

North Suburban Child & Family Resource Network
 Woodville School
 30 Farm St.
 Wakefield, MA 01880
 781-246-5187

Email:
 nsfamilynet@hallmarkhealth.org

Website:
www.melrosewakefield.org/in-the-community/community-services/community-programs/

Registration: No family will be denied participation in a Family Resource Network program. If the suggested donation is a concern for your family, please let us know when you register. Information is kept confidential.

Illness policy: We ask that you do not attend programs if you or your child are not feeling well or are exhibiting any of the following symptoms: severe coughing, frequent sneezing, runny nose, fever, sore throat, conjunctivitis, vomiting or diarrhea. If your child is prescribed an antibiotic, please wait a full 24 hours before attending. For the safety of all attending, the Family Resource Network Staff reserves the right to ask a family to leave a program if any of the above symptoms are present.

Inclement weather policy: Our programs will be canceled when local schools are closed. If schools have a delayed opening, please call our office at 781-246-5187 to check our schedule. Call the office if inclement weather begins during the day or occurs over the weekend to check if programs are still being held.

The North Suburban Child and Family Resource Network supports parents, caregivers and educators of children prenatal through entering kindergarten in Lynnfield, Melrose, North Reading, Reading, Stoneham, Wakefield and Winchester as well as other surrounding communities. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Wakefield Public Schools, in collaboration with Melrose Wakefield Healthcare. Our goal is to help parents and caregivers create a healthy home environment as well as to promote family well-being through education and community support.

Registration for our fall classes begins Monday, July 9th.
Call 781-246-5187. Classes are subject to change due to enrollment.
The child must be at least the minimum age listed for the class to register.

Kathy's Korner

"Libraries Rock" is this summer's library reading theme. Take a walk to your library and sign up for the summer reading club. Nonreaders can participate too! Keep track of the books you or anyone else reads to them. Reading is a brain builder and bond builder and opens up many avenues to connect with your child. Sitting in your lap, or on a blanket outside, children enjoy having you to themselves as you read. Ask them questions as you read. What do you think will happen next? How many children are playing? How would you change the book? They are using their math, verbal, cognitive and social skills as well as having fun. Reading books with them earns them points and prizes from the library summer reading clubs. You also get the prize of spending precious time with your child.

We hope to see you and your family at one of our summer events. Kathy

Expectant Parents and Infant Programs

Hello Baby, Now What?

(Birth – 6 months) **Drop-in**

Summer: 10:30 – 11:30 am
 Mondays, July 9 – August 20

Fall: 10:30 am – Noon
 Mondays, Sept. 10- Oct. 29
 (No group October 8)

Location: Melrose Church of the Nazarene, 2 Short Street, Melrose. Join a play and learn group with your baby! We will talk, sing, share joys and challenges, and make new friends. Guest speakers are invited based on the interests of parents. Feel free to drop-in any time during the group. Have questions or topics you would like to see addressed? Feel free to contact Kathy at kharlow@hallmarkhealth.org.

Connecting and Caring

A Program for New and Expectant Mothers, Pop-Up Mothers Breakfast Group

Dates/time to be determined.

Location: Woburn WIC, 600 Cummings Park, Suite # 1750

Registration suggested. Call Sharon Burton at 781-338-7579 for more information.

Join expectant and first-time mothers for breakfast while learning from program staff and peers about resources and information to be better prepared for the experience of first-time parenting. Childcare support and transportation is available.

Enhanced Creative Coping

A free series for first time expectant and new mothers of children up to 12 months old.

Dates/time and location to be determined.

Each week community experts will present special topics such as: the challenges of parenthood, child development, your pediatrician – your friend, keeping your child safe, and developing a balanced life. Lunch will be served. Childcare and transportation support available.

Space is limited. For further information or to register, please call (781) 338-7607 or email Karen at kandrews@hallmarkhealth.org.

Hallmark Health offers additional programs for new and expectant parents: The Baby Café, Mothers Helping Mothers Free Store, CPR, First Aid and Stress Management classes.

