sale) was recalled? Want to get automatic RSS feeds about such recalls?

The U.S. Consumer Product Safety Commission (CPSC) is in charge of protecting U.S. consumers from “unreasonable risks” of injury or death from thousands of products. To find information on product recalls, visit <http://www.cpsc.gov/cpscpub/prerel/prerel.html>. The site allows you to search archives by date, product type, product description, company, hazard, and country of manufacture.

The site also allows you to sign up for RSS feeds for recently issued recalls of child products and toys. You’ll know immediately when a toy or other child product has been recalled.

Tuesday, January 15, 6:45–8:30 pm
Hardy School, 52 Lake St.,
East Arlington

Getting Ready for Kindergarten

Arlington Public Schools will present an overview of kindergarten programs. Here is information reprinted from their website:

Join us as we welcome and introduce you to the Arlington Public Schools for a general overview of our kindergarten programs. We will present information and strategies to assist you in supporting your child’s transition to public school education. This evening will provide you the opportunity to meet the principals and some teaching staff, to learn the details regarding the registration process, and to take a glimpse at our kindergarten curriculum. This will be the first step in a series of informational meetings that will prepare you and your child for kindergarten.

For more information, please visit www.arlington.k12.ma.us/kindergarten.

AFC Directory

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

AFC Playtime – Glendalys Ghandi
playgroup@arlingtonfamilyconnection.org

Book Group – Shannon LeMay-Finn
bookgroup@arlingtonfamilyconnection.org

Clerk – Eileen Coleman

Community Service - Lauren Boyle
community@arlingtonfamilyconnection.org

Membership – Kelly Chiu and Lauren Magoun
membership@arlingtonfamilyconnection.org

Newsletter Editors – Grace Carpenter and Shannon LeMay-Finn
newsletter@arlingtonfamilyconnection.org

Newsletter Copyeditor – Rob Simring

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

Options in Childcare & Preschool booklet- Sarah Hugenberger
options@arlingtonfamilyconnection.org

Outings – Eileen Coleman, Karen Connors, and Amy Speare
outings@arlingtonfamilyconnection.org

Treasurers – Catherine Hoffman and Mimi Wan
treasurer@arlingtonfamilyconnection.org

Web Site - Seth Maislin
webmaster@arlingtonfamilyconnection.org

Working Moms – Su Joun and Sara Wilkinson
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 for bylined articles remains with the individual author. All other materials are copyright Arlington Family Connection, 2009. 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

AFC Gift Drive a Success

On Monday, Dec. 15, our gift drive for *A Room To Grow* was capped off by a rousing holiday sing-along, hosted by Isis Maternity. Nearly 50 families attended the event, donating two carloads worth of gifts! Kids sang and danced their dancies out with the many props and musical instruments, and then enjoyed classic Christmas and Hanukkah stories read by Isis instructors. Everyone agreed it was a great way to get into the holiday spirit.

A huge “Thank You!” to Isis for making this event so memorable, and to the AFC community service volunteers for organizing it.

AFC in Action

December Highlights



Holiday Sing-along



Fire Station Tour

January AFC Events

AFC Playtime

Mondays, Jan. 5, 12, 19, 26

10-11:30am. The Dance Place, 174 Broadway, Arlington. Drop-in playtime for kids 0-4 years old with their parent/caregiver. Come and socialize with other families, and watch your little ones play in a contained space with age-appropriate toys. Playtime ends each week with circle time, including songs and stories. \$3/family. Glendalys, 617-308-3349, playgroup@arlingtonfamilyconnection.org

Drop-in Playgroup

Tuesday, Jan. 6

3:30-5pm. Fox Library Community Room, 175 Mass Ave., East Arlington. First Tuesday of the month. Drop-in anytime. Perfect for non-mobile babies! A great place for caregivers to get to know each other. Ages 0-4. Free. Sandra 781-859-5050, playgroup@arlingtonfamilyconnection.org

Monthly Planning Meeting

Tuesday, Jan. 6

7pm. Robbins Library, 4th fl. meeting room, 700 Mass. Ave., Arlington. All members' feedback and ideas welcome! Amy, 781-646-5417, info@arlingtonfamilyconnection.org

