



Arlington Family Connection

supporting children six and under and those who care for them

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www.arlingtonfamilyconnection.org

April Is Food Pantry Month

For the third year, AFC is coordinating a month-long food drive for the Arlington Food Pantry.

Since 1990, the Arlington Food Pantry has been offering year-round services to those in need of assistance, providing food to 375 people per month on average. Now more than ever, many Arlington residents need help putting food on their tables. During April, AFC will collect donations for the Food Pantry at all AFC activities (except the circus), at AFC Playtime, as well as in boxes at Isis Maternity and Together in Motion. Also, watch your email for a Food Pantry tour and sing-a-long in April (most likely during school vacation week). This provides an opportunity for our children to see where their food donations are going and gain the experience of giving.

Suggested donations:

- Canned fruits and vegetables
- Peanut butter and jelly
- Canned tuna
- Meals-in-a-can/box (spaghetti, stews, soups, ravioli)
- Pasta and rice
- Health and beauty items (toothpaste, toothbrushes, soap, shampoo, toilet paper, etc.)
- Cereal
- Baby food
- Diapers
- Fruit juices, coffee, tea
- Canned tomatoes and tomato sauce
- Crackers, cookies, mixes

Please avoid glass containers and perishable foods.

For more information, contact Liz Katzman at 781-223-7744 or Mary Wagner at 781-777-2777 or at communityservice@arlingtonfamilyconnection.org

Kids, Cars, and Safety: My Search for Directions

by Sarah Endo

I have always been a nervous driver, plodding along in the slow lane, tension radiating from my back to my shoulders to my fingertips tightly gripping the wheel. As a parent, well, multiply that worry to infinity... and beyond.

An indelible memory of my New Jersey childhood is warm lazy days playing with the kids in the neighborhood. I can still hear the cars whizzing down our narrow one-block cut-through street, while our indignant parents, fists raised, shouted, "Slow down!"

Fast-forward 30 years and now *I'm* a parent on a narrow one-block street with lots of children. I don't shake my fist at the speeding cars. I just pray that no one will be hurt. And every time I back out of my driveway or a parking spot at the Robbins Library, or –yikes!—Trader Joe's, I say the same prayer. I drive a "small SUV" and even though I really try to see behind me, I never feel 100% sure.

I want to do more.

In researching kids and cars, I learned that most non-traffic-related deaths occur in driveways and parking lots, when children are backed over or (less frequently) struck from the front, because drivers do not see them and do not know that they are around. Warmer months mean more children outside around cars. Plus, a closed car can get really hot, really quickly (much hotter than the outside temperature), leading to suffocation.

Continued on page 3

Help Make “Kindergarten Connections”

Would you like your kindergartner-to-be to see lots of familiar faces on the first day of school this fall? Would you like to meet other parents in your school district? Do you have an hour or two to plan some events? Then please volunteer for the Kindergarten Connections program!

Organized by the Arlington Family Connection, this program gives incoming kindergartners and their families a chance to meet and play during the summer. We are looking for volunteers from each school, as well as an overall coordinator:

- Each school volunteer schedules activities (playground outings, potluck dinners, etc.) for June–August and sends the information to the Kindergarten Connections coordinator. Volunteers’ names and contact info are published in the AFC newsletter. Volunteers are needed for Brackett, Hardy, and Thompson. We also welcome volunteers for St. Agnes and private schools. We are all set with volunteers for Bishop, Dallin, Peirce, Stratton, and homeschoolers—thanks!
- The coordinator collects the activity information and publishes it to AFC and the Arlington email lists. This requires good organizational skills but not a lot of time.

To volunteer, please contact Susan Goetcheus at kinderconnect@arlingtonfamilyconnection.org



Get Published!

Do you have a topic you’d like to write about for the AFC newsletter? Or one that you would like to see covered? Please email your ideas to the editors at newsletter@arlingtonfamilyconnection.org.

AFC Directory

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info@arlingtonfamilyconnection.org

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playgroup@arlingtonfamilyconnection.org

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AFC Seeks Tot Skates!

