



BEGINNING YEARS FAMILY NETWORK

13 Providence Rd
Sutton, MA 01590
508-865-5920



Serving the towns of Auburn, Blackstone, Douglas, Grafton, Mendon, Millbury, Millville, Sutton and Upton

Family Network Update

BYFN is happy to enclose the Fall 2010 schedule of events, which include parent/child Play & Learn groups at BYFN Family Center in Sutton and parent workshops at the YMCA, Boroughs Branch, 4 Valente Dr (across from Christmas Tree Shops, Route 20) in Westborough. Registration for BYFN programs will continue as a lottery registration policy. Any family who did not participate in a spring parent/child group will have first priority for a fall parent/child group and their registration form will be processed **before** the lottery (on a first come, first served basis) on Wednesday, September 8th. All other families who participated in a spring parent/child group will be entered into the lottery.

Lottery Registration Instructions

We are excited to offer two different ways to register this session! Please choose **ONE** of the following ways to register for fall:

- To register online *anytime* before midnight on September 7, please visit www.byfn.org and click on the "Fall Registration Here!" link. This will link you to an online version of our paper lottery registration form. Please fill this out completely and be sure to let us know if you would prefer an online version of our newsletters in the future. This will help us cut down on mailing costs and allow you to receive your newsletter earlier than if sent by mail!
- To register by mail, you will find an orange lottery registration form included in this newsletter. This form must be filled out completely and may be mailed to BYFN, 13 Providence Road, Sutton, MA 01590 OR dropped off at the same address (in box on resource table in middle room) between Monday, August 30 and Tuesday, Sept. 7 by 4:00 pm. Due to vacations, please do not drop off any forms before Monday, August 30. *All paper registration forms must be received no later than Tuesday, Sept. 7 at 4:00 pm to be entered into the lottery.*

The lottery will be held on Wed, Sept. 8th at 9:00 am. Names will be drawn randomly and families will be entered into one parent/child group or placed on a waitlist. ****Families will receive a phone call only if their first program choice is closed or they are placed on a waitlist. A family will not receive a phone call if they were registered in their first program choice.****

Please call BYFN with any questions or concerns at 508-865-5920.

Thank you to all families and community agencies for your support of BYFN. A special thank you to all who donate snacks and supplies to the Family Center.

Enjoy this beautiful change of season with your children!

Fall 2010

Next Council Meeting

Friday, October 1

9:30 am

Join us for an update on BYFN grant and discussion on volunteer opportunities

Coffee and snacks

RSVP 508-865-5920

Childcare is available
All are welcome!

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Beginning Years Family Network is funded by the MA Department of Early Education & Care and administered by the YMCA of Central MA, Boroughs Branch. All of the programs are free of charge with childcare offered for most parent workshops.

FALL 2010 PLAY & LEARN GROUPS

Groups held at BYFN, 13 Providence Rd, Sutton, MA:

Play & Learn Groups provide the opportunity for parents and children to interact with each other in a safe, developmentally appropriate environment. Children learn to play, share, develop listening skills, communicate and build social skills. Early literacy is supported through story and circle time. Parents/caregivers are able to share ideas, develop relationships and expand their support system. A lending library and resources are available at BYFN.

Please register online at www.byfn.org or complete the enclosed lottery form to register for ONE session

Session I: September 13, 2010 -
October 29, 2010
No groups Mon, 10/11

Session II: November 1, 2010 -
December 17, 2010
No groups Thurs, 11/25 or Fri, 11/26

Tuesday, Thursday & Friday at 9:15–10:30, Play & Learn Groups, all ages
Free play, stories, songs, snack and movement activities. Craft to be determined by group.

Monday, Thursday & Friday at 10:45–12:00, Play & Learn Groups, all ages

Wednesday at 10:15-11:30, “Early Explorers” Group, for first time parents with children, ages infant up to 18 months Free play, stories, songs, snack and movement activities.

Tuesday at 1:00–2:15 Play & Learn Group for children over age 2

Afternoon Free Play: Monday and Thursday at 2:00–4:00 pm – Come meet other families to socialize and play. No facilitator at this time—parents are responsible for clean up please.

No registration required.

September – December Groups:

Tuesday at 10:45–12:00, Personal Safety Group for children over age 3, 9/21-11/23
Children learn basic skills to keep them safe from dangerous or abusive situations. A safety lesson is presented each week (10 week program) on topics such as traffic, fire, guns, strangers and touching. Younger siblings will play in playroom with parents.