NEW Dads' Book Group

Wednesday, Jan. 7

7:30pm. Starbucks, 327 Broadway, Arlington Center. We're starting a new book group, just for dads, that will meet the first Wednesday of the month. January's title will be *Devil in the White City* by Erik Larson. Come even if you don't have the chance to read the book. Mike, 781-643-6391, bookgroup@arlingtonfamilyconnection.org

Book Group

Wednesday, Jan. 14

7:30pm. Za Pizza, 138 Mass Ave, East Arlington. This month's title is *The Road* by Cormac McCarthy. Come even if you don't have a chance to read the book. Shannon, 781-777-2636, bookgroup@arlingtonfamilyconnection.org

Outing: Perpetual Motion

Thursday, Jan. 15

10am-12pm. Perpetual Motion, 345 Chelmsford St., Lowell. Let the kids run free at this spacious indoor playspace. AFC discount: \$5/child (\$2+ savings). RSVP to Amy, 781-646-5417, outings@arlingtonfamilyconnection.org

Outing: Puppet Craft

Tuesday, Jan. 20

3:30-4:30pm. Fox Library Community Room. Drop in any time to make hand puppets! Free. Ages 18 months & up. Karen, outings@arlingtonfamilyconnection.org or 781-643-0773

Working Moms Group

Wednesday, Jan. 21

7:30pm. Isis Maternity, 387 Mass. Ave., Arlington Center. Meets the third Wednesday. of the month. Over 40% of AFC moms are juggling both careers and families. Get together with other working moms (new and experienced!). RSVP to workingmoms@arlingtonfamilyconnection.org.

Looking for information about... Indoor playspaces? Skating rinks? Car seat inspection sites?

You can find information on these topics and more by visiting our website at www.arlingtonfamilyconnection.org.

Our "Winter Activities at a Glance" chart is a great reference for keeping cabin fever at bay. This listing of playspaces and weekly activities is located right on AFC's homepage.

We also maintain an archive of all our newsletters (except the last three, available only to members) at www.arlingtonfamilyconnection.org/resources/newsletter_archive.html. Among the things you can find there are a listing of area skating rinks (November 2007, page 5) and tips for car seat safety, as well as a listing of local car seat inspection sites (January 2008, page 1).

Interested in updating or improving the website? Send an email to webmaster@arlingtonfamilyconnection.org to find out how you can volunteer.

Local Events & Activities – January

Arlington Venues

Arlington Boys & 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

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

Together in Motion, 1 Broadway, at Route 16. 781-643-1377. www.togetherinmotion.com

For even more resources refer to www.arlingtonfamilyconnection.org

Special Events for Families

Edaville USA

Through Jan. 4, Mon.-Fri. 4-9pm, Sat./Sun. 2-9pm in Carver, MA. Take a train ride and see over 7 million holiday lights, ride the carousel, see holiday displays. \$18, 0-2 yrs. Free. Info: 1-877-EDAVILLE or www.edaville.com

Family Trees at the Concord Museum

Through Jan. 4, Lexington Rd., Concord. Come see the galleries filled with fanciful trees, decorated with original ornaments inspired by acclaimed children's books and contemporary picture book favorites. **Mon.-Sat.** 11-4pm, **Sun.** 1-4pm. Non-members: \$15/adult, \$10/seniors & students, \$6/children 4-18yrs. Members free. Donation suggested (all proceeds fund educational programs). Info: 978-369-9763 or www.concordmuseum.org

Meet classic book characters at the Concord Museum

Jan. 3, 4 – Lilly of Lilly's Purple Purse at 1:30pm & 2:30pm each day. Info: 978-369-9763 or www.concordmuseum.org

Rainbow Fish

Sun. Jan. 11, 1pm & 3pm, Leventhal-Sidman Jewish Community Center, 333 Nahanton St., Newton Center, Ages 3 yrs.+ , \$8/member or \$9 general admission, Info: 617-558-6522 or www.lsicc.org/home/cultural_magic.html

SteveSongs Family Concerts

Jan. 17 in Acton
Jan. 18 in Framingham
Jan. 19 in Lexington
Visit www.stevesongs.com for time, location, and ticket information.

Once Upon a Time with Kidstock

140 Clarendon St., Boston
Jan. 17, 18 at 11am, **The Golden Mother Goose**. All ages, \$10/person, children under

3yrs free. Info: 617-585-5678 or www.lyricstage.com.