Have your kids outgrown their tot skates? Consider selling them to AFC! We are seeking skates in tot sizes 7-12 to add to our inventory for our very popular annual Tot Skating Party in the fall. Please contact Amy for more info, 781-646-5417, or outings@arlingtonfamilyconnection.org

Kids, Cars, and Safety

Continued from page 1

This article is not meant to stoke fear, but to do a jujitsu move on fear and turn it into positive action. Here are some ideas:

1. **Circle for safety.** Walk a full circle around the car before moving to make sure no children are anywhere nearby.
 2. **Hearing aid.** Open the window, go slowly, and *listen* when leaving a driveway or parking spot.
 3. **My blind spot is how big?** See www.kidsandcars.org. I was shocked that for a 5'4" driver, my CR-V has a blind spot of roughly 20 feet, and even our Honda Civic has a blind spot extending about 12 feet behind.
 4. **Memory aid.** Place your purse/briefcase/etc. on the floor next to a child's carseat to help guard against forgetting a child in the car.
 5. **Zero seconds.** That's how many seconds you may leave a child alone in or near a car. If you notice a child alone in a car, call 911.
 6. **Teach your children well.** Teach kids never to play in, under, or near a parked car. Teach kids always to check driveways.
 7. **Keep your car locked,** and keep keys away from children.
 8. **Try tech support.** Consider technology such as backup cameras (available after market or on some new cars) or devices that sound an alarm if a child is left in a carseat.
 9. **No multi-tasking.** Make the driver's seat a multi-task-free zone. Turn off cell phones.
 10. **Look here first.** When a child is missing, check cars and trunks immediately.
- Finally, if possible, walk, bike, or take mass transit.

It Takes a Village.

Every time I back up, whether it's after the diaper run at Target, whether I'm running late for school pickup or a doctor's appointment, I need to remember to slow down and use the same diligence that I hope other drivers will. I think the most important thing I can do is to focus on the children and other people around me, and take the time to be as careful as I can. Since busy times are when most accidents occur, I will try to keep my priorities straight and be vigilant. I'll never forget the time I was stressed out, running late for my baby's checkup, and accidentally smashed into the brick column at the end of our driveway. Fortunately, no one was hurt. But I promise that I will try to remember every time I am in a car to be slow and deliberate to help keep all our children safe.

Resources

- www.kidsandcars.org
- www.usa.safekids.org/skbu/cars/index.html
- www.harrissonshope.org/take_action.html
- www.nhtsa.dot.gov/people/injury/pedbimot/ped/BackoversTry2/index.htm
- Want to get involved locally? The East Arlington Livable Streets Coalition is working on safer streets right here in town, <http://ealscoalition.org/>

Sarah Endo is an AFC member and a mom of a four-year-old and a toddler.

ISO AFC Communications Coordinator

Most AFC volunteers give a few hours per month, or even per year. And some give many hours for many years. As AFC's veteran Communications Coordinator, Ruth Schmidt has volunteered with AFC since 2003, when her youngest child was three years old. Today, her oldest son is at the Ottoson Middle School and her youngest is in second grade. Although we'll be sad to lose the skills of one of our most seasoned volunteers, we can't fault her for wanting to finally retire from her duties.

Ruth has held many positions at AFC, most recently the light but important duties of communications coordinator. Every email you receive from AFC comes from her.

If you're frequently on email, are comfortable with light editing, and can give AFC 1 to 2 hours per week, we need you! Please contact Ruth at 781-643-2362 or AFC@arlingtonfamilyconnection.org with any questions.

AFC Skate Rental Return

For those of you who rented skates from AFC last fall, here are the dates for returning them. Please bring all rented skates and helmets with you to receive your security deposit.

