

The Coalition for Children
Falmouth Public Schools
340 Teaticket Highway
East Falmouth, MA 02536

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Jan/Feb Newsletter – 2016

Please check out our new website at <http://www.thecoalitionforchildren.org>. It, like so much of what we do, is a work in progress; please let us know what you think!

Of course you can view our newsletter at <http://www.thecoalitionforchildren.org>. If you are unable to access the internet, please call our office (508 548 0151 x 172) with your name and mailing address, and a hard copy will be mailed to you. Please use the same number to be removed. Thank you!

Parents & Educators from any community are welcome to attend workshops in each of the four Upper Cape towns unless otherwise noted. Space is limited in some, especially in our parenting classes, so ***please make sure you call to register!***

Funding for this newsletter has been provided through a grant from the Massachusetts Department of Early Education and Care.

THE COALITION FOR CHILDREN, FALMOUTH'S CFCE GRANT



If you are new to the area, we welcome you to Cape Cod and if you are a returning reader, thank you for reading the Coalition for Children's newsletter.



The Coalition for Children is Falmouth's CFCE - Coordinated Family and Community Engagement - grant, a state funded parent education and support program, addressing the needs of families with children birth to age eight. All our programming is free, and we offer Play & Learn Groups, parenting classes, workshops, developmental screenings, kindergarten transition

information and activities, community events, and so much more.

Right now, we're wrapping up our fall groups and taking a break so we can start the next session of Play & Learn groups week fresh and full of energy.

Our Play & Learn schedule includes everything from Lap Babies and Music & Movement to Tots and Tales and our PreK Lunch Bunch. Some of our groups are registered (for those families who like the consistency of a guaranteed spot in a ten week session), and some are drop in (for those who like more flexibility and less commitment). Pick up registration forms at the Falmouth Administration Building (340 Teaticket Highway) and the Falmouth Public Library (300 Main Street), or email the office @ ttoran@falmouth.k12.ma.us and one will be sent to you.

While we only program in Falmouth, anyone from any town can participate in our groups. If you have children

or grandchildren or foster children or well, any kind of children, please join us. If you have visitors and they have children, tell them they are welcome to attend as well!

Our new groups begin the week of January 3rd, so mark your calendars and get your registration forms now.

For the most up-to-date information, check out our website:

thecoalitionforchildren.org

THE TOE JAM PUPPET CONCERT AND PRETHANKSGIVING PIE/BAKE SALE

Thank you to every family and friend who baked for our sale, who danced and sang (in the snow!) to Toe Jam, and then who read the Storywalk before going outside to play in Melissa's obstacle course! My goodness, what a spectacular day it was!

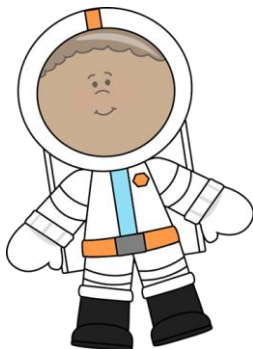


With your help, we had a blast AND THEN we will add another sitter to our parenting class (more sitters mean more families served), and adding much needed STEM supplies to our PreK playgroup. With the additional help of the Caithness Foundation we're able to help two families this holiday season. THANK YOU, THANK YOU, THANK YOU!

STEM AND LITERACY EVENTS FOR PRESCHOOLERS

Our next STEM Saturday is January 9th and we'll be topic will be **SPACE**. This program begins at 10:00 am, at the Falmouth Public Library, and we'd love to have you join us.

For the planners in the group, our February program will be **THE HUMAN BODY** on February 13. Same time (10:00 am) and same location (Falmouth Public Library).



HOLA SPANISH FOR KIDS!

Miss Maris is going to Argentina, so **Hola Spanish for Kids!** is not on the registration form. I hope she has good time!!!

FREE PARENTING CLASS AND SUPPORT!

If you have a child between the ages of one and six, stop reading and call (508) 548 0151 x 172 immediately!

