



BEGINNING YEARS FAMILY NETWORK

13 Providence Rd, Sutton, MA 01590

508-865-5920

www.byfn.org

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

Family Network Update

BYFN is happy to enclose the Winter 2012 schedule of events, which include parent/child Play & Learn groups at BYFN Family Center in Sutton, music groups at Millbury Library 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. Any family who did not participate in a Fall Session II parent/child group will have first priority for a Winter parent/child group and their registration form will be processed **before** the lottery (on a first come, first served basis) on Thursday, January 5th. All other families who participated in a Fall Session II parent/child group will be entered into the lottery.

Lottery Registration Instructions

There are two different ways to register for Winter programs. Please choose **ONE** of the following ways to register:

- To register online before 8:00 am on Thursday, January 5th, please visit www.byfn.org and click on the "Winter Registration Here!" link. This will link you to an online version of our paper lottery registration form. Please complete this form and let us know if you would prefer to receive 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 a blue 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 Tuesday, January 3rd and Wednesday, January 4th by 4:00 pm. **All paper registration forms must be received no later than Wednesday, January 4th at 4:00 pm to be entered into the lottery.**

Winter 2012

Next Council Meeting

Date to be announced in the Spring newsletter and at the BYFN Family Center.

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The lottery will be held on Thursday, January 5th 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 the winter with your children!



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 parent workshops.



WINTER 2012 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: Monday, January 9 -
Friday, February 17, 2012
No groups on Mon. 1/16

Session II: Tuesday, February 21 -
Friday, March 30, 2012
No groups on Mon. 2/20

Mon, Tues, Thurs & Fri at 9:15–10:30, Play & Learn Groups, all ages

Mon, Tues, & Thurs at 10:45–12:00, Play & Learn Groups, all ages

Free play, stories, songs, snack and movement activities. Craft to be determined by group.

Wednesday at 9:15–10:30, “Parent Chat”, a parent discussion/support group to discuss parenting topics chosen by the group while enjoying coffee and snack together. Children will attend playgroup in playroom with childcare providers.

Wednesday at 10:45-12:00, Toddler Group, for parents with children, ages “crawlers” up to 2 years, with free play, stories, songs, snack and movement activities.

Afternoon Free Play: Tuesday and Thursday at 1:00–3:30 pm beginning Tuesday, Jan 10th
Come meet other families to socialize and play. No facilitator at this time—parents are responsible for clean up please. No registration required.

January – March Groups:

Monday at 6:30-8:00 pm, Dads (male caregivers) Pizza & Play for ages 1–5 years

Group meets on 1/9, 1/23, 2/6, 2/27, 3/12, 3/26

Dads/male caregivers enjoy playtime, pizza (cost is shared by group members) 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: 1/13–2/10, Session II: 3/2–3/30: 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.

WINTER 2012 PARENT WORKSHOPS

PLEASE NOTE THE FIRST THREE WORKSHOPS WILL BE HELD AT THE YMCA, Boroughs Branch
Located at 4 Valente Dr, Westborough, MA (across from Christmas Tree Shops on Route 20)

Childcare is available for the first three workshops.

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

Exploring Positive Guidance on Thursday, January 26 at 6:30—8:00 at the YMCA in Westborough
Jeanine Fitzgerald, Behavior Institute, author of "The Dance of Interaction"

Positive guidance is a child-centered approach to discipline that focuses on helping children learn responsibility instead of using traditional methods of reward and punishment that lead to a sense of entitlement and insatiability. Together, we will explore a comprehensive set of strategies, from prevention to intervention, so we feel empowered to solve the behavioral challenges that puzzle or frustrate parents and professionals alike.

Calming the Storm on Thursday, February 9 at 6:30—8:00 at the YMCA in