Return to:

118 Ridge Street
Sunday, April 5, 7-9pm
or
Tuesday, April 7, 7-9pm

**All equipment must be returned
or your security deposit will be forfeited.**

Info: Amy 781-646-5417, or
outings@arlingtonfamilyconnection.org

Puppet Showplace Review

by Amy Speare

Puppets are magical. They entertain us. They inspire us. They can even educate us. My kids love to play with finger puppets, hand puppets, and their own creations of stick puppets. (We use a *lot* of popsicle sticks at our house) They laughed all the way through the marionette show they saw at the Regent Theater, and still repeat the story from the shadow puppet show we saw a year ago. We've even made puppet theaters out of Costco diaper boxes. It's safe to say that puppets are popular in our house.

The Puppet Showplace Theater in Brookline (<http://www.puppetshowplace.org>), across from the Brookline Village T station, is a big hit for us. It's an intimate puppet theater and an excellent way to experience the magic of all these puppetry genres up close. The theater seats about 70, all seats are good, and kids get priority center seating. They host kids' shows Wednesdays and Thursdays at 10:30am and Saturdays and Sundays at 1pm and 3pm. During the upcoming April vacation week, the theater will hold special matinees every day. Most shows are recommended for ages 3 and up. They even host adult puppet shows, if you're looking for a night out with your partner.

Enjoy!

February Sing-along Raises Fun and Funds

About 30 families joined Music Together teacher Paula Jordan for a fun hour of music-making, organized by AFC at the Fox Library, on February 25. Paula was joined by fellow musicians Jessica Ziegler and Paula's husband, Rob Santosuosso.

The sing-along helped raise funds to provide music classes for homeless families being housed temporarily at the Gateway Inn on Route 2 near Alewife. The event raised over \$250, which went toward the purchase of Music Together CDs, shakers, and scarves for all families at the Gateway with children under five. The CDs will allow Paula to use the Music Together curriculum in the classes she is teaching at Gateway.

"We really appreciate the generosity of the families that came to the sing-along," said Paula. "The kids had a lot of fun."

Earth Healthy Tips

by Amy Speare

We all know that the burden of cleaning up the environmental mess we've made lies on the shoulders of our children. Teaching them how to conserve and beautify our world, while they are young, will have lasting effects—and it can be fun! Here are a few ways to get started:

Pay It Forward: When you go for a walk in your neighborhood, on the bike path, or in the woods, bring a plastic bag and collect trash along the way. Yes, there is a "yuck" factor, but if you bring "magic soap" (Purell) with you, and wash your kids' hands as soon as you get home, you'll be amazed at how much fun your kids will have! Don't be surprised if they ask you to go trash hunting again soon.

Dirt Is Gold: Do your kids love to play in the dirt? Do they like to go worm hunting? Do you have a flower or veggie garden? Don't send your leaves, food scraps, and coffee filters to the landfill. Backyard composting not only helps your plants thrive, but it's a fascinating way to watch discarded apple peels turn into dirt! Compost bins are \$40 at the Town Hall.

Water Play: Ever feel guilty letting your kids use the hose endlessly just for play? Teach your kids about water conservation and collect an almost endless supply for your flower and veggie gardens—or for your kids to water their feet with. Residential irrigation accounts for 40% of water consumption. If you have a downspout, rain barrels are available for \$63 from the Town Hall.

Robbins Library Children's Room Hours Changing April 9th

Reprinted from the Robbins Library website

Effective April 9, the Children's Room at the Robbins Library will no longer be open on Thursday nights, because of budget constraints. The room will close at 6PM. The adult area of the library will be open until 9PM. If children's materials are needed, the librarians at the Reference Desk will retrieve them.

AFC in Action

March Highlights



Maple Sugaring Outing



Sing-along

April AFC Events

Don't forget that April is AFC Food Pantry Drive month. Donations will be collected at all AFC events this month except for the Big Apple Circus.