Where else can you find incredibly wonderful people to watch your children, feed you warm and tasty food, and offer you support on topics including, but not limited to:

- *The Art of Parenting
- *Your Child's Development
- *Making Expectations Realistic
- *Setting Limits Effectively
- *Importance of Male Role Models
- *Natural and Logical Consequences
- *Understanding Temperament
- *Managing Temperament

Join us in for this FREE 8-week series:

**FUNDAMENTALS OF
EFFECTIVE PARENTING**
with Lee Burwell, MFT,
LMHC.

The group is held at the John Wesley Methodist Church in Falmouth, beginning on January 21st. Dinner is at 5:45 and the class begins at 6:15.

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP - FALMOUTH

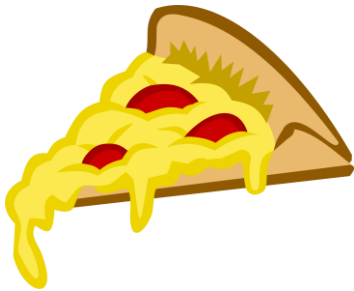
The **Grandparents Raising Grandchildren** support group meets the second and third Tuesdays of the month at the East Falmouth Elementary School from 5:30 - 7:00 pm.

Dinner and childcare are included, but you must call to register (508-771-4336) with Beverly Costa-Ciavola from the Cape Cod Neighborhood Support Coalition so she has enough food and childcare coverage.



DADS, BABIES, AND PIZZA

The Coalition for Children is proud to support and sponsor the Dads & Babies Pizza Party scheduled for January 26 and February 23 from 6:00 - 7:30 pm at Falmouth Hospital.



Studies show that babies and children grow up happier and healthier with loving fathers engaged in their care, and it's never too soon to start. Men are encouraged to bring their babies (newborn to pre-walker) to a **Dads & Babies Pizza Party** with Family Support Specialist Paul Melville and Child Birth Educator Cheryl Donahue.

Come show off your baby (expectant dads; older siblings and veteran dads always welcome) and learn about resources available to you and your family. We often have guest speakers (pediatricians, nutritionists etc.) who are able

to answer your questions in a casual atmosphere. No fee, free pizza and never any pressure. Please RSVP to Suzan Scharr, RNC at 508-457-3632. Sponsored by Falmouth Hospital (Cape Cod Health Care) and the Coalition for Children (Falmouth CFCE).

AND MORE BABIES...

Preparation for childbirth class: **Babies, Bonding, and Beyond** at the Falmouth Hospital. This 8 week group will meet on Tuesdays, beginning on January 5th and runs for eight straight Tuesday evenings from 7:00 - 9:30 pm.



Prepare for labor and delivery, practice relaxation techniques, and discuss

upcoming changes in roles and relationships.

You can register for all of the groups, or just a few: it's up to you. Sign up through the Falmouth Hospital maternity website.

<http://www.capecodhealth.org/classes-events/search-results/?TermId=8c3f0a91-18cf-e311-b0e7-782bcb3b39aa>

FREE BUDGET CLASSES



If you need help managing your money, please consider attending the free budget classes at The Falmouth Service Center.

The classes generally run on the second and fourth Mondays of each month from 3:30 p.m. to 4:30 p.m. However, we recommend that you call at 508-548-

2794 to find out exactly when the next class will be held.

They say: Please bring all of your bills and your income information to the class. Now wouldn't that be helpful, especially after the holiday season?

PRESCHOOL SCREENING



Our next preschool screening is on Friday, January 22nd, at the Falmouth Administration Building.

The purpose of preschool screening is to identify children who may be in need of special education services to participate in the preschool curriculum. If you have a concern related to your child's development, please call for an appointment. Children must be three years old to participate in screening.

For additional information, please contact Laney Cooke-

Johnson, Director of Early Childhood Programs @ 508-548-1052 ext. 7311 or e-mail

lcooke_johnson@falmouth.k12.ma.us

COMING SOON...

