



Arlington Family Connection

supporting children six and under and those who care for them

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www.arlingtonfamilyconnection.org

Hiring a Nanny or How to Be an Employer

by Christine Power Thielman

Employing a nanny, while expensive, is the best option for many parents who work outside the home. If you find the right person, it can lead to a wonderful relationship. It's a real pleasure to watch your children with another adult who loves them.

Many parents hire a nanny because their own work schedules will not conform to the hours of day care facilities, or because too many missed work days due to children's minor illnesses or school closings are not an option. Still others choose the nanny option as a last resort if their children don't have the temperament for group care - my husband and I used to joke that we flunked out of Bright Horizons - or because day care for more than one child costs as much as a good nanny.

Most parents considering this option have questions about salary, bonus, sick and vacation time, taxes, etc. Here are the results of some informal research:

Salary and bonus - In Arlington, the going rate for an experienced nanny is between \$12 and \$18 per hour. Most families increase the hourly rate by \$1 for each year of employment. Experienced nannies require higher hourly rates, and most charge extra to care for multiple children.

Common holiday bonus is one week's salary. We also gave our nanny a gift every Christmas. (I realized pretty quickly that she was happiest with a \$100 gift card from Target.)

Sick and vacation time: Some families pay the nanny only when she is there. If she is sick or needs a personal day, she doesn't get paid. I think this is an appalling way to treat an employee.

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Need to Get Out of the House?

Come join us at Playtime, Arlington Family Connection's drop-in playgroup, which runs every Monday (including holidays) for kids aged 0-4 and their caregivers. Playtime takes place in Dance Place's newly renovated annex studio at 174 Broadway in East Arlington, a few doors down from the main Dance Place premises. Playtime runs from 10AM to 11:30AM, it's full of age-appropriate toys, and ends with circle time, stories, or songs. The cost is \$3 per family.

Open to AFC members and non-members, so feel free to bring your friends!

For more info, contact Glendalys at 617-308-3349 or playgroup@arlingtonfamilyconnection.org

ISO: Community Service Co-Chair (and a Good Therapist)

by Lauren Boyle

If you are anything like me, the new year brings the promise of well-intentioned New Year's resolutions. Last year, I was going to join a gym and actually go. Haven't set foot in one yet. The year before that, I was going to take advantage of those after-school programs for teachers and learn Spanish. No hablo Español here. However, this year is different, and I know at least one AFC member can help me achieve my new resolution of trying to simplify my life.

Let me explain why I need to cut back. In a few weeks, I am expecting a new baby. The idea of three kids aged five and under, and a husband who works nights, does not leave a lot of time. Throw in that I am also a high school teacher, and am involved in several civic and community groups (such as AFC). All of these facets of my life are absolutely wonderful, but I must admit to many days of self-doubt, when I look in the mirror and say, "Yeah, I did a lot today. But as to doing anything well... well, that's another story." So, as much as I have loved these past two years being the community service chair for AFC, I need some help.

So, getting back to the New Year's resolution, did any of you make a pact this year to be more active in the community? This is your chance to fulfill your resolution and help me with mine. There are so many terrific opportunities for our membership to be involved in community service. We already have a relationship with the Boys & Girls Club, Children's Room, Arlington Food Pantry, Robbins & Fox Libraries, and Germaine Lawrence School, to name a few.

AFC wants to do more with these terrific organizations, but we need the time and dedication of volunteers to make this happen. AFC would also like to formulate some of our own service initiatives for our members. Some ideas have included coordinating outdoor clean-up activities or collaborating with the Arlington Senior Center for multi-generational programs. At the end of the day, any new idea, big or small, is most welcome.

So, if you have an hour or two each month to devote to community service and wish to help me preserve my sanity, I would love to hear from you. Send an email to community@arlingtonfamilyconnection.org or give me a call 781-777-4052.

Happy New Year,
Lauren Boyle

AFC Directory

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

AFC Playtime - Glendalys Ghandi
playgroup@arlingtonfamilyconnection.org

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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 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

Shop for the Fox!