Book Group

Wednesday, April 1

7:30pm. Kayuga, 444 Massachusetts Avenue, Arl. Ctr. This month's title is *White Tiger* by Aravind Adiga. Come even if you don't have the chance to read the book. Shannon, 781-777-2636, bookgroup@arlingtonfamilyconnection.org

Dad's Book Group

Wednesday, April 1

7:30pm. Starbucks, 327 Broadway, Arl. Ctr. This just-for dads group meets on the first Wednesday of the month. This month's title is *Salt: A World History* by Mark Kurlansky. Come even if you don't have the chance to read the book, and bring suggestions for the next book. Mike, 781-643-6391, bookgroup@arlingtonfamilyconnection.org

AFC Playtime

Mondays, April 6, 13, 20, 27

10-11:30am. The Dance Place Annex, 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 with circle time including songs and stories. \$3/family. Glendalys, 617-308-3349, playgroup@arlingtonfamilyconnection.org

Drop-in Playgroup

Tuesday, April 7

3:30-5pm. Fox Library Comm. Rm., E. Arl. First Tues. of 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

Thursday, April 9

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

Working Moms Group

Wednesday, April 15

7:30pm. Isis Maternity, 387 Mass. Ave., Arl. Ctr. Meets the 3rd Wed. 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.com

AFC Outing: Codman Farms

Thursday, April 16

10:00 am. Codman Farms, 58 Codman Road, Lincoln. Join us on a Farm tour and meet the baby animals! Pick to up some farm-fresh eggs for \$3.50/dozen while you're there! \$2 donation per person paid on the day of the event. RSVP requested but not required by Tuesday, April 14 to Karen, 781-643-0773, outings@arlingtonfamilyconnection.com

AFC Outing: Ben Rudnick & Friends at the Regent Theatre

Saturday, April 18

10:30am. Regent Theatre, Arl. Ctr. Join Arlington dad Ben Rudnick and his hip musician friends for a morning of high-energy, upbeat acoustic music. AFC members receive a discount of \$2 off an adult ticket and \$1 off a child ticket by mentioning AFC when buying tickets (tickets regularly priced at \$10/adults and \$8 kids/seniors). Karen, 781-643-0773, outings@arlingtonfamilyconnection.com

AFC Outing: Arlington Food Pantry *Date to be determined*

Watch your email for a tour of the Arlington Food Pantry and sing-along there. April is AFC Food Pantry Drive month.

Local Events & Activities – April

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

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

Special Events for Families

Book Fair and Author Reading and Signing

Thurs. Apr 2, 3-4:30pm, Arlington Heights Nursery, 10 Acton St, lower level, Arl. AHNS' own Margaret Muirhead will read at 3:15 from her first children's book: Mabel One and Only. The book fair which will include books for infants to early elementary and parents, will also be open 7:30-8:30pm. Info: 781-646-8499.

Special Benefit Events

Lesley Ellis School Gently Used Kids' Clothing Sale to benefit the Lesley Ellis Library

Sat. May 2. Comfortable, classic apparel, accessories and outerwear from high-quality brands. Clothing sizes range from infant to size twelve. 10am-1:30pm. Cash Only. Lesley Ellis School, 41 Foster St, Arl. Info: 781-641-5987 or www.lesleyellis.org.

Musical, Theater and other Performances

Big Apple Circus

Apr. 4-May 10. Boston City Hall Plaza, Boston. Tickets and Info at www.bigapplecircus.org.

Playtime Theatre

Sat. Apr. 4, **The Emperor's New Clothes**
Sat. Apr. 18, **Stuart Little**
Sat. May 2, **The Cat in the Hat**
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. Info: www.concordyouththeatre.org.

Family Fun Saturdays (and on Sunday)

Sun. Apr. 5 – **Sarah Wheeler and Little Groove**
Apr. 11 – **Debbie and Friends**
Apr. 18 – **Ben Rudnick and Friends**
Apr. 25 – **Alphabet Rockers**

For information on the individual shows, show times, ticket prices and purchase visit: www.regenttheatre.com or call 781-646-4849

Once Upon a Time with Kidstock

140 Clarendon St. Boston,
Apr. 21, 22, 23, 10am
Surfing Beauty,
All ages, \$10/person. Children under 3yrs. free, 617-585-567, 8 or www.lyricstage.com

New Listing!