Visit <http://www.melrosewakefield.org/in-the-community/community-health-education/>



Family Resource Network in the Community – Summer Programs

Pre-Toddler Drop-In Playtime (7 - 20 months)

Drop-in. Please sign in upon arrival.

Tuesdays, July 10 – August 14 Time: 9:30 – 10:15 am

Location: Hallmark Health Medical Center, 30 New Crossing Road, Reading

(Enter through the left front door (not Urgent Care). The elevator will be straight ahead on your right. Class will be held in the third floor conference room.)

Join other parents and children for a time of free play, music, storytelling and developmental play activities. Share experiences and information with other parents. This is a nice way to make new friends for you and your child.

Family Resource Network In The Parks

Time: 10:00 am - 11:00 am

Drop-In. Please sign in upon arrival.

Join staff members from the Family Resource Network for some fun with friends. We'll have bubbles, puzzles, books, and information regarding other family fun and resources in the community. We will gather to sing songs, read a book, bring out the parachute or have a parade. *Don't forget your sunscreen, a drink and a snack.* If it is raining, we will not be playing. Call the Family Resource Network at 781-246-5187 if you are in doubt. Classes held at Steele Park in Stoneham are in collaboration with Stoneham Recreation Department.

**** Heads up: Messy Art will be happening at the Mapleway Playground in Wakefield, dress accordingly.**

Monday, July 9**	Mapleway Playground, Greenwood Avenue to Maple Way, Wakefield
Tuesday, July 10	Steele Park (behind Stoneham Town Hall), Pine Street, Stoneham
Wednesday, July 11	Steele Park (behind Stoneham Town Hall), Pine Street, Stoneham
Monday, July 16**	Mapleway Playground, Greenwood Avenue to Maple Way, Wakefield
Tuesday, July 17	Steele Park (behind Stoneham Town Hall), Pine Street, Stoneham
Thursday, July 19	Ginn Field, 35 Waterfield Road, Winchester
Monday, July 23**	Mapleway Playground, Greenwood Avenue to Maple Way, Wakefield
Tuesday, July 24	Steele Park (behind Stoneham Town Hall), Pine Street, Stoneham
Wednesday, July 25	Ginn Field, 35 Waterfield Road, Winchester
Thursday, July 26	Ginn Field, 35 Waterfield Road, Winchester
Monday, July 30**	Mapleway Playground, Greenwood Avenue to Maple Way, Wakefield
Tuesday, July 31	Steele Park (behind Stoneham Town Hall), Pine Street, Stoneham
Thursday, August 2	Ginn Field, 35 Waterfield Road, Winchester
Monday, August 6**	Mapleway Playground, Greenwood Avenue to Maple Way, Wakefield
Tuesday, August 7	Steele Park (behind Stoneham Town Hall), Pine Street, Stoneham
Wednesday, August 8	Ginn Field, 35 Waterfield Road, Winchester
Monday, August 13**	Mapleway Playground, Greenwood Avenue to Maple Way, Wakefield
Tuesday, August 14	Steele Park (behind Stoneham Town Hall), Pine Street, Stoneham
Thursday, August 16	Ginn Field, 35 Waterfield Road, Winchester

Arte al Parque – Bilingual Messy Art

Time: 10:00 am – 11:00 am

Drop-In. Please sign in upon arrival.

Fridays, July 13, 20, & 27 Location: Mi Pequena Academia Playground, 846 Main Street, Melrose

Arte al parque is coming back this summer! Join Carmenza and Alejandra, co-founders and teachers, in some fun and messy outdoor art. This promises to be a unique experience for children and their caregivers, as you will learn useful Spanish vocabulary while engaging the senses in all the great activities. Wear old clothes or bring a change of clothes as art projects could get really messy! Mi Pequeña Academia is a new Spanish immersion preschool in Melrose, committed to quality early childhood and bilingual education. www.mipequenacademia.com

Library Story Time Fun (Ages 2 – 4 years)

Time: 10:00 – 10:45 am

Drop-In. Please sign in upon arrival.