Trying to figure out childcare is challenging, which is why The Coalition for Children is hosting their annual Preschool Fair. Save the date, March 19th, 2016. Details will be included in the next newsletter, but if you simply cannot wait, just call the office (508 548 0151 x 172, a we'll chat.

CALL FOR A RESOURCE GUIDE!



We are reprinting and updating the **Coalition for Children's Upper Cape Resource Guide**. This guide is a wonderful tool for our young families. In the front section of the booklet you will find all the licensed

preschool center-based and family home childcare providers in Falmouth, Mashpee, Sandwich, and Bourne, and in the back we've listed community resources: everything from legal help to maternal depression support.

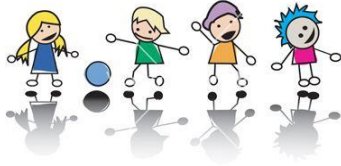
If you would like a copy of the guide, please call the office and we'll send one out to you.

If you are in the book and need to make changes, please call (508) 548 0151 x 172 .



From the
Coalition for Children!
xoxoxxox

**FREE, Falmouth, Winter
Play & Learn Groups
Register now!**



**Session 2
January 3 – March 18**

Registration forms available at the
Falmouth's Main Library, East
Falmouth & West Falmouth Libraries
and the Falmouth
Administration Building.
Call
(508) 548 0151 x 172
for more information.

Do you have questions about
how your child is developing?
The Coalition for Children now offers
**Free Developmental
Screenings!**
(3 months to 5 years)

Call (508) 548 0151 x 172
for more information and to
sign up!

**Cape Cod Family
Resource Center**

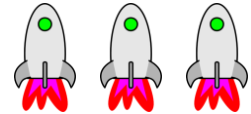
29 Bassett Lane, Hyannis
FREE

- *Information & Referral
- *Parent Ed & Support
- *Help Navigating Resources
- *Child & Youth Assessments

Call (508) 862 0600 for more
information!

**Free, Fun, Family,
Literacy & STEM Events**
Offered by the Coalition for
Children

**January 9th – 10:00 am
Space***



**February 13th – 10:00 am
The Human Body***



Falmouth Public Library
300 Main Street
Falmouth, MA

***Targeting children ages 3 –
5, but children and adults of
all ages attend and learn!**

**Falmouth is a fabulous
place for families!**

If you'd like to "check in" regarding
your child's development, call (508)
548 0151 x 172 and ask for the Ages
& Stages Questionnaire.

If you need help with food,
finances, or legal issues contact the
Falmouth Service Center @ 611
Gifford Street: (508) 548 2794.

If you are looking for **FREE Play &
Learn Groups, Parenting Classes,
Workshops, & Community Events**
call the Coalition for Children: (508)
548 0151 x 172.

If you are interested in **building your
child's brain**, visit or call the
Falmouth Library ((508) 457 - 2555)
and get a free library card!

**Monthly Parent Education
and Support Calendar***

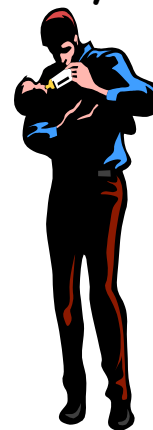


Can be viewed at
[www.capecoalition.com/c
alendar](http://www.capecoalition.com/calendar) or
[www.capecodfamilyresour
cecenter.org](http://www.capecodfamilyresourcecenter.org)

**Sign up to automatically
receive this newsletter w/
pmelville@familycontinuity
.org or call (508) 862 –
0600.**

***A collaboration between the
Cape Cod Neighborhood Support
Coalition & the Cape Cod Family
Resource Center**

**Dads and Babies Pizza
Party!**



- *show off
your baby
- *talk to other
dads
- *learn about
community
resources
- *eat pizza
- *listen to
guest