BosTix Junior

Ticket booths at Faneuil Hall & Copley Place. Bring your child to the theater to see family friendly plays and musical productions. Info: www.BosTix.org

Baby Loves Disco

One Sunday each month, 2-5pm, Revolution Rock Bar, 200 High St., Boston, \$15 (non-walkers, free) Childproof disco/dance party with "real" music by the legendary DJ Kon, healthy snacks by Wild Oats, bar available for mom & dad. Info: www.babylovesdisco.com

Sing-alongs & Music

Monday

11am, **Stellabella Toys**, 1967 Mass. Ave., Porter Sq., Camb. Free. Info: 617-864-6290.

Wednesday

3pm, **Finagle a Bagel**, 91 Middlesex Tpke, Burl. Ed Morgan performs fun original & classic children's songs. Free. 781-273-6500, www.finagleabagel.com

Thursday

Cary Library 1874 Mass Ave, Lex. Jan. 22, 29

9:30am 0-15months
10:30am 16-24 months

11am 25-30 months.

11am, **Stellabella Toys** (except holidays) 1967 Mass. Ave., Porter Sq., Camb. Free sing-along. Info: 617-864-6290.

1st & 3rd Friday of the month

10am, **Calvary Church**, 300 Mass. Ave. Join Diane Taraz for a fun sing-along, \$2/person, \$5/family, Info: www.dianetaraz.com

Saturday

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

Story Times and Library

Programs

ROBBINS LIBRARY

Hip Hop Concert

Mon. Jan. 12, 4:30pm. Shake away the winter chills with hip-hop artist 23 Skidoo. Groove to tunes about friendship, dragons, luck and staying true to oneself. For children of all ages and grownups as well. Space is limited; tickets will be given out one hour before the program begins.

English Story Time

Mon. Jan. 5, 12, 26 (drop in)
10:30 am 18-30 months.

Stories, rhymes, and finger-plays for the first 15 minutes followed by a simple craft
11am 2½ and up

Longer stories followed by a craft.

Wed. Jan. 7, 13, 20, 27 at 10:30am, 3-5 year olds. Longer stories followed by a craft. Drop in.

Spanish Story Time

Sat. Jan. 10 at 9:30am. Stories, songs, books, and poems. All ages. Drop in

Sing-alongs for Infants and Toddlers

Tues. Jan. 6, 13, 20, 27 at 10am. Space is limited; tickets will be given out one hour before the program begins.

FOX LIBRARY

Chinese New Year Celebration

Wed. Jan. 2, at 4pm. Crafts, stories, music and food. The movie "From Mao to Mozart" will be shown on the big screen in the community room at 7 pm.

Sing-alongs

Thurs, Jan. 8, 22 at 10am (the first Thursday of every month). For infants and toddlers. Join Sulinha for singing dancing and fun.

English Story Time

Tues. Jan. 6, 13, 20, 27

10:00am 2-3 yrs.

10:30am 4-5 yrs.

Stories and finger plays followed by a craft.

Drop in.

Monday

Starbucks

10:15am, Arlington Center. Free. Info: 781-641-2893.

Tuesday

Barnes & Noble for preschoolers

10:30am, 98 Middlesex Tpke., Burlington.

Free. Info: 781-273-3871.

Cary Library for ages 4-6 yrs.

2pm, 1874 Mass Ave, Lex.. Info: 781-862-6288 (Jan. 21, 28)

Harvard Coop for ages 2-4 yrs.

11am, 1400 Mass. Ave., Camb. Free, Info: 617-499-2000.

Pottery Barn Kids

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

Wednesday

Cary Library,

10:30am for age 2.5yrs.

(Jan. 21, 28) Info: 781-862-6288

Porter Square Books

11am, Porter Sq. Shopping Ctr., Camb. Free

Info: 617-491-2220,

www.portersquarebooks.com

Thursday

Henry Bear's Park for ages 3-6

11am, 685 Mass. Ave., Arl. Free. Info: 781-646-9400 or www.henrybear.com

11am (call to confirm) 361 Huron Ave., Camb.

Free. Info: 617-547-8424 or

www.henrybear.com.

Friday

Barefoot Books for ages 1yr +

10:30am, 1771 Mass. Ave., Camb. A fun hour

of age-appropriate stories, coloring and

refreshments. Free. Info: 617-349-1610 or

www.barefootbooks.com.

Cary Library for age 3yrs.