Come gather at the library to sing, do a craft, read a book, and maybe even bring out the parachute. Staff members from the Family Resource Network will lead us in 45 minutes of fun and learning on hot or rainy summer days.

Wednesdays, July 18, August 1 & 15 Flint Memorial Library, Activity Room, 147 Park Street, North Reading
Thursdays, July 12, August 9 Lynnfield Public Library, 18 Summer Street, Lynnfield

Melrose Recreation Dept. - Story Time & Parachutes

Registration required, call: 781-979-4179

Ages: 2–5 years old **Cost:** \$19 **Time:** 9:15 am – 10:00 am **Dates:** Wednesdays, July 11 – August 1
Location: Melrose Common Park (Laurel and Foster St.)

Lay your blanket down and join the Melrose Recreation Department as Kathy Harlow from the Family Resource Network reads books and sings songs. Kathy will share ideas of things to do with kids at home to reinforce the story and keep literacy a part of each day. After we read, all participants will have a chance to work off that energy by running underneath and all around our giant parachute.

Registration required online www.cityofmelrose.org or call the Melrose Recreation Dept. at 781-979-4179.

Family Evening Concert Events

Tuesday Tunes & Tales and Basket & Blanket Family Events

The Family Resource Network and the Melrose Public Library are collaborating to bring you a fantastic concert series. All shows are on Tuesday nights in Melrose, with entertainment beginning at 6 pm. Come at 5:30 pm; bring your picnic basket and a blanket and enjoy the show! **In case of rain**, the performance will be held at the First Congregational Church, 121 West Foster Street, Melrose. Food is not allowed in the church. Questions call 781-246-5187.

Outdoor concerts begin at 6:00 pm. Bring a blanket and picnic at 5:30 pm.

Beebe Estate concerts are funded by a generous donation from the Melrose Bank Foundation.

Tuesday, June 19

Roman Music Therapy

Registration is not required

Location: Melrose Public Library lawn, 69 West Emerson Street, Melrose

Come join us as we rock and bop and have some musical fun. Meredith Pizzi is a Board Certified Music Therapist from Roman Music Therapy Services, who will lead us in a fun and interactive music concert. We will sing, dance and move to the music to warm up the whole family. Bring your own maracas, shakers or drums, so you can join in the music making fun. Visit <http://romanmusictherapy.com>.

Tuesday, July 17

Alastair Moock

Registration is not required

Location: Melrose Public Library lawn, 69 West Emerson Street, Melrose

Alastair Moock is one Boston's premier folk artists. He turned his attention to family music after the birth of his twin daughters in 2006. Alastair makes real kids music that parents can actually enjoy. Moock and Friends' live shows are rowdy, rootsy, singin' and dancin' fun for the whole family! Visit <https://moockmusic.com/>.

Tuesday, July 24

Ben Rudnick & Friends

Registration is not required

Location: The Beebe Estate lawn, 235 W. Foster Street, Melrose

These concerts are community building events; the recordings bring families together. Ben Rudnick and Friends make people happy and that makes them happy. Ben Rudnick & Friends' adventurous acoustic music and lyrically humorous style have won them fans of all ages. Check out his website at www.benrudnick.com.

Tuesday, August 7

Matt Heaton and the Outside Toys

Registration is not required

Location: The Beebe Estate lawn, 235 W. Foster Street, Melrose

Matt's songs are a mix of rockabilly, surf, American roots, and Irish music, delivered with a wry sense of humor and a sincere sense of fun. Whether you call it children's music, family music, indie, or toddlerbilly, it's sure to please listeners of all ages. His website is <http://mattheatonmusic.com>.

Tuesday, August 14

Toe Jam Puppet Band

Registration is not required

Location: Melrose Public Library lawn, 69 West Emerson Street, Melrose

Toe Jam Puppet Band offers a special brand of hands-on children's entertainment that grown-ups can actually enjoy. The performances are very active, encouraging kids and parents to sing and dance along with the band as they entertain with a unique combination of original songs, masterful shadow puppetry, storytelling and just plain old good fun. Visit <http://www.toejampuppetband.com/>.

Tuesday, August 21

Big Joe the Storyteller

Registration is not required

Location: The Beebe Estate lawn, 235 W. Foster Street, Melrose

Big Joe has been delighting children and families for many years with his exciting storytelling show. With a huge box filled with puppets, props, and surprises, if you love stories, you will love the unique and wonderful experience of seeing Big Joe the Storyteller! Go to www.bigjoe.com.

Roger Tincknell Family Concert

Registration is not required

Wednesday, August 8

Time: 6:30 pm – 7:30 pm

Rain date: Thursday, August 9

Location: Winchester Common: Between Laraway Road, Church Street, and Waterfield Road

Roger Tincknell is a skilled musician whose concerts include a wide variety of guitar styles, as well as banjo, mandolin, bazouki, harmonica and piano playing. He has the ability to get children and adults singing, clapping, stomping, dancing and even yodeling along. For additional information go to <http://rogerincknell.com>. This program is a collaboration with Winchester Recreation Department and is funded by a grant from the Winchester Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council.



Fall Play and Learn Programs – Call 781-246-5187 to register

Pre-toddler Play Drop-In

Fridays, September 14 – October 26

Creepin' Crawlers: Ages 7-16 months, 10:30 – 11:15 a.m.

Wobblin' Walkers: Ages 17-23 months, 9:30 – 10:15 a.m.

You and your child will enjoy music, storytelling and developmental play activities. Learn about development, parenting strategies and related topics. Share experiences and information with other parents.

Location: Stoneham Boys & Girls Club, 15 Dale Court, Stoneham. Use door on right side of building. **Registration not required.**

Toddler Fun: Welcome to the Jungle (Ages 20 months – 4 years old)

Time: 9:30 – 10:15 am

Wednesdays, September 12 – October 17

Location: Hallmark Health Medical Center, 30 New Crossing Road, Reading.

This six-week jungle themed play and learn group is designed for parents or caregivers and children 20 months - 4 years old to enjoy interacting with peers while learning literacy skills, singing songs and participating in simple arts and crafts. Younger siblings, ages 8-19 months may attend and should be registered along with the older child. Siblings 0-7 months must be in a front pack. Suggested donation of \$50 per child, \$75 for two or more, is optional and tax deductible. **Registration required.**

Movin' & Groovin' (2 – 4 years old)

Time: 9:30 – 10:15 am

Thursdays, September 13 – October 18

Location: Stoneham Boys & Girls Club, 15 Dale Court, Stoneham.

Join us for 45 minutes of stretching, shaking, and singing. This six-week group will get your heart pumping while building healthy bodies and brains. Suggested donation of \$50 per child, \$75 for two or more, is optional and tax deductible. **Registration required.**

Alphabet Soup (Ages 2 ½ - 4 yrs.)`

Time: 9:30 - 10:15 am

Tuesdays, September 11 – October 16

Location: Franklin Early Childhood Center, 16 Franklin Street, Melrose.

Alphabet Souper Sibs (Ages 2 - 4 yrs.)

* Younger siblings 8 – 30 months welcome*

Time: 10:30 - 11:15 am

Wednesdays, September 12 – October 17

Location: Hallmark Health Medical Center, 30 New Crossing Road, Reading.

The six-week ABC groups are designed for parents or caregivers and their 2 1/2 - 4 year old. The group will use reading, singing, crafts and play to learn the alphabet while developing pre-reading skills. Younger siblings, ages 8-30 months, may attend the Alphabet Souper Sibs group and should be registered along with the older child. Siblings 0-7 months must be in a front pack. Suggested donation of \$50 per child, \$75 for two or more (over 1 year) is optional and tax deductible.

Registration required.

STEAM and Stories (2 ½ - 4 years old)

Time: 10:30 – 11:15 am

Tuesdays, September 11 – October 16

Location: Franklin Early Childhood Center, 16 Franklin Street, Melrose.

Young children are natural born scientists, engineers, artists and mathematicians! Join us as we explore the world through Science, Technology, Engineering, Art and Math. This six-week play and learn group is designed for parents or caregivers with children 2 ½ - 4 years old. Children will explore STEAM through stories and fun hands-on activities, where they will create, invent, reason and problem solve. Siblings 0-7 months may attend along with an older sibling, but must be in a front pack. Suggested donation of \$50 per child, \$75 for two or more, is optional and tax deductible.

Registration required.

Fitness, Food and Friends

(2-4 years, siblings welcome)

Time: 10:30 – 11:15 am

Thursdays, September 13 – October 18

Location: Stoneham Boys & Girls Club, 15 Dale Court, Stoneham. Use last door on the right side of the building.

In this class, children and their caregivers will learn about healthy eating habits and fun physical activities to do with your toddler that encourage a healthy lifestyle. We will be making and eating a snack with each class. Please let us know of any food allergies when you register. Suggested donation of \$50 per child, \$75 for two or more, is optional and tax deductible. **Registration required.**

Library Storytime Fun Drop-In (2-4 years, siblings welcome)

Time: 10:00 am - 10:45 am for both Lynnfield and North Reading locations.

North Reading location: Flint Memorial Library, Activity Room, 147 Park Street, North Reading.

Wednesdays, Sept. 5, 19 and Oct. 3, 17

Lynnfield location: Lynnfield Public Library, 18 Summer Street, Lynnfield.

Thursdays, Sept. 13 and Oct. 11

Join staff members from the Family Resource Network for 45 minutes of fun and learning. We will gather to sing, do a craft, read a book, and maybe even bring out the parachute. **Registration is not required.**

Nature Explorers Drop-In (Ages 2 – 5 years)

Fridays, September 28 and October 19

Meet us at 10:00 am at the Lake Avenue Parking Lot (Woburn side), Horn Pond, Winchester. **Registration is not required.**

Look for the Family Resource Network banner. As winter leaves and spring begins, we will take opportunities to be outdoors and explore the changes in the seasons. We will bring our magnifying glasses, a story, and some songs. Come explore with us, enjoy the fresh air, build our brains and exercise our bodies. Put your sneakers on, bring a drink and sunscreen. If it is raining, please call 781-246-5187 to make sure we will be meeting.

Family Fun Activities

Summer & Fall StoryWalks®

These self-guided walks begin at Greenwood Park, in Stoneham (across from the Stone Zoo), and will continue along the Crystal Springs Trail in an easy, 1/3-mile loop from dawn to dusk. Laminated pages of the book will be displayed along the trail which will foster your child's connection with nature as well as their literacy skills. What a great way to combine literature, exercise, and family fun! Be sure to sign in at the Kiosk near the parking lot.

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library. This is brought to you through a collaboration of the North Suburban Child and Family Resource Network, Massachusetts Department of Conservation and Recreation, Medford Family Network, Malden CFCE, The Friends of the Fells, and Mass in Motion.

Summer StoryWalk®

One Small Place in a Tree by Barbara Brenner

Saturday, July 21 – Sunday, August 5

Deep in the forest . . . A bear sharpens her claws on a tree trunk. The scratched bark chips; a tiny hole forms. Timber beetles tunnel inside. The hole grows bigger and bigger. In lyrical prose, Barbara Brenner reveals the fascinating happenings in one small place. She explains how, over many years, the rough hole transforms into a cozy hollow -- home to salamanders, tree frogs, a family of white-footed mice. Tom Leonard's absorbing illustrations take you beneath the bark to a hidden world. His warm, lifelike depictions of squirrels and bluebirds, snakes and spiders show the splendor that dwells in the most unexpected places. If you look closely enough, you will surely find . . . one small place that is home for something.

Fall StoryWalk®

Countdown to Fall by Fran Hawk

Saturday, Oct. 6 – Sunday, Oct. 21

Count backwards from 10 to one during one of the most colorful times of year, fall. Learn about the bright, colorful leaves and the trees from which they fall: aspen, birch, maple, oak, chestnut, linden, pine, beech, dogwood, and sweet gum. Watch the animals frolicking in the crisp, autumn air as they get ready for the approaching cold winter.



Brain Building in Progress

10 Ideas to Get You and Your Child Exploring Outdoors

(by Donna Satterlee from NAEYC.org)

1. Go for a nature scavenger hunt.

Find something that: is a certain color; is dry, wet, shiny, or pretty; is tiny or huge; the wind blows; crawls; has no legs, four legs, or six legs or make up your own ideas!

2. Put a twist on your scavenger hunt: Find three flowers that are different. Smell the flowers. Close your eyes and see if you can identify the flowers by smell. Find a fuzzy leaf. Find a leaf that releases an aroma when crushed, such as sage.

3. Observe and sketch.

Examine items carefully and draw what you see. For example, find flowers of different colors and point out the petals and other parts. Or find a variety of leaves and observe the different shapes, colors, textures, and veins. You and your child can imagine you are scientists, observing and documenting what you see.

4. Follow an ant trail.

Look up and look down, look all around, and feel free to crawl on the ground. Place a small piece of food nearby and watch what happens.

5. Observe a tree throughout the seasons.

Watch for leaf and flower buds bursting in the spring, insects buzzing in the summer, and leaves changing colors in the fall. During all seasons, watch for visitors to the tree — birds and small animals looking for food or a resting place.

6. Find nature in surprising places.

Look for places to explore near where you live. Nature can hide in the cracks of a sidewalk, under the stairs, in abandoned lots, or on the edges of manicured lawns.

7. Press flowers and leaves.

Find flowers and let them dry, pressed between the pages of a heavy book. Once they are dry, use them to make crafts. For example, put clear contact paper over the flowers to make a placemat.

8. Explore holes and mud.

In an out-of-the-way corner, dig a hole and pour water in it to see what happens. Ask your child where she thinks the water goes. Play with the mud, squish it between your toes, and jump over or in the hole.

9. Explore seeds.

Find some weeds! How are their seeds dispersed? Do the seeds cling to your clothes, are they carried by the wind, or are they flung when the seedpods are touched?

10. Collect conservatively.

Discuss collecting with your child. If the ground is carpeted with acorns or flowers, it's probably okay to take one unless it's on a refuge where collecting is prohibited. Keep fireflies in a jar and release them the next morning. Transfer fish, turtles, or frogs to an aquarium for a night.

Mud: Explore and Learn (adapted from NAEYC.org)

June 29th is International Mud Day but you can play and learn with mud all year long! Here are 3 fun ways to celebrate:

Mud play: Offer shovels, buckets, plastic animals and figures and water. Ask: what would happen if you dig a deep hole and fill it with water? A shallow hole? Let your child explore and see what they discover.

Mud paint: Fill a cup with dirt and water and mix to create mud paint. Use sticks or paintbrushes to paint on paper or the sidewalk. Construct mud objects: Shape mud pies or sculptures. Children can decorate with pebbles or other found objects, if they like. Ask: What would happen if you add more water? More dirt? Leave it to dry in the sun?

Mud books: Read books about mud! Try: Pigs in the Mud in the Middle of the Rud by: Lynn Plourde; Mud Pies and Other Recipes by: Marjorie Winslow; Stuck in the Mud by: Shana Corey; Harry the Dirty Dog by: Gene Zion

Parent / Caregiver Education & Support

Preparing Your Child for Preschool

Tuesday, October 23, 7 pm – 9 pm

Perkins Hall, Melrose Wakefield Hospital, 585 Lebanon Street, Melrose

Registration required 781-246-5187

If your child will be entering preschool in the fall of 2019, registration for programs begins in early 2019. Choosing a preschool program can be almost as frightening as choosing a college these days! Even the "language" can be confusing...preschools, day schools, child care programs, Montessori, public preschool... what are they all and where do we possibly start? This workshop will teach you some of the things preschool directors and teachers want parents to know to help prepare their child for a successful transition into preschool. You will learn what to look for and questions to ask. After the presentation, we will have a panel discussion focusing on the overwhelming task of finding the perfect placement for your child. Come meet and talk to parents and administrators from a variety of child care programs to learn about these and other choices! Facilitator, Patti Kheboian, has over 25 years of experience teaching, consulting, and working with families of young children.

Grandparents Raising

Grandchildren in Harmony:

The North Suburban Child & Family Resource Network offers a support and resource group for grandparents raising their grandchildren or other relatives raising a family member. The program meets twice a month from September through June. The program includes speakers and workshops as well as sessions to share our stories with other caregivers. For additional information, call the office at 781-246-5187 or confidentially e-mail Kathy at kharlow@hallmarkhealth.org.

Mothers Helping Mothers Clothing

Closet: If you are in need of a helping hand, call 781-338-7579 to make an appointment for the store. Free items available include books, infant and children's clothing (to size 16), and baby essentials such as swings, strollers, bouncy seats and pack 'n plays. If you have gently used items you would like to donate, call 781-338-7607. We appreciate your generosity, but please, no adult clothing (except maternity clothes), toys, cribs or car seats. Disposable diapers are always accepted, even opened packages of diapers.

Mobile Food Market: Held on the 2nd Saturday of each month at 1 pm at the North Suburban WIC Program, 239 Commercial Street, Malden. Pre-registration is required by calling 781-338-7568. Participants receive fresh produce, dairy products and other refrigerated food items. Please bring a grocery cart or reusable shopping bag to transport food home. Offered by North Suburban WIC Program/Hallmark Health, in partnership with the Greater Boston Food Bank. Parking with shuttle available from former Malden Hospital.

Childcare and Preschool

Information: <http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx>

The Massachusetts Dept. of Early Education and Care website allows parents and caregivers access to a listing by town of all licensed childcare providers and preschools. Our office has a checklist of what to look for when visiting the sites. A staff member will be happy to speak with you about any questions and concerns.

Ages and Stages Developmental

Screenings: As parents, we want to know that our child is on track developing and learning all that they can. Through the Department of Early Education and Care, we have received access to the Ages and Stages Developmental and Social Emotional Growth questionnaire. This screening tool is a great way to learn more about your child's development. Complete the questionnaire based on your child's age in the comfort of your own home, and then return it to the Family Resource Network. Once completed, you and a staff member can review the results and see what we can do together to help your child reach their full potential. If you have any questions, please call our office at 781-246-5187.

Local Community Fairs

Melrose Victorian Fair

Sunday, Sept. 9, 11:00 am – 4:00 pm

Location: Main Street, Melrose
 Something for everyone with over 200 booths filled with food, games and fun, rides for all ages, local entertainers, and artists.

Reading Fall Street Faire

Sunday, Sept. 9, 12:00 pm – 5:00 pm

Location: Main Street, Reading
 An annual community event brings together local restaurants, retail businesses and community groups for a fun-filled, family-friendly day.

Stoneham Town Day

Saturday, Sept. 15, 11:00 am – 4:00 pm

Location: Stoneham Town Common, Main Street, Stoneham
 Town Day showcases businesses, schools and non-profit organizations, local entertainers, a variety of area food retailers, and numerous fun activities.

Sixth Annual Melrose Swap Day

**Saturday, Sept. 29 from 8 am – Noon
 Melrose City Hall parking lot, 590 Main St.**

Swap Day is a community reuse event that provides an opportunity to save reusable items from the trash and give them a new life and a new home. You do not have to bring something to take something! All items not swapped will be donated to Big Brothers Big Sisters and other charitable organizations. All items dropped off at Swap Day will be inspected before they are eligible to be swapped. All items must be clean, gently used, working, complete, and able to be carried by one person.

Fall Bargains Galore

You do not want to miss these sales. Awesome deals on gently used children's clothing, toys and equipment.

Annual Fall Twins Sale! - Massachusetts Mothers of Twins Association –Founding Chapter

Saturday, October 13, 8:30 am – 12:30 pm CASH ONLY!

Time: Members/Prospective Members 8:00 am – 12:30 pm;

Open to the Public 8:30 am – 12:30 pm

**** New Location ** Sons of Italy Hall, 117 Swanton Street Winchester**

Parents of Multiples Double the Stuff Fall Sale - Date and location to be determined.

Go to www.nspom.org for more information.