Puppet Showplace and Theater
Wed. & Thurs. at 10:30am and Sat. & Sun. at 1 & 3pm., 32 Station St, Brookline (across from Brookline Village T.) During April vacation, shows are daily 1 & 3pm. New shows each week and weekend, last 45 min. to 1 hr. Ages 3+. \$10/person. **Apr. 25th celebrate national day of puppetry with shows & puppet sale.** Tickets and info: 617-791-6400 or www.puppetshowplace.org.

Concord Youth Theater Mainstage

Fri. May 1, 8 at 7:30pm & Sat. May 2, 9 at 2:30 and 7pm: **Snow White**. Emerson Umbrella Theater, 40 Stow St, Concord. Tickets \$10-15/person. Info: www.concordyouththeatre.org.

BosTix Junior

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

Other Events

Special Spring Programs at Drumlin Farm
Apr. 10 – **Great Eggspectations** - Have you ever held an egg, still warm from the hen, in the palm of your hand? Discover who else lays eggs around the farm. Enjoy an eggciting snack! 3:30-5pm, all ages.
Apr. 15 – **Wiggly Worms** - Wiggle and squirm, come look for some worms! Meet someone who really likes to eat worms. 1-2:30pm, all ages.

Apr. 17 – **Groundhog's Garden** - Help Drumlin Farm's own resident groundhog plant a garden for her friends. Then we'll meet a groundhog up close and learn how she eats locally. 3:30-5pm, ages 4+.

Apr. 18 – **Nature Festival** - Celebrate the beauty of the great outdoors as we welcome spring and the arts to the farm. Special programs throughout the day. 9am-5pm, activities free with paid admission.

Apr. 20-24 – Spring Vacation Programs. Offering full and half programs, ages 4-14.
Apr. 8 – **Once Upon a Pond** - Spring means that ponds are coming to life. Let's explore them together and meet some of the resident pond animals up close. Will it be a turtle or a duck? Make sure to bring your boots! All ages, 1-2:30pm.

Prices vary, pre-registration is required except for Apr. 18 event. Info: 781-259-2206 or www.massaudubon.org/drumlin

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 and dad. Info: www.babylovesdisco.com

Sing-alongs & Music

Monday

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

Wednesday

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

Thursday

Cary Library 1874 Mass Ave, Lex.

Apr. 9, 16, 30

9:30am 0-15months

10:30am 16-24 months

11:15am 25-30 months.

11am, **Stellabella Toys** (except holidays) 1967 Mass. Ave., Camb., Porter Sq. 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-a-long,

\$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.

Storytimes and Library Programs

ROBBINS LIBRARY

Crazy Poetry Open Mic

Sat. Apr. 4, 3-4pm. For ages 4+. For National Poetry Month, write or find SILLIEST poem and perform at Open Mic. **Sign up 781-316-3234** beginning March 21.

Creature Teachers

Thurs. Apr. 23, 3-4pm. Ages 4+. Come and meet the strangest animals from around the world. Tickets available one hour before event.

English Story Time

Mon. Apr. 6, 13, 27 (drop in)

10:30 am for ages 18-30 months.

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

11am for ages 2½ and up

Longer stories followed by a craft.

Wed. Apr. 1, 8, 15, 29 at **10:30am**, for 3-5

year olds. Longer stories followed by a craft.

Drop in.

Spanish story time

Sat. Apr. 11 at 9:30am. Stories, songs, books and poems. All ages. Drop in

Sing-alongs for Infants & Toddlers

Tues. Apr. 7, 14. Space is limited; tickets are given out the day of the event beginning at 9am.

FOX LIBRARY

Sing-alongs

Thurs, Apr. 2, 9, 16, 23 at 10am, (the first Thursday of every month). For infants and toddlers. Join Sulinha for singing dancing and fun.

English story time

Tues. Apr. 7, 14, 28

10AM 2-3 yrs.