2pm. Info: 781-862-6288 (Jan. 16, 23)

Barnes & Noble for preschoolers

6:30pm, 98 Middlesex Tpke. Burlington,

Saturday

Barefoot Books for ages 1yr +

10:30am. 1771 Mass. Ave., Camb. A fun hour

of age-appropriate stories, coloring, and

refreshments, Free. Info: 617-349-1610,

www.barefootbooks.com

Barnes & Noble for preschoolers

11am, 98 Middlesex Tpke., Burlington. Free.

Info: 781-273-3871.

Harvard Coop for ages 2-4

11am, 1400 Mass. Ave. Camb. Preschool story

hour with snack & craft, Free, 617-499-2000

or <http://store.thecoop.com>

Other Arlington Fun Stuff

Arlington Boys & Girls Club

Register for winter classes.

Parent-Tot connection, Fri. 9:30-11am. Drop

in playgroup for toddlers and preschoolers with caregiver. Play, crafts, stories, music. Free.

Info: www.abgclub.org

Arlington Center for the Arts

Offers many fun classes for children

Info: 781-648-6220 or www.acarts.org.

Arlington Children's Theater

Register for fall workshops including Musical

Theater, Creative Movement and Story

Theater, all for ages 3-5. Other classes for ages

6 & up offered as well.

Info and registration: 781-316-8090.

Arlington Recreation Dept.

Offers many fun spring classes for children.

Info: 781-316-3880 or www.arlingtonma.gov.

Artbeat

Tot Art Tuesdays, 10:30-11:30am, offering a special art project for ages 18mos-4yrs (adult supervision required), \$6/child.

Weekend Workshops, Sat., 3-6pm, 212A

Mass. Ave, Arl. A different project each week,

free instruction, pay for materials, Ages 4yrs+

Info: 781-646-2200, www.artbeatonline.com.

Capitol Theater Movies for Caregivers with Babies

Mon. 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.

Fidelity House

25 Medford St., Arl. Classes for preschoolers

(drop-in option), **Tot Time**, Fridays, 9:30am or

10:30am. Open gym with different activities to

develop fine/gross motor & social skills

(parent remains w/child), \$5 drop-in fee (space

permitting). 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:

Thurs. 1:45-2:45pm Non-mobile babies

Mon. 3:30-4:30 pm Mobile babies (to 3 yrs)

Free for members, \$5 for non-members. Info:

www.isismaternity.com.

Music Together

Explore what music sounds, looks, and feels

like. Now enrolling for 2009 sessions. Call

781-648-4084 or visit

www.musictogetherofarlington.com

Toddlers and Twos

Every Wed. & Fri. 9:30-11am, Gibbs Gym,

Foster St. Indoor play program for tots (15-36

months) and parents, emphasizing

development of gross & fine motor skills.

Kitchen area, bouncy house, riding and

climbing toys. New this year: music program

with sing-along & instruments, in the lower

classroom on Weds. and scheduled art project

on Fri. \$45/10-visit pass or \$5/drop-in/child.

Info: 781-316-3880 or www.arlingtonma.gov

Together in Motion

Drop-in play-space entirely padded, with soft

play blocks, modules, balls, etc. Mon-Fri 2:30-

5pm for ages 0-6. Tues 11:15am-12:45pm for

ages 0-24 months only. \$7/ages 1-6; \$5, 6-12

mos; under 6 mos, free with paying sibling.

Group rates offered for 8 or more children.

Various classes offered as well, see website for

more info. 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). Members 50¢/child, non-members

\$2/child. Info: contact Niki Curry at

currynm@comcast.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.

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

Gymnastics Academy of Boston

Open gym Mon-Fri & Sun 11:30am-1pm.

Drop in and explore. \$5/members, \$10/non-

members 128 Smith Place, Camb. Info: 617-

441-9700 or

www.gymnasticacademyofboston.com.

Kids Playground

15 Normac Rd., Woburn Indoor playground

with playspace, tubes and tunnels, mini golf.

Info: 781-935-2300,

www.kidsplayground.com.

Lexington PTA Drop-in

Fri, 9:30-11:30am, Kennedy Hall in St. Brigid's School at St. Brigid's Church, 2001 Mass Ave, 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: 781-862-6965 or www.lppta.org.