Monday at 6:30-8:00 pm, Dads (male caregivers) Pizza & Play for ages 1–5 years
Group meets on 9/20, 10/4, 10/18, 11/1, 11/15, 11/29
Dads/male caregivers enjoy playtime, pizza and story time with their children.

Programs Held at Millbury Public Library, 128 Elm St, Millbury, MA:

Tots and Tunes with Apple Tree Arts— (Fridays, 10:15 or 11:15. Session I: 9/17–10/22, Session II: 11/5–12/10): Come join “Miss Ingrid” from Apple Tree Arts for a joyful music and movement experience for parents with young children. Explore traditional folk songs, dances and musical instruments.

FALL 2010 PARENT WORKSHOPS

PLEASE NOTE ALL WORKSHOPS WILL BE HELD AT THE YMCA, Boroughs Branch

Located at 4 Valente Dr, Westborough, MA (across from Christmas Tree Shops on Route 20)

Limited childcare is available for most workshops.

Registration for childcare is required by calling 508-865-5920.

Nurturing the Young, Restless, Bold and Beautiful—Tuesday, Sep 21, 6:30—8:00

Jeanine Fitzgerald, Behavior Institute, author of "THE DANCE OF INTERACTION"

A basic need for survival and healthy development is to be loved and to love unconditionally. And while most children are "being" loved, they may not be "feeling" loved. It is the responsibility of adults to become "multilingual" in the languages of love.

Talking Time Outs: If, When, Why and How to Give Time Outs-Thursday, Sep 30, 6:30—8:00

Jill Vetstein, Developmental Specialist

This workshop will explore the pros and cons to giving time outs and look at alternative approaches. Parents/caregivers will learn how to give a time out effectively and teach children how to calm down and reorganize.

Smooth Transitions-Thursday, Oct 14, 6:30—8:00

Jill Vetstein, Developmental Specialist

Do you have a child who is going to preschool for the first time, transitioning to a new school, changing from crib to bed, moving into a new home or going to be a big brother or sister? This workshop will explore concrete tactics to help make big and small changes a smoother transition for children.

Behavior FUNdamentals—Tuesday, Oct 19, 6:30—8:00

Jeanine Fitzgerald, Behavior Institute, author of "THE DANCE OF INTERACTION"

A child's behavior is not the problem, nor is the child. Behavior is a symptom of a problem and a form of communication. This session will examine the principles that govern behaviors and strategies of positive guidance from prevention through crisis intervention. It covers the most effective approaches toward developing self-discipline.

Toddler and Preschool Talk—Thursday, Nov 4, 6:30—8:00

Jill Vetstein, Developmental Specialist

Do you have a child who is getting frustrated because they don't have the words to tell you their wants and needs? This workshop will look at typical language development from birth to age 4 with tips to differentiate between age appropriate language errors and problematic errors.

Sibling Rivalry-You Love Him More—Tuesday, Nov 16, 6:30—8:00

Jeanine Fitzgerald, Behavior Institute, author of "THE DANCE OF INTERACTION"

Siblings can be friends, companions, playmates and rivals. It is an ambivalent relationship of love and dislike. They can influence each other's development in positive ways or experience a sense of distress and competition. How parents relate to each child influences the interactions among siblings. This session explores issues related to perceived favoritism, adjustments to new siblings, as well as proven strategies to minimize and address rivalries when they surface. After all, sibling rivalry is a natural part of growing up in a family with more than one child.

The Real "Toy Story"—A parents guide to making good toy choices—Thursday, Dec 2, 6:30—8:00

Diane E. Levin, Ph.D., Child Development, Founder of Teachers Resisting Unhealthy Children's Entertainment (TRUCE)

The toy choices parents make can have a big impact on their children's play, development, and learning. This presentation will look at why play is important and how toys influence play. It will help parents choose toys that promote constructive play and match their children's interests and development. It will also provide suggestions about how to resist the commercial pressure while keeping peace in the family.

BEGINNING YEARS FAMILY NETWORK



Business Address:
YMCA
766 Main Street
Worcester, MA 01610

A network of activities, support, education
and community resources for families with
children prenatal through school age.

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If you would prefer to receive an email version of the BYFN newsletter in the future, please indicate this on your lottery registration form (online or paper).

Did you already sign up to receive an email version of our newsletter?
Please check your inbox if you have not yet received it! Once we know that you are receiving your newsletters via email, your name will be removed from the hard copy mailing list.

If you signed up to receive an email version, and have not received one (please check your junk email!), call us at 508-865-5920 or email hmasera@byfn.org to let us know.