**Jan. 26th & Feb. 23rd
6:00 – 7:30 pm**

**Faxon Conference Room
Falmouth Hospital
Call to register:**

508-457-3632

**(F) The Coalition for Children
& Friends
FREE Play & Learn Groups**

Mondays -

9:30 - Mixed Age Play (Closed Group)
Carriage House in North Falmouth
9:45 Nursery Rhyme Time Drop-in
Falmouth Public Library
10:30 Pre-School Story Time Drop-in
Falmouth Public Library

Tuesdays -

9:45 Intergenerational Music & Movement (registration required)
JML Care Center -
184 Terrace Heun Dr. Falmouth
11:30 PreK Lunch Bunch
(Registration required)
Falmouth Administration Building

Wednesdays

9:00 Play & Learn Drop-in
Falmouth Admiration Building
10:45 - 11:45 Read & Rhyme Story Time Drop-in
East Falmouth Library

Thursdays

9:45 Lap Babies Drop-in
Falmouth Public Library
10:30 Preschool Story Time Drop-in
Falmouth Public Library

Fridays

10:00 Tots n Tales Drop-in
11:00 Music & Movement
(Registration required -
ages 2.5 and up)

Saturdays

STEM Saturdays (see complete list in the newsletter)
Falmouth Public Library



All programs are **FREE** for families with children (birth to school age).
(508) 548 0151 x 172
for more information

Falmouth Eats Together

*A free meal and free
friendship!



4:00 - 6:00 pm

Jan. 14

John Wesley Methodist Church

Jan. 28

St. Anthony's Church

Feb. 11

John Wesley Methodist Church

Feb. 25

Falmouth Jewish Congregation

508 548 2794

To find out more, visit
<http://www.falmouthservicecenter.org/falmouth-eats-together.html>

**(U) How Can I Help?
Coalition Suggestions
Volunteer Opportunities**

Need a kid fix?

Provide childcare for a day time
or night time parenting classes

Can't stay out of the kitchen?

Provide a dinner for our night
time parenting class

Want to become involved?

Attend our council meetings
(bimonthly)

**Want to meet new and
important people?**

Visit your state reps - talk to
them - tell them about the
importance of local, quality
programming.

Call the Coalition office to sign up
and for more information
508 548 0151 x 172

**Are You a Grandparent
Raising Grandchildren?**

Here's the support you've been
searching for!



1st and 3rd Tuesdays

East Falmouth School

5:30 dinner

6:00 - 7:15 meeting

**Childcare and dinner included but
you must register!**

Call **508-771-4336** or email
beverly@capecoalition.com

**Fundamentals of
Effective Parenting
Free 8 week workshop
series (parents w/children
ages 1 - 6)**



BEGINS January 21, 2016
w/Lee Burwell, LMHC,
Certified Gottman Educator

- *The Art of Parenting
- *Your Child's Development
- *Making Expectations Realistic
- *Setting Limits Effectively
- *The Importance of Male Figures
- *Natural & Logical Consequences
- *Understanding Temperament
- *Managing Temperament

**Dinner, childcare, and
transportation available**

**John Wesley Methodist Church,
Falmouth**

If so, REGISTER NOW!!!

Call (508) 548 0151 x 172

Fundamentals of Effective



FREE Workshop Series for Parents/Caregivers of 1-6 year olds

Eight Thursdays starting January 21, 2016

(Break during February Vacation)

5:45-6:15 pm FREE Supper for everyone

6:15-7:45 pm Workshop for parents/Childcare for Children

John Wesley Methodist Church • 270 Gifford Street, Falmouth

Facilitated by Lee Burwell, MFT, LMHC

The Art of Parenting

Your Child's Development

Making Expectations Realistic

Setting Limits Effectively

Importance of Male Role Models

Natural and Logical Consequences

Understanding Temperament

Managing Temperament

Reserve your space

In the workshop and for childcare

By calling Tina Toran at

508-548-0151
ext. 172

Or send an email to:

ttoran@falmouth.k12.ma.us

Sponsored by:

The Coalition



For Children

Funded by:



Winter 2016 Play Group Registration

Coalition for Children, Falmouth's CFCE Grant ~ Session Dates are January 3 - March 18

Parent Name _____

Child(ren)'s name and ages _____

Street Address _____

Town _____

Phone _____

Email _____

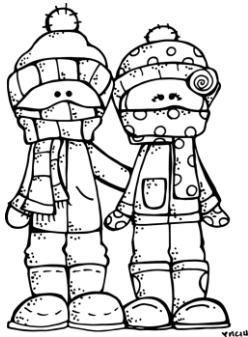
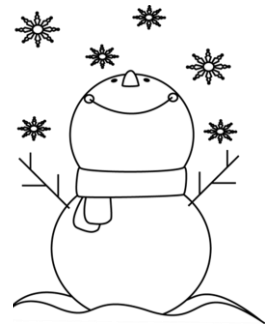
For more information please visit
www.thecoalitionforchildren.org

or call 508.548.0151 x172

What is the Coalition for Children?

The Coalition for Children is a grant-funded, education and support program for families with children from birth to school age.

We are located in Falmouth on Cape Cod and offer play and learn groups, workshops, parenting classes, developmental screenings, an emergency family fund, community events and links to local childcare providers: anything we can do to create a strong foundation for our children, our families and our community. **All of our classes are FREE!!!**



Please indicate which playgroup best suits your needs; use #1 for your first preference, #2 for your second. Please list all children that will be attending with you. You may leave your completed form in the box in the Children's room of the Falmouth Public Library or bring it to our office in the Falmouth School Administration Building.

Tuesday

9:45 Intergenerational Music & Movement (Registered Class for ages 2.5 and up) @ JML Care Center _____

11:30 Pre-K Lunch Bunch (Registered Class for ages 3 and up) @ Falmouth School Administration Building _____

Wednesday

9:00 Mixed Age Playgroup (Drop In) @ Falmouth School Administration Building

10:45 Read and Rhyme Story time (Drop In) @ East Falmouth Public Library

Thursday

9:45 Lap babies (Drop In) @ Falmouth Public Library

10:30 Preschool Story time (Drop In) @ Falmouth Public Library

Friday

10:00 Tots & Tales (Drop In) @ Falmouth Public Library

11:00 Music & Movement @ (Registered Class for ages 2.5 and up) Falmouth Public Library _____



The Coalition for Children is funded by the
Massachusetts Department of Early Education and Care.
Please note - all groups subject to MA state funding cuts.



SPACE!

**Saturday, January 9th
10:00am**



A special STEM Saturday for children ages 3-6, but all ages are welcome. Learn all about space through science and literacy! This free, drop in program is sponsored by the Coalition for Children.

**Falmouth Public Library
300 Main Street, Falmouth
www.falmouthpubliclibrary.org**



Family Law

Overview Workshop:

"What Women Need to Know about Family Law but are Afraid to Ask"

Presented by Attorney Chantal Hayes

Tuesday • January 19, 2016 • 6-8pm

Falmouth Public Library • 300 Main Street

This workshop will cover:

- How to get divorced in Massachusetts and the key steps in the divorce process
- What the legal terms mean
- What legal resources exist to provide information and support
- How child custody and child support usually work for both married and unmarried parents
- Overview of division of assets and debts in divorce
- How you become guardian of a grandchild or other children you are caring for
- When consulting an attorney is most important

Time will be set aside for Q&A with attendees; you are encouraged to come with your list of questions. Those seeking legal advice regarding any aspect of Family Law are strongly encouraged to attend this workshop prior to consulting an attorney or setting up a legal consult with WE CAN.

Reimbursement for child care is available for women who would otherwise not be able to attend. Ask for details when registering.

Registration is mandatory. To register for this workshop call WE CAN at 508-430-8111 or email us at info@wecancenter.org

Workshop is co-sponsored by:

