

# Family Resources of Natick



## Coordinated Family & Community Engagement Program for Natick Families

Funded by the MA Dept. of Early Education & Care and Administered by ACCEPT Education Collaborative

**ALL OF OUR PROGRAMMING IS FREE OF CHARGE**

*How to Find Family Resources of Natick:*

- Visit The Cole Center, 179 Boden Lane, Natick, MA
- Call 508-655-2557
- Our website at [www.natickfamilies.org](http://www.natickfamilies.org)
  - Click on *CALENDAR* link to see programs
  - "Subscribe" on our home page to receive program schedules and updates!
- On Facebook, follow "Family Resources of Natick"

Supporting all Natick families with children up to age 8 in the areas of child development, literacy and school readiness, family engagement and networking, and community resources!

- Weekday & Saturday parent-child playgroups and drop-in play times
- Resources for new parents & "Welcome Baby" gift
- Parent resource lending library
- Parenting workshops
- Support & connections during transitions to care, preschool and kindergarten

## May-June 2017 Programming

**SEE PAGE 4 TO REGISTER**

### Parent Support

<p>Monday, May 22 7:00 - 8:30 pm</p> <p><b>Registration Requested (required for childcare)</b></p>	<p><b>Preparing for Preschool</b></p> <p>(childcare available in FRN Playroom with reserved spot)</p>	<p><b>Held in the Cole Center classroom.</b> Don't miss this workshop if you have a child heading off to preschool for the first time in September; you'll take home tools to manage your child's first day jitters...and your own! Get tips about what to expect and how you can prepare over the summer and beyond for a smoother transition. Learn how to establish a positive and communicative relationship with your child's new teachers. Come role-play your worst drop-off nightmares and learn how to handle them with confidence. <i>Presented by Early Childhood Educator Amy Hinrichs.</i></p>
<p>Monday, June 5 7:00 - 9:00 pm</p> <p><b>Registration Requested (required for childcare)</b></p>	<p><b>Preparing for Kindergarten</b></p> <p>(childcare available in FRN playroom with reserved spot)</p>	<p><b>Held in the Cole Center classroom.</b> Presented as a complement to the Natick Public Schools' kindergarten transition activities, this workshop will provide ideas to help with a smooth transition in the fall. Tips for easing pre-kindergarten anxiety, establishing supportive morning and evening routines, teaching your kindergartner the self-care skills he/she will need for navigating his/her new learning environment, and strategies for establishing a positive and collaborative relationship with your child's teacher from the onset of the year. <i>Facilitated by Brita Vitello, kindergarten educator. She will be joined by volunteer parents from each Natick elementary school to answer school-specific questions.</i></p>
<p>Mondays 10:00 - 11:30 am May 15 - June 12 (NO GROUP 5/29)</p> <p><b>Registration Required!</b></p>	<p><b>Toddler Talk: Parent Support</b></p> <p>(toddlers age 18-30 mo. with their grown-up)</p>	<p><b>Held in the FRN Playroom.</b> Toddlers are delightful, challenging, intriguing, funny and frustrating! Is your child developing their own little personality with all of these traits and more? Join us for this facilitated <b>4-week</b> group for parents with their toddlers to chat, share ideas and strategies, and gain an understanding of your child's developmental milestones. Learn how to understand what your child is trying to tell you with their meltdowns and testing behaviors, and take home concrete strategies to celebrate and support your child's growing independence. (You are welcome to bring a snack to be eaten at the table -- no nuts, please.) <i>Facilitated by Jill Vetstein, LICSW, MSW, CEIS of Nurturing Parents and Teachers</i></p>

<b>Weekday Play and Learning</b>		
<p>Mondays 12:00 - 2:00 pm <b>(NO GROUP 5/29)</b></p>	<p><b>Baby and Me Drop-In Play</b> <i>(infants from birth through crawlers with parent or caregiver)</i></p>	<p><b>Held in the FRN Playroom.</b> A weekly get-together for Natick parents and caregivers with their infants (pre-walkers). Come meet other families with infants, chat about the joys and challenges of life with baby. Approx. once/month, a particular topic or developmental milestone will be discussed, and special guests will share expertise!</p>
<p>Tuesdays 9:30 - 11:00 am May 9 - June 13 <b>Registration Required!</b></p>	<p><b>Mandarin Chat &amp; Play</b> <i>(children birth to PreK with an adult)</i></p>	<p><b>Held in the FRN Playroom.</b> This <b>6-week</b> playgroup includes free play, craft, snack brought from home (no nuts) and a circle time with stories and songs in Mandarin. Non-English-speaking caregivers are welcome. <i>Facilitated in Mandarin Chinese by Natick parent Li-Chen Woo.</i></p>
<p>Wednesdays 9:00 - 11:00 am May 10 - June 14 <b>Natick Families Only</b></p>	<p><b>Drop-In Play</b> <i>(children birth to age 5 with parent or caregiver)</i></p>	<p><b>Held in the FRN Playroom.</b> This drop-in play time is a great group to meet and make new friends with other families. You are welcome to bring a snack to be eaten at the table -- no nuts, please. <b>Natick Families Only due to space limitations.</b></p>
<p>Wednesdays 12:00 - 1:30 pm May 10 - 31 <b>Registration Required!</b></p>	<p><b>Money Matters Playgroup</b> <i>(ages 3-5 with an adult)</i></p>	<p><b>Held in the FRN Playroom.</b> What are all of the different coins? Does money magically come out of an ATM machine? How do we buy groceries? Do I NEED the toy, or want it? This <b>4-week lunchtime</b> group will utilize stories and activities to discuss different forms of money, what we use money for and how we save and spend! Please bring a lunch (no nuts) from home. <i>Facilitated by Miss Pam.</i></p>
<p>Thursdays 9:30 - 11:30 am May 4 - June 29 <b>Registration Required!</b></p>	<p><i>In Collaboration with Criterion-Middlesex Early Intervention</i> <b>Integrated Playgroup</b> <i>(children 18 - 30 months who are <u>NOT</u> currently receiving EI services from any provider)</i></p>	<p><b>Held in the FRN Playroom.</b> For Natick children who are typically-developing (<u>not</u> currently receiving EI services), a <b>9-week</b> integrated play experience. Includes free play, snack (provided), circle time and activities to promote fine and gross motor skills, language, and socialization. <i>Facilitated by Amanda Martin, developmental specialist.</i></p>
<p>Fridays May 5 - June 9 9:30 - 11:00am <b>Registration Required!</b></p>	<p><b>Spanish Language Play-to-Learn Group</b> <i>(ages birth - PreK with an adult)</i></p>	<p><b>Held in the FRN Playroom.</b> Call to register for this <b>6-week</b> play-to-learn group facilitated in Spanish, including free play, craft, snack brought from home (no nuts) and a circle time with stories and songs. (Note: this is not a language-learning group; it is designed for adults who are fluent in Spanish.) <i>Facilitated by Natick parent Pam Hrones and Natick caregiver Diana Henao.</i></p>
<p>Friday May 12 10:00 - 11:30 am <b>Drop-In Event: Natick Families Only</b></p>	<p><i>In Collaboration with Morse Institute Library</i> <b>Musical Fun for Kindergartners</b> <i>(Natick kindergarten students with an adult, younger siblings welcome)</i></p>	<p><b>Held at the Cole Center.</b> Natick kindergarten students, since you have the day off from school, please join us for some musical fun! We'll have a music-themed StoryWalk® through the Cole Center, a chance to make your own instrument, and our special guest <b>Kristen Arnold of the Morse Institute Library</b> here with a "Percussion Petting Zoo." Explore drums and hand percussion instruments from around the world, and get your wiggles out by dancing along to the rhythms! You're welcome to bring a snack to enjoy indoors or out (no nuts, please.)</p>
<p>Fridays 9:15 - 10:00 am May 19 - June 16 <b>(NO GROUP 6/2)</b> <b>Registration Required!</b></p>	<p><b>Let's Get Moving!</b> <i>(ages 2 and 3 with an adult)</i></p>	<p><b>Held in the Cole Center Gym.</b> Kids will participate in guided gross motor play with their grown-up, with focus on age-appropriate skills like ball play, kicking, running, balancing and jumping! Learn about gross motor milestones with a different activity each week. Children, working together with their grownup, will learn how to build strength, promote body awareness, and improve coordination...all while having fun! <i>Facilitated by Miss Linsey.</i></p>

Family Event!		
<p>Wednesday June 7 4:00 - 5:30 pm</p> <p><b><u>Please call to pre-register</u></b></p>	<p><b>Spring Fling!</b></p> <p>Family Event featuring the music of David Polansky</p> <p><i>(ages birth to 8 with an adult)</i></p>	<p><b>Held at the Cole Center.</b> Let's celebrate the end of spring with some alphabet and animal fun! Award-winning songwriter David Polansky will have us all singing and dancing with his hilarious original songs, including the Animal Alphabet. Would you like to do the Alligator Dance, make an animal puppet, or enjoy our favorite alphabet and animal books? Families will take home a children's book, and we'll have door prizes of a great parents' book about reading with your children. You're welcome to bring a snack to enjoy indoors or out (no nuts, please.)</p>

Saturday Playgroups		
<p>Saturdays 10:30 am -12:00 noon May 6 and/or June 3</p> <p><b>Registration Required!</b></p>	<p><i>In Collaboration with Morse Institute Library</i></p> <p><b>Me &amp; My Dad</b> <i>(children birth - PreK with Dad)</i></p> <p><i>PLEASE NOTE: moms can attend our other playgroups, but this one is designed especially for dads or other big guys in your child's life!</i></p>	<p><b>Held at the Morse Institute Library.</b> Dads (grandfathers, uncles, or other male caregivers) and children are invited to enjoy this playgroup. Come to enjoy free play, crafts, stories, musical circle time and morning snack with other Natick dads and kids. Register for one or both sessions! <i>Facilitated by "Miss Judy" Dixon, educator and veteran playgroup coordinator.</i></p>
<p>Saturdays 10:30 am -12:00 noon May 13 and June 24</p> <p><b>Registration Required!</b></p>	<p><i>In Collaboration with Morse Institute Library</i></p> <p><b>Tots &amp; Tales: A Story Playgroup</b> <i>(children 2-6 yrs old with an adult; lap-infant siblings welcome)</i></p>	<p><b>Held at the Morse Institute Library.</b> This group is a wonderful way to share books with your toddler or preschooler! Participants engage in play, story, songs and creative craft activities centered on a book theme, then receive a free copy of the featured book to extend the learning at home. A shared snack time completes the experience. <i>Facilitated by "Miss Judy" Dixon, educator and veteran playgroup coordinator.</i></p>

See Page 1 for details of our "Preparing for Kindergarten" free parent workshop on June 5!

**Get Ready for Kindergarten!**

If you have a child who will turn 5 years old by August 31, 2017, check this timeline followed by the **Natick Public Schools** for incoming kindergartners for Fall 2017! If your child is registered, you've already attended a Parent Orientation Night and have probably completed your child's Student Assessment Visit. (See below if your child is not registered.)

**What's next?**

**Friday, May 12:** Student Orientation Visit! Parents and incoming K students are invited to attend. Parents have a chance to speak with school administrators to ask questions, while children experience the kindergarten classroom.

**July:** You'll receive a mailing from your child's school with your child's class/teacher assignment and other useful information to get you ready for the fall. The PTO/PTA from your school will include information about summer meet-and-greet opportunities for kindergarten families at your school site.

**Late August/September:** Your child will start kindergarten with a modified schedule during the first two days to ease him/her into the new school year (exact details to be provided once the School Committee has approved the official start date.)

If you have specific questions about this process, or if your child is not already registered for school, find Natick Public Schools (NPS) at [www.natickps.org](http://www.natickps.org), click on District Info and scroll down to Kindergarten Registration. Still have questions? Call NPS at 508-647-6500.



# Family Resources of Natick



179 Boden Lane  
Natick, MA 01760  
www.natickfamilies.org

# Registration Form

May - June 2017

**(508) 655-2557**

We invite you to complete this form, then phone in your registration request; please be prepared with all details on this form, and leave voicemail if we do not answer.

(Please do not email registration requests.)

**Deadline: call by Tuesday, May 2 at 9am**

**LEAVE YOUR REQUEST ON VOICEMAIL if the office is closed.**

*We will call everyone who submits a registration request to confirm your registration or waiting-list status.*

*Please provide all requested information:*

Parent name(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Caregiver (other than parent) who will bring child(ren) to FRN: \_\_\_\_\_

# children under 13 yrs. in your family \_\_ How did you hear about these programs? \_\_\_\_\_

**Child/children registering for these programs:**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

**PROGRAMS REQUIRING REGISTRATION** if applicable, please indicate 1st, 2nd and 3rd choice

*Due to space limitations you may be eligible to participate in only one weekday parent/child group per 2-month program cycle.*

*New Participants in each program type will be placed first.*

\_\_\_ **Toddler Talk** (toddlers 18-30 mo. with parent)

\_\_\_ **Mandarin Chat & Play** (birth through pre-K with an adult)

\_\_\_ **Money Matters** (ages 3, 4 and 5 with an adult)

\_\_\_ **Integrated Playgroup** (18-30 mo. with an adult)

\_\_\_ **Spanish Language Playgroup** (birth to PreK with an adult)

\_\_\_ **Let's Get Moving!** (ages 2 and 3 with an adult)

\_\_\_ **Spring Fling Family Event!** #\_\_ adults #\_\_ children

\_\_\_ **Saturdays: Me & My Dad**

(birth-PreK with dad or male caregiver)

\_\_\_ May 6 AND/OR \_\_\_ June 3

\_\_\_ **Saturdays: Tots & Tales** (2-6 years with an adult)

May 13 AND June 24

**Parent Workshops:**

\_\_\_ **Preparing for Preschool 5/22** #\_\_ in child care

\_\_\_ **Preparing for Kindergarten 6/5** #\_\_ in child care

## Community Resources

ACCEPT Education Collaborative <a href="http://www.accept.org">www.accept.org</a> 508-653-6776	Regional non-profit educational organization: special education programs for students with moderate to severe needs, specialized transportation, home-based services, behavioral and educational consultation, professional development and technology services.
Call2Talk <a href="http://www.uwotc.org/Call2Talk">www.uwotc.org/Call2Talk</a> 508-532-CALL (2255)	Confidential mental health/emotional support call line for individuals and families, 7 days/week, 24 hours/day, part of United Way.
Century Health Systems <a href="http://www.centuryhealth.org">www.centuryhealth.org</a> 508-651-1786	Health education & wellness for Metrowest and beyond. Staff includes Registered Nurses, Health Educators, Registered Dietitian and an EMT Director. Curricula/courses for ages from preschool to seniors.
Child Care Resources <a href="http://www.sevenhills.org/affiliates/childrens-aid-family-services/child-care-resources-2/">www.sevenhills.org/affiliates/childrens-aid-family-services/child-care-resources-2/</a> 508-956-7930	Assistance in locating local childcare, linkage to state financial assistance for childcare.
A Place to Turn/The Diaper Project <a href="http://www.aplacetoturn-natick.org">www.aplacetoturn-natick.org</a> <a href="http://www.aplacetoturn-natick.org/diaper-project">www.aplacetoturn-natick.org/diaper-project</a> 508-872-7125	Emergency food and clothing for Metrowest area families. The Diaper Project provides area needy families with emergency supplies of diapers.
Criterion-Middlesex Early Intervention <a href="http://www.criterionchild.com/ei_mid.html">www.criterionchild.com/ei_mid.html</a> 508-620-1442 South Bay Mental Health <a href="http://www.southbaymentalhealth.com">www.southbaymentalhealth.com</a> 508-834-3100	<b>Early Intervention:</b> Development evaluations, therapies, and playgroups for children up to age 3. Parents can call directly without referral.
Family Promise Metrowest <a href="http://www.familypromisemetrowest.org">www.familypromisemetrowest.org</a> 508-318-4820	A cooperative, interfaith partnership offering hope to homeless families with children through safe transitional shelter, meals, and supportive case management as they seek permanent housing.
Framingham WIC Program & WICmobile <a href="http://www.smoc.org">www.smoc.org</a> 508-620-1445 WICmobile 781-775-5867	Provides nutrition and health education & healthy food free of charge to Massachusetts families who qualify based on income guidelines. Checks to buy food & formula, referrals for medical and other svcs.
Healthy Families <a href="http://www.criterionchild.com/index.php/programs/newborn-home-visiting">http://www.criterionchild.com/index.php/programs/newborn-home-visiting</a> 508-620-6587	Support and education for first-time parents under age 21.
Mass 2-1-1 <a href="http://www.mass211.org">www.mass211.org</a> Dial 2-1-1 on Touchtone phone	Connects to information about critical health and human services in their community including government benefits & services, nonprofits, support groups, volunteer opportunities and donations.
Natick Family Child Care Association <a href="http://www.natickfamilychildcareassociation.com/">http://www.natickfamilychildcareassociation.com/</a>	Network of family childcare providers, information about availability.
Natick Human Services Dept. (part of Community Services Dept.) <a href="http://www.natickma.gov/community-services">www.natickma.gov/community-services</a> 508-647-6519	Information and referral, support accessing services, crisis intervention, family counseling, and emergency financial assistance.
Natick Police Department (Car Seat Safety) <a href="http://www.natickma.gov/police-department/pages/child-passenger-safety">www.natickma.gov/police-department/pages/child-passenger-safety</a> 508-647-9500	NPD has 3 certified safety officers who can check your car seat for safe installation, by appointment twice/month.
Natick Public Schools <a href="http://www.natickps.org">www.natickps.org</a> 508-647-6500	Integrated preschool and full-day kindergarten through grade 12. Serves children with special needs beginning at age 3 and provides transitional support for incoming kindergarteners.
Natick SEPAC (Special Education Parent Advisory Committee) <a href="http://www.natickps.org/Districtinfo/sepac/main.cfm">www.natickps.org/Districtinfo/sepac/main.cfm</a> NatickSEPAC@gmail.com	Dedicated to providing information, recommendations and friendships to families in Natick looking for some connections.
Natick Service Council <a href="http://www.natickservicecouncil.org">www.natickservicecouncil.org</a> 508-655-1791	Services include: food pantry, thrift shop, eviction prevention, utility aid, crisis counseling, dental and mental health programs, and career development.
Natick Together For Youth (NTY) <a href="http://natickhighwebdesign.com/youthtaskforce/index.html">natickhighwebdesign.com/youthtaskforce/index.html</a> 508-647-6623	A non-profit coalition comprised of parents, community members and various Natick organizations which strives to improve the health and safety of our town's youth.
Natick VNA (Visiting Nurse Association) <a href="http://www.natickvna.org">www.natickvna.org</a> 508-653-3081	Provides health care services to patients in their home (nursing, therapy, social work, palliative care, telehealth.) Prescription drug assistance available for those who are un- or underinsured.
Parents Helping Parents <a href="http://www.parentshelpingparents.org">www.parentshelpingparents.org</a> 617-926-5008 x102 HOTLINE 800-632-8188	Parenting support groups (local group meets in Framingham) and crisis hotline.
South Middlesex Opportunity Council (SMOC) <a href="http://www.smoc.org">www.smoc.org</a> 508-620-2645	Services include: childcare/Head Start, housing assistance, counseling, resource and referral, shelters, among other supportive services.
SPARK Kindness <a href="http://www.sparkkindness.org">www.sparkkindness.org</a>	Supports parents, children and community; resources & videos for parents. Initiatives include Natick/Metrowest Anti-Bullying Coalition, parent programs, and a community kindness campaign.