

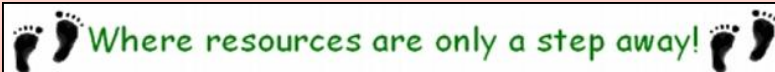


Greater Lawrence Community Action Council, Inc.
Fiscal Lead Agency
305 Essex St. Lawrence, Ma. 01840



Michael B. Christensen Community & Family Support Center (CFSC)

CFSC November 2011 Newsletter



Quote of the Month! *It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself. ~Joyce Maynard*

Upcoming Events in the Andover Library!

Memorial Hall Library

2 North Main St. Andover Ma. 01810

Little Listeners: We will enjoy three to four picture books together, and do group activities such as songs, finger plays, and a story related craft will complement the listening experience for children ages 3-5.

Nov. 3, 2011 (Thursday) 9:30 am-10:15 am

Nov. 10, 2011 (Thursday) 9:30 am-10:15 am

Nov. 17, 2011 (Thursday) 9:30 am-10:15 am

Contact: Children's Room (978) 623-8401 ext. 39

No registration required!

Wiggle Words: A half hour program to introduce children Birth to 2 to books and the library using rhymes, songs, and simple stories.

Nov. 3, 2011 (Thursday) 11:00 am-11:30 am

Nov. 9, 2011 (Wednesday) 9:30 am-10:00 am

Nov. 10, 2011 (Thursday) 11:00 am-11:30 am

Nov. 17, 2011 (Thursday) 11:00 am-11:30 am

Nov. 23, 2011 (Wednesday) 9:30 am-10:00 am

Nov. 30, 2011 (Wednesday) 9:30 am-10:00 am

Contact: Children's Room (978) 623-8401 ext. 39

No registration required!



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Events at Memorial Hall Library continued!

Make Way for Toddlers Mother Goose: A half hour program to introduce children to books and the library using rhymes, songs, and simple stories.



Nov. 8, 2011 (Tuesday) 9:30 am-10:00 am (for ages 2 and 3) and 10:30 am-11:00 am (for Birth to 3)

Nov. 9, 2011 (Wednesday) 10:30 am-11:00 am (for ages 2 and 3)

Nov. 15, 2011 (Tuesday) 9:30 am-10:00 am (for ages 2 and 3) and 10:30 am-11:00 am (for Birth to 3)

Nov. 16, 2011 (Wednesday) 10:30 am-11:00 am (for ages 2 and 3)

Nov. 22, 2011 (Tuesday) 9:30 am-10:00 am (for ages 2 and 3) and 10:30 am-11:00 am (for Birth to 3)

Nov. 23, 2011 (Wednesday) 10:30 am-11:00 am (for ages 2 and 3)

Nov. 29, 2011 (Tuesday) 9:30 am-10:00 am (for ages 2 and 3) and 10:30 am-11:00 am (for Birth to 3)

Nov. 30, 2011 (Wednesday) 10:30 am-11:00am (for ages 2 and 3)

Contact: Children's Room (978) 623-8401 ext. 39

No registration required!

Pajama Party: Join us for an evening of bedtime stories, quiet songs and games, and a short film. This program is appropriate for families with children ages 3-5.

Nov. 8, 2011 (Tuesday) 6:30 pm-7:15 pm

Nov. 15, 2011 (Tuesday) 6:30 pm-7:15 pm

Nov. 22, 2011 (Tuesday) 6:30 pm-7:15 pm

Contact: Children's Room (978) 623-8401 ext. 39

No registration required!



Afternoon Time: Join us for a special mixed ages (2-5) program. We'll share stories, songs and a craft.

Nov. 9, 2011 (Wednesday) 1:30 pm-2:15 pm

Nov. 16, 2011 (Wednesday) 1:30 pm-2:15 pm

Nov. 23, 2011 (Wednesday) 1:30 pm-2:15 pm

Nov. 30, 2011 (Wednesday) 1:30 pm-2:15 pm

Contact: Children's Room (978) 623-8401 ext. 39

No registration required!