A women's used clothing sale will be held for three days to benefit Friends of the Fox Library. The sale will feature current fashions in like-new condition, including clothing, shoes, jewelry, handbags, scarves, hats, gloves, and belts, and vintage clothing and accessories (1970s and earlier). Sale dates are Fri. Feb. 27, 5-9pm, Sat. Feb. 28 & Sun. Mar. 1, 1-6pm at Fox Library.

And don't forget to visit the Little Fox shop for gently used children's clothing and toys. Hours are Tuesdays 9am - noon, Wednesdays 2:30-8pm, and Thursdays 9am - noon.

Summer Camps for the Preschool Set

The ground might be snow-covered and the air freezing, but it's already time to start planning for summer. Whether you're a working parent whose childcare suddenly stops in June, or you're just thinking that nearly two and a half months of unstructured time might be a little too much, finding a summer camp that's a good match for your preschooler (and your budget) can be a challenge.

Below is a sampling of nearby camps that accept children as young as four years old (and sometimes younger). There are many, many camps—especially in surrounding towns—that we weren't able to list because of time and space constraints. A good place to find camp listings is in the advertising section of the *Boston Parents Paper* or *Parents and Kids Magazine*.

Key:
Price range (per week): \$ = under \$150; \$\$ = \$150 - \$249; \$\$\$ = \$250 - \$349; \$\$\$\$ = over \$350. (Many camps have sessions of two weeks or longer; the price ranges here are pro-rated.)
Schedule: **H** = half-day option; **F** = full-day option. Camps vary widely in how they define half- and full-day options, but here a half-day is defined as dismissal at 1pm or earlier, and full-day is defined as dismissal at 2:45pm or later.
Brochure: Camps generally start registration as soon as their brochure is available. More popular camps may fill up within a week or two.

Arlington

Arlington Center for the Arts \$\$ - \$\$\$
www.acarts.org (view the winter brochure PDF for camp info)
 781-648-6220
 Ages: 4 yrs – 5th gr Schedule: H,F Brochure: Jan

Arlington Boys & Girls Club \$
www.abgclub.org
 781-648-1617
 Ages: 2 - 13 yrs Schedule: H,F Brochure: Apr

Arlington Heights Nursery School NA
www.ahnschool.org
 781-646-8499

Arlington Recreation Dept. \$
www.arlingtonma.gov/Public_Documents/ArlingtonMA_Recreation
 781-316-3880
 Ages: 2.9 yrs – 6th gr Schedule: H,F Brochure: Mar

Fidelity House \$
www.fidelityhouse.org
 781-648-2005
 Ages: 2.9 yrs - 6th gr Schedule: H,F Brochure: Apr

Great Expectations Preschool \$\$
greatexpectationspreschool.com
 781-648-3627
 Ages: 3 - 6 yrs Schedule: H,F Brochure: Jan

Highrock Covenant Preschool NA
www.preschoolrocks.org
 781-646-4427
 Ages: 2.9 - 5 yrs Schedule: NA Brochure: mid-Feb

International School of Boston \$\$\$\$
www.isbos.org
 781-646-4427
 (French immersion)
 Ages: 3 yrs - K Schedule: F Brochure: Jan

Lesley Ellis \$\$\$ - \$\$\$\$
www.lesleyellis.org
 781-641-5987
 Ages: 2.9 -11 yrs Schedule: F Brochure: Feb

Belmont

Belmont Day School \$\$\$\$
www.belmontday.org

617-484-3078 x225
 Ages: 4 - 15 yrs Schedule: H,F Brochure: Jan

Mass Audubon – Habitat \$\$ - \$\$\$
www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat
 617-489-5050
 (Preschool program is extremely popular and small, so camp may already be full!)
 Ages: 4.5 yrs - 9th gr Schedule: H,F Brochure: Jan