10AM 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 yrs.

Info: 781-862-6288 (Apr. 7, 14, 28)

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 yrs.

(Apr. 8, 15, 29)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, Lexington

2pm. For age 3yrs. Info: 781-862-6288 (Apr.

17)

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 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 (drop-in option) **Tot Time**, Fridays, 9:30am or 10:30am, Open gym with different activities to develop fine/gross motor and 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.

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 and

climbing toys. New this year: music program

with sing-along & instruments in the lower

classroom on Wed. and scheduled art project

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

Closed Apr. 22, 24. 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

In Arlington – Other Activities

Arlington Boys and Girls Club

Register for spring classes including

MOMswim sessions beginning in May.

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 or

act.arlington.ma.us.

Arlington Recreation Dept.

Offers many fun, spring classes for children.

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

Artbeat

Tot Art Tues. & Wed., 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.

Les petits amis – French classes

Join instructor Lisa Richtmann for a fun interactive French class for children ages 2-5yrs. Wed. Apr. 1- May 27 OR Thurs. Apr. 2- May 28, 10-10:45am at Fox Library. \$150/session. Register online at the Arlington recreation department website or call the department at 781-316-3880.

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 play space 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.

New Listing!

The Klubhouse

Play on a two-story pirate ship or in a castle, ride on a toy race track or giant bouncies, or play in the craft room. Separate toddler room. Mon-Fri: 9am-4pm, Sat-Sun: 9am-2pm. \$7-9/child, adults free. 90 Cummings Park, Woburn. Info: 781-937-KLUB or www.theklubhouse.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.

Beyond Arlington – Other Activities

New Listing!

Family Fun night at Uno Chicago Grill, Porter Square

Let the kids make their own pizza and enjoy a balloon artist & an arts and craft station. Meals for kids are about \$5, and entertainment is free. Wednesdays, 5:30-8:30pm, 820 Somerville Ave., Camb. Info: 617-864-1916.

Puppet Showplace Theatre

Shows on Sun. 1pm, Wed. & Thurs. at 10:30am and 1pm. 32 Station St., Brookline. Ages 3 and up. Age appropriateness varies per show. \$7.50/members, \$9.50/non-members.

Reservations recommended. Info: 617-731-6400, www.puppetshowplace.org.

Home Depot Kids 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

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.

Butterfly Place

120 Tyngsboro Rd., Westford. Open daily 10am-5pm. Large, warm atrium with some 500 butterflies representing species from all over the world. \$10/adult, \$7/child 3-12, under 2 free. Info: 978-392-0955, www.butterflyplace-ma.com

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.

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. \$9/adult, \$6/ages 3-18. Free for MA residents every Sun. 9am-noon, Wed. 3-5pm. Info: 617-495-3045 or www.hnmh.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.

Southwicks Zoo

OPENS APRIL 11! 2 Southwick St, (off Rt. 16), Mendon. Open daily, 10am-5 pm. Animals & birds, shows, kiddie rides, animal rides (ponies, camels, elephants). \$18.75/adults; \$12.75/ages 3-12; 2 and under free. WGBH & AAA discounts. Info: 800-258-9182 or www.southwickszoo.com.

Stone Zoo

149 Pond St. Stoneham. Open daily 10am-4pm, Small zoo, with a petting barnyard, playground and many animal exhibits. \$9/Adult, \$6/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, 10am-4pm; Sat 11-3pm. Visit llamas, sheep, goats, chickens, rabbits. Rent an "activity pack" with activities appropriate for children ages 3-9yrs. 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 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

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 Wolpov, 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 1st Thurs. of the month 9:30-11am in northwest Cambridge. Registration required, \$25/meeting. Info: 617-441-0758 or www.yourclearvoice@msn.com

ADHD Support Group for Women

New session begins every few months. 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: 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.

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. 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, Lex, Sponsored by the Parent Connection of BIDMC. Free 8-week sessions, Registration reqd. 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 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

April 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-bulletin, 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

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, 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