Lexington PTA Winter Fun

Every other Wed, 9:30-11am. 146 Maple St., Lex. Drop-in arts and crafts program for toddlers & preschoolers. \$2/child. Info: 781-674-225 or www.lppta.org/winterfun

My Gym

362 Cambridge Rd., Woburn (in Whole Foods/Toys R Us shopping center). Indoor playspace for babies & toddlers. Open gym: Tues. 11:45am-12:45pm, Wed. 3:30-4:30pm. Info: 781-376-9102 or www.my-gym.com.

Perpetual Motion

345 Chelmsford St., Lowell (off Rt. 3) Indoor playground for kids 0-6yrs. **New separate play area for 5yrs+.** Info: 978-452-0777 www.perpetualmotioninc.com.

TumbleKids Open Gym

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

Waldorf Park

Fri. 12-1:30pm at Waldorf School, 739 Mass. Ave. Lex. Unstructured playtime. Ages 0-3yrs. Drop-in, donation \$5-10/family. Info: 781-863-1062 or www.thewaldorfschool.org.

Winchester Recreation Playtime

Thurs. 9:30-11 am (through Dec 11), 263 Main St., Win. Unstructured playtime, play options may consist of arts/crafts, sports and games, music, reading and more. Ages 9mths – 4yrs. Drop-in, \$5/family. Info: 781-721-7125 or www.winrec.com.

Beyond Arlington

Puppet Showplace Theatre

Shows: Sun. 1pm, Wed. & Thurs. at 10:30am and 1pm. 32 Station St., Brookline. Ages 3+. Age appropriateness varies per show. \$7.50/members, \$9.50/non-members. Reservations recommended. 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+ w/adult. Call 781-672-0900

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 or 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 play-space. 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 transformed into ten hands-on exhibit areas. Ages 6 & under. Check website for special programs. \$9, 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. \$10/adults, children under 6 free. Info: 978- 369-9763 or www.concordmuseum.org.

Ecotarium

222 Harrington Way, Worcester. Open Tues-Sat 10am-5pm, Sun 12-5pm. Monthly family preschool programs. Members free, \$.10/Non-member adult, \$8/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, restrooms, and a warming area. Info: 617-635-2120 or www.bostoncommonfrogpond.org.

Habitat Wildlife Sanctuary

10 Juniper Rd, Belmont. Trails wind through forests & wetlands, across meadows, and around two ponds. 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. 40-ft. dinosaur replica. \$9/adult, \$6/ages 3-18. Free for MA residents every Sun. 9am-noon, Wed. 3-5pm. 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 play-dates, last Saturday of every month, 10 am-4 pm, free to adults accompanied by child 12 & 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+, interactive art activities, 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 story-times with crafts. Free admission. Info: 781-861-6559 or www.monh.org.

New England Aquarium

Central Wharf, Boston. Open daily 9am-5pm, Sat & Sun until 6pm. \$19.95/adult, \$11.95/children ages 3-11, free for children under 3. Info: 617-973-5200 or www.neaq.org.

Take a Walk at Gore Place

52 Gore St., Waltham, Mon-Fri, 10am-3pm; Visit llamas, sheep, goats, chickens, rabbits. Rent an "activity pack" with activities appropriate for children ages 3-9yrs. Snowshoes available for rental. Backpack rental, \$5. Info: 781-894-2798 or www.goreplace.org.

Seminars and Open Houses

Lesley Ellis School Open House

Jan. 6, 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.lesleyellis.org.

Getting Ready for Kindergarten

Jan. 15, 6:45-8:30pm, Hardy School, 52 Lake St., Arlington. The Arlington Public schools welcome you for a general overview of their kindergarten programs. They will present information and strategies to assist you in supporting your child's transition to public school education. The evening will provide you the opportunity to meet the principals and some teaching staff, to learn the details regarding the registration process, and to take a glimpse at the kindergarten curriculum. This will be the first step in a series of informational meetings that will prepare you and your child for kindergarten. Info: www.arlington.k12.ma.us/kindergarten

Child Studies

Have you ever wondered what your infant is thinking when they meet a new person or play with a new toy? The Tufts University Emotion, Brain, and Behavior Lab is seeking subjects for studies whose goal is to gain new knowledge that will ultimately contribute to the healthy development of children of all ages. The lab is currently conducting research studies with infants 3 to 7 months old. There are also ones for older children. If you are interested in participating call 617-627-3478 or email babylab@tufts.edu.

Benefit

Donate Women's Clothing for a Good Cause

The women who brought you the PTO Thrift Shop are organizing a women's clothing sale in February to benefit the Friends of the Fox Library. So start going through your closets now. For donation information, send an email to maryellen@28Coolidge.com or call Judy at 781-405-7451.

Little Fox Resale Shop

Open Tues. & Thurs. 9am-12pm, Wed. 2:30-8pm, on the upper level of the Fox Library. Benefiting the Fox Library, the shop includes toys, books, children's gear, as well as maternity clothes, kids shoes, games, and more. Info: www.littlefoxshop.com.

Support 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 the 2nd Mon. of the month 9:30-11am in northwest Cambridge \$25/meeting. Info: 617-441-0758 or www.yourclearvoice@msn.com

ADHD Support Group for Women

New session begins in Jan., and meets Tues. 6-7:30pm twice a month in Lexington. Cost is approx. \$50. Contact Heidi Lack, Ph.D., A.T.R.-BC, at 781-863-8696 for more info.

Adoptive Families Chat & Play

First Sat. of each month, 3:30-4:30pm, ISIS Maternity, Arl. A collaboration between Isis and ACONE, join us for an hour of playtime, support and networking. Children 0-3 yrs. welcome. PLEASE RSVP by contacting Becky Moyer at (617) 721-6783 or beckym678@yahoo.com. Upcoming dates: 12/6, 1/3, 2/7, 3/7, 4/4

Boston Babywearers

2nd Tues. of each month, 10:30am-12:30pm, College Avenue United Methodist Church, 14 Chapel Street, Somerville, Rm 24 (ring bell once for entrance). Find the right baby carrier for you and/or learn how to use the carrier you own. Enjoy their carrier lending library too. Info: www.bostonbabywearers.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

2nd Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of their grandchildren. Free. Info: 781-316-3410.

Building a Healthy Lifestyle for Your Child

Great Moves is offering a 4-week program for 3-5 year olds and their parents, focusing on healthy cooking & fun physical activity! Each 90-minute session includes 45 min. of movement & play and 45 min. of cooking & eating. During the cooking portion, the theme will be reinforced with a story read to the children as they eat. Parents will receive handouts or news articles on topics relevant to the nutrition topic of the day.

Cost is \$250 for four weeks. 10% discount for ISIS members. New Sessions begin Tues. Jan. 13 and Wed. Jan. 14, 10:30am-12pm at 188 Needham St., Newton. Info: 617-928-0006

La Leche League

Dedicated to providing education, information, and support to breastfeeding women. Meetings in the Fox Library basement on the 3rd Tues. of each month at 7:30pm, or 2nd Thurs. of the month at 10am in Cambridge (175 Harvey St.). Free. Info: Heather 781-648-2988 or <http://www.llleus.org/web/ArlingtonCambridgeMa.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 mos. old to meet with other mothers and a leader for support and discussion. New sessions begin every few months. 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 Services. Info: 617-558-1278.

New Mother's Group

Tues. 10:30am-12pm, 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 Wed. of each month, 7pm Fox Library. Social and support group for first-time moms in their late 30s and 40s, Free, Suggested \$1 donation. Info: 781-674-2029.

Postpartum Adjustment Support Group

Fri. 1-2:30 in West Newton. Drop-in. Contact Haven Fyfe-Kiernan, MSW, LICSW to register (617-739-1022) or to discuss private therapy specializing in postpartum adjustment and parenting issues. Sponsored by Jewish Family & Children's Services.

Postpartum Support Hotline

The Postpartum Support International of MA telephone "warmline" provides toll-free & confidential information, support, and listings of local resources such as PPD groups and clinicians. A therapist volunteer covers the email & phone line, and returns messages to individuals, family, friends, and professionals looking for mental health resources: 1-866-472-1897 or <http://postpartum.net/local-support/?state=MA>

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/.

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

January 2009

AFC Membership/Renewal Form

New member **Renewal** Date: _____

Gift membership from: _____

Name(s): _____

Address: _____

City/State/Zip: _____

Email Address(es): _____

AFC newsletters are sent out via email. If you prefer to receive a printed newsletter, please email or call us with your request and we will be happy to mail it to you.

Would you like to receive occasional AFC emails?

(e-bulletins, special event announcements, etc.)

Yes No, please send the newsletter only

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

Pierce 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, 2009 and begin September 1st for a flat \$20 per year.

Sponsor Member (\$25). Enjoy the usual membership benefits and make a donation to support new 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