Lexington

Billy Dalwin Preschool at Temple Emunah \$\$ - \$\$\$\$
templeemunah.org/preschool
 781-861-0708
 Ages: 2.9 - 5 yrs Schedule: H,F Brochure: Jan

Children's Arts Corner \$\$
 (French/Spanish immersion)
www.artscorner.com
 781-862-3117
 Ages: 3 - 10 yrs Schedule: H Brochure: Jan

Great Meadows at the Waldorf School \$\$\$ - \$\$\$\$
www.thewaldorfschool.org
 781-863-1062
 Ages: 4 - 12 yrs Schedule: H,F Brochure: Jan

Meadow Breeze at Lexington Christian Acad. \$\$\$
www.lca.edu
 781-862-7850
 Ages: 4 – 13 yrs Schedule: F Brochure: Feb

Minuteman Regional High School \$\$ - \$\$\$
www.minuteman.org
 781-861-7150
 Ages: 4 - 6 yrs Schedule: H,F Brochure: Jan

Lincoln

Mass Audubon - Drumlin Farm \$\$ - \$\$\$
www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm/
 781-259-2223
 Ages: 4 yrs - 10th gr Schedule: H,F Brochure: Jan

Waltham

YMCA \$\$ - \$\$\$
www.ymcaboston.org/waltham
 781-894-5295
 Ages: 3 - 13 yrs Schedule: H,F Brochure: Jan

Hiring a Nanny

Continued from page 1

On the other end of the spectrum, some families draw up formal contracts allowing for a set number of paid vacation and sick days, and pay their nannies for any unused sick days.

Most families are somewhere in the middle, as we were. We agreed on an amount of paid vacation time (in our case, one week the first year, two weeks thereafter) and didn't discuss sick days. Our nanny called in sick three times in three years, and we paid her for those days. If there are more frequent absences, a formal policy might help. There are some horror stories: one of my clients gave up on employing a nanny after having no child care for thirteen days out of two months.

Also consider what happens when your family is on vacation. Again, some families only pay their nannies for actual days worked. I argue that if someone is your employee, and someone you trust with your children, it's unfair to deprive her of a week's salary because you are on vacation. We paid our nanny if we were away and she wasn't.

Health insurance: In my experience, most nannies do not expect this to be part of their employment deal. This may change with the new lower-cost plans in Massachusetts. We were fortunate that our nanny had coverage through her husband's employer.

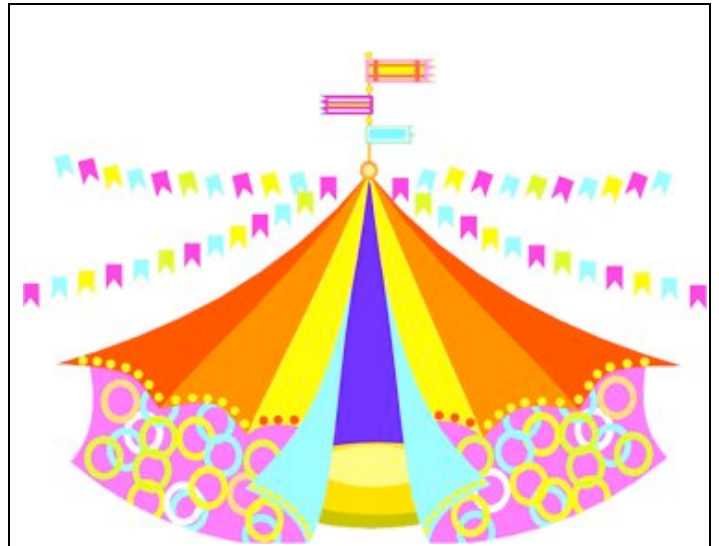
Social Security and taxes: Based on my informal research, the vast majority of nannies in Arlington are paid "off the books." This is problematic for both employers and nannies. For one thing, it violates tax law: If you paid a nanny more than \$1600 in 2008, you were required to pay Social Security, Medicare, and FUTA taxes. It also puts a huge number of child care providers, most female, in the position of working for cash with no accruing retirement benefits.