Even more upcoming events at Memorial Hall Library!

Dads and Donuts: Join us the last Saturday of the month for story time targeting dads and children ages 2-5 (although all are welcome). After we share some stories, songs, rhymes and a craft we will share some coffee, juice and donuts.

Nov. 26, 2011 (Saturday) 10:00 am-11:00 am

Contact: Children's Room (978) 623-8401 ext. 39

No registration required!



Conversational English Group: For non-native speakers of English who have studied formal English and would like to practice their speaking and listening skills. New members welcome!

Nov. 7, 2011 (Monday) 10:00 am-12:00 pm

Nov. 14, 2011 (Monday) 10:00 am-12:00 pm

Nov. 28, 2011 (Monday) 10:00 am-12:00 pm

To register, contact Carolyn Fantini (978) 475-4602

Announcements!

Share with your families!



- **Parents Helping Parents:** Raising children is hard work. That's why Parents Helping Parents is here! We've been helping parents for over 30 years. No parenting problem is too big or too small to reach out for help.

Our services are free, confidential and anonymous!

Parental Stress Line and Parent Support Groups: 1-800-632-8188

Email: info@parentshelpingparents.org

Website: www.parentshelpingparents.org

Parental Stress Line...a listening ear

- 1) Support and compassion
- 2) Someone to help you plan what to do next
- 3) Information and resources in your area
- 4) Available 24 hours a day, 7 days a week

Parents and caregivers with problems related to their children call for support. Trained volunteer counselors who are sympathetic and non-judgmental answer the Parental Stress Line.

- **MSPCC Healthy Families:** Services provided in Andover, North Andover, Lawrence, Methuen, and Middleton

Home Visiting Program for Teen parents under age 21 with their first baby includes:

Parenting Education (Parenting Groups), Play Groups, Community Connect, Social Activities.

Parents older than 21 years old with more than one child are offered: Home visit program and case management

Workshops and Trainings for Families!!!

- **The CFSC Family Network:** provides parenting education and support that builds on and enhances family strengths. The Family Network offers play groups and parenting classes.
- **Parent Child Home Program:** for parents and children between the ages of 18 months and three years old who live in Andover, North Andover, Lawrence, and Methuen.
- A home visitor comes to your home for thirty minutes twice a week. At these visits, the home visitor demonstrates book reading using Dialogic Reading and also demonstrates the use of a toy to enhance language and literacy in the home. Parents receive the book and toy to use with activities to help enhance literacy.
- The goal of the program is to ensure that parents as their child's first teachers experience the joy and value of reading and talking to their children using a play format to give the children a head start of being ready to learn when entering school.
- For more information, please call: **Faustina De Leon (978) 681-4985**



Extra Information for Our Parents!

Activities for Cognitive Development: (provided by the Massachusetts Department of Early Education & Care). Go to their website for more information (mass.gov/eec).

Things You Can Do with Your Baby

- **Reinforcing:** Notice your baby's natural movements; reinforce them with purpose.
- **Expressing:** Encourage experimenting with everyday objects.
- **Discovering:** Provide sensory experiences for your baby. Talk out loud about your baby's discoveries.
- **Remembering:** Remember aloud with your baby to develop memory skills.
- **Becoming aware:** Help your baby become aware of family and others in the community.

Things You Can Do with Your Toddler

- **Recalling:** Help your child develop increasing memory of past events and knowledge
- **Problem-solving:** Help your child develop problem-solving skills by creating and carrying out a plan.
- **Predicting:** Provide opportunities for your toddler to practice and observe cause and effect.
- **Organizing:** Encourage your toddler to match, sort, categorize, and create simple patterns with everyday materials.
- **Inquiring:** Explore and discover with your child to develop early scientific skills.
- **Anticipating:** Establish consistent rules and routines.



CFSC's Mission

The Community and Family Support Center strives to unite key organizations and individuals through collaboration and are committed to ensuring that all children and families have access to high quality education and care.

Community and Family Support Center funded by: Massachusetts Department of Early Education and Care (EEC)

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