Instead, hire a payroll service to generate your nanny's paychecks with all the appropriate taxes withheld. We used Advantage Payroll:

<http://www.advantagepayroll.com/home.asp> Others in Arlington recommend Home/Work Solutions:
<http://www.homeworksolutions.net>.

One more thing: You need workers' compensation insurance in case your nanny is injured on the job. Ask your auto insurance agent for a quote.

Finding and keeping a good nanny is neither easy nor inexpensive. But if you can manage it, you will have peace of mind during the time you must spend away from your children, and that's worth a lot!



AFC Is Going to the Big Apple Circus!

Thursday, April 9th, 11AM, City Hall Plaza, Boston.
This one-ring circus is ideal family fun! AFC has a large block of ringside seats for \$15/person (regularly \$26). Children under 3 are free when they sit on an adult's lap (one child per lap).

To order tickets, contact Amy at outings@arlingtonfamilyconnection.org, or 781-646-5417 with the number of tickets you want. Further instructions will be given. **Deadline to order tickets is Friday, March 25.** Tickets will be sold on a first-come, first-serve basis.

AFC in Action

January Highlights

Puppet Craft



Perpetual Motion Outing



February AFC Events

AFC Playtime

Mondays, Feb. 2, 9, 16, 23

10-11:30am. The Dance Place, 174 Broadway, Arl. Ctr. 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, Feb. 3

3:30-5pm. Fox Library Comm. Rm., E. Arl. First Tues. of month. Drop in any time. 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

Outing: Discovery Museum

Wednesday, Feb. 4

10am-11:30am. Acton Discovery Museum, 177 Main St., Acton. Join us for a morning of fun at this exciting, interactive museum for children under six, with hands-on activities inviting exploration and discovery (<http://www.discoverymuseums.org>). Special AFC rate - \$6/person (under 1 is free). **RSVP by Feb. 1.** Marion, 781-648-2410, outings@arlingtonfamilyconnection.org

Monthly Planning Meeting

Wednesday, Feb. 4

7:30pm. Robbins Library, 4th Fl. Mtg. Rm. All members, feedback, and ideas welcome! Amy, 781-646-5417, info@arlingtonfamilyconnection.org

Dad's Book Group

Wednesday, Feb. 4

7:30pm. Starbucks, 327 Broadway, Arl. Ctr. We're starting a new book group just for dads, that will meet the first Wednesday of the month. This month's title will be *'The Third Man'* by Graham Greene. Come even if you don't have a chance to read the book. Mike, 781-643-6391, bookgroup@arlingtonfamilyconnection.org

Let's Play Board Games!

Tuesday, Feb. 10

3-4:30pm. 174 Broadway, Arl (Dance Place Annex, same location as AFC Playtime). Drop in any time to play games like Candyland, Chutes & Ladders, Twister, puzzles, and more. Ages 2 & up. Free. Eileen, 617-620-1772, outings@arlingtonfamilyconnection.org

Book Group

Wednesday, Feb. 11

7:30pm. Punjab, 473 Mass Ave., Arl Ctr. This month's title is *The Brief Wondrous Life of Oscar Wao* by Junot Díaz. Come even if you don't have the chance to read the book. Shannon, 781-777-2636, bookgroup@arlingtonfamilyconnection.org

Working Moms Group

Wednesday, Feb 18

7:30pm. Isis Maternity, 387 Mass. Ave., Arl. Center. Meets the 3rd Wed. of the month. Over 40% of AFC mom's are juggling both careers and families. Get together with other working moms - new and experienced! RSVP to workingmoms@arlingtonfamilyconnection.com.

Together in Motion

Friday, Feb. 20

9:30-11am. 1 Broadway, E. Arl. Join us for an AFC exclusive playtime at this local tumble gym. AFC discount price - \$5/family. Catherine, 781-643-0530, outings@arlingtonfamilyconnection.org

Sing-Along

Wednesday, Feb. 25

4:30pm. Fox Library Comm. Rm. Come join professional musician and *Music Together* teacher Paula Jordan for a fun and interactive sing along! 18mo & up. Free. Visit the Little Shop at the Fox while you're there! Eileen, 617-620-1772, outings@arlingtonfamilyconnection.org

Local Events & Activities – February

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.robbsinlibrary.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.robbsinlibrary.org

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

Special Events for Families

8th Annual Mush the Greenways

Sun. Feb. 1, 2-4pm. Pope John Paul II Park, Gallivan Blvd., Dorchester. Hit the trail with real sled dogs! Professional mushers will bring their teams to the Greenways to introduce you to dogsled travel. Try your hand at harnessing the canines, watch the team in action, and even take a ride! Free hot chocolate will help keep you warm. The program will be held with or without snow. Free. No visiting dogs allowed. Info: 617-542-7696 or www.thetrustees.org.

Groundhog Day Celebration

Sun. Feb. 1, 10am-4pm. Participate in fun winter activities to help celebrate this festive day. Learn about hibernation, winter ecology, and how to identify animal tracks in the snow. Warm yourself by the fireplace while you try your hand at some nature art, hear a story or two, and enjoy a cup of hot cocoa or coffee. Drumlin Farm, 208 South Great Rd, Lincoln. \$4/children, \$6/adults. Info: 781.259.2200 or www.massaudubon.org/drumlin

Snowman Contest

Whenever it snows this winter, make a snowman or snow sculpture with your family & friends. Take a picture of yourself with your creation and send it to the Arl. Rec. Dept. The winner will be on the cover of the 2010 Winter Recreation Brochure. All other pictures will be displayed in the office. Arlington residents only. Submit as many pictures as you like. Deadline is Mar. 31. Send to: Arl. Rec. Snowman Contest, c/o Dan McGrath, 422 Summer St. Info: 781-316-3880 or RecOffice@town.arlington.ma.us

Arlington Boys & Girls Club Activities

**Tot Valentine's Day Party*- Fri. Feb. 13, 10:30am, Sing-along & age-appropriate crafts
**Bella Notte Family Pasta & Movie Night*- Fri. Feb. 13, 6:30pm. \$5 admits three people, \$1 each additional family member, 60 Pond Lane, www.abgclub.org

Ballet, Musicals, Performances & Theater

Magic Ark

Sun. Feb. 1, 1 & 3pm – **If You Give a Pig a Pancake & Other Story Books**
Mon. Feb. 16, 11am & 1pm – **Circus Incognitus**
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.lsjcc.org/home/cultural_magic.html

Family Fun Saturdays

Feb. 7 – The Elbows
Feb. 14 – Airborne Comedians
Feb. 21 – The Jim Show
Feb. 28 – Margot Fox
For information on the individual shows, show times, ticket prices and purchase visit: www.regenttheatre.com or call 781-646-4849

Introduction to the Orchestra

Sun. Feb. 8, 12 & 2pm, Longy School of Music, One Follen St., Cambridge. Enjoy a concert in which orchestra instruments are introduced and discussed. Ages 3+. \$12/adult, \$7/child, under 2 yrs/free Info: 617-876-0956 ex. 621 or www.longy.edu

Playtime Theatre

Sat. Feb. 7, **Aladdin**
Sat. Feb. 14, **The Frog Prince**
Sat. Feb. 28, **Little Red Riding Hood**
Shows are at 10:30am, Harvey Wheeler Community Center, 1276 Main St., W. Concord, This classic fairy tale is given a twist when the audience is strongly encouraged to participate. All ages, \$5/person. No advance ticket sales. www.concordyouththeatre.org

Once Upon a Time with Kidstock

140 Clarendon St., Boston,
Feb. 17, 18 & 19, 10am
The Emperor's New Kangaroo
All ages, \$10/person. Children under 3 yrs. free, 617-585-5678 or www.lyricstage.com.

Arlington Philharmonic Orchestra

Sun. Feb. 22, 3-4pm. Free Family Concert "Let's Dance." A musical salute to Big Bands, Ancient

Airs and Dances by Borodin, Polovtsian dances by Strauss, selections from West Side Story, the Thunder and Lightning Polka by Bernstein, and Dvorak's Slavonic Dances. With conductor Walter Pavasaris, and featuring 11-year-old soloist Yuki Beppo playing Wieniawski Concerto No. 2 for violin. At Town Hall. Info: www.psarlington.org/schedule.htm

BosTix Junior

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

Other Events

February Programs at Drumlin Farm

Feb. 2 – **Me and My Shadow**. Meet the star of Groundhog Day: the woodchuck. 1-2:30pm, all ages.
Feb. 4 – **On the Rise!** Mix it up, knead it, and shape dough for delicious country oat bread. While it bakes, make butter to spread on your warm slice. 1-2:30pm, all ages.
Feb. 9 – **Full Moon Enchanted Evening**. On this winter walk through the field and woods, Look for owls, listen to the sounds of the evening. The evening will wrap up with an up-close visit with a wild animal and a warm drink of hot cocoa. 7-8:30pm, ages 5+.
Feb. 25 – **Sip Some Sap**. Learn about maple sugaring and prepare a tasty maple treat. 1-2:30pm, ages 3+.
Feb. 26 – **Frederick**. How did Frederick the Mouse and his friends prepare for winter? What are mice doing during this cold season? Join the staff as they read the book *Frederick* by Leo Lionni and also visit with some mice up close. 3:30-5pm, ages 3+
Prices vary and pre-registration is required. Info: 781-259-2206 or www.massaudubon.org/drumlin

National Heritage Museum Activities
**Model Trains, Ntrak Train Show*- Sat. & Sun. Feb. 14 & 15 all day, members- \$5/family, nonmember- \$7/family

*Games from Around the World- Tues. Feb.17, 10am-2pm, Play games we all know (Pick-up Sticks, Mille Bornes, etc.) and discover their origin. Free

*The Revels Touring Ensemble- Fri. Feb. 20, 11am & 1pm. The Revels Repertory Company brings its original program of traditional music, drama, dance, storytelling, and audience participation to the Museum. Free. 33 Marrett Rd. Lex. Info: 781-861-6559 or www.monh.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

Special Benefit Events

Pierce School Pancake Breakfast and Flea Market

Sat. Feb 7, 8am-12pm at Pierce School, 85 Park Avenue Ext, Arl. The sale will feature kids' toys, clothes, baby items, household items, etc -- all at "recession-friendly" prices. Info: www.peirceschool.info

Fox Library Women's Used Clothing Sale

Fri. Feb. 27, 5-9pm, Sat. Feb. 28 & Sun. Mar. 1, 1-6pm at Fox Library. The sale will feature current fashions in like-new condition, including clothing, shoes, jewelry, handbags, scarves, hats, gloves, and belts, and vintage clothing and accessories (1970's and earlier).

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.

Feb. 5, 12.

9:30am 0-15months

10:30am 16-24 months

11:15am 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

Electricity and Magnets with Top Secret Science

Feb. 17, 2-3:30pm. Learn about electricity and magnets with hands-on activities. Make and take home projects as well. For students K-5. Space is limited. Please sign up in person or call 781-316-3234.

English Story Time

Mon. Feb. 2, 9, 23 (drop-in)

10:30 am 18-30 months.

Stories, rhymes and fingerplays for the first 15 minutes followed by a simple craft.

11am, 2½ & up.

Longer stories followed by a craft.

Wed. Feb. 4, 11, 25 at **10:30am**, 3-5 yrs. Longer stories followed by a craft. Drop-in.

Spanish Story Time

Sat. Feb. 14 at 9:30am. Stories, songs, books, and poems. All ages. Drop in

Sing-alongs for Infants and Toddlers

Tues. Feb. 3, 10 at 10am. Space is limited; tickets given out one hour before program begins.

FOX LIBRARY:

Sing-alongs

Thurs, Feb. 5, 12, 19, 26 at 10am, (first Thursday of every month). For infants & toddlers. Join Sulinha for singing, dancing, and fun.

English Story Time

Tues. Feb. 3, 10, 24.

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, Lexington

2pm, 1874 Mass. Ave., Lex. For ages 4-6

Info: 781-862-6288 (Dec. 2, 9)

Harvard Coop for ages 2-4

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 2.5

2pm for ages 4-6

(Dec. 3, 10)Info: 781-862-6288

Porter Square Books

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

Concord Museum Story Hour

Wed. Feb 18, 1pm. Concord Museum, 200 Lexington Rd., Concord. For ages 3-5; adult/child program, \$5/pair, members, \$8/pair, nonmembers. Activity and snack. Registration required. Info: 978-369-9763 or

www.concordmuseum.org

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.

www.barefootbooks.com.

Cary Library Lexington

10:30am for age 3. Info: 781-862-6288 (Feb 6, 13)

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

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 and craft. Free. 617-499-2000 or

<http://store.thecoop.com>

In Arlington – Indoor Playspaces

Arlington Boys & Girls Club

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

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, 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:

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

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

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

www.isismaternity.com.

Toddlers and Twos

Every Weds. & 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 & climbing toys. New this

year: music program with sing-along and

instruments in the lower classroom on Wed. and

scheduled art project on Fri. \$45/ten-visit pass or

\$5/drop-in/child. Info: 781-316-3880 or

www.arlingtonma.gov

Together in Motion

Drop-in playspace 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

In Arlington – Other Activities

Arlington Boys & Girls Club

Register for winter classes.

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 and up offered as well. Info and registration at 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 to 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.

Music Together

Explore what music sounds like, looks like, and feels like. Now enrolling for 2009 sessions. Call 781-648-4084 or visit www.musictogetherofarlington.com

Beyond Arlington – 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 cents/child, non-members \$2/child. Info: contact Niki Curry at currymn@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

Energized Athletics

100 Parker St, Watertown. Open gym Tues.-Thurs. 10am-12pm, Tues. & Thurs. 1-3pm. Ages 5mos-5yrs. There are ride-on toys, soft climbing structures, a "tumble track," and an enormous moonwalk that is used when there are enough kids. \$5/hour. Info: 617-393-9714 or www.energizedathletics.com.

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 and preschoolers. \$2/child. Info: 781-674-225 or www.lppta.org/winterfun

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, only Fridays in Watertown. \$10/child. Classes offered for an additional fee. 38 River St., Winchester 781-721-1144 and 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 9mos – 4yrs. Drop-in, \$5/family. Info: 781-721-7125 or www.winrec.com.

Beyond Arlington – Other Activities

Puppet Showplace Theatre

Shows Sun. 1pm, Wed. & Thurs. at 10:30am & 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.carylbrary.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 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, 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, 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 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+, 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-4pm; Sat 11-3pm. Visit llamas, sheep, goats, chickens, rabbits. Rent an "activity pack" with activities appropriate for children ages 3-9 yrs. Backpack rental, \$5. Special Concert Sept. 14. Info: 781-894-2798 or www.goreplace.org.

Seminars and Open Houses

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 3-7 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. Donations will be accepted every **Wed through Feb. 18, 4-9pm**, on the lower level of the Fox Library or by appointment. For information, send an email to marvellen@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, the shop as well as maternity clothes, kids shoes, games, and sports equipment. 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 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., current session began in Sept., 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 welcome. PLEASE RSVP by contacting Becky Moyer at (617) 721-6783 or beckym678@yahoo.com. Upcoming dates: 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 and fun physical activity! Each 90-minute session includes 45 min. of movement & play and 45 min. of cooking and 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 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://www.lleus.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 session begins Feb. 23, 6:30-8pm** and is FREE. 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 Isaiah, 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 30's and 40's, 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 and 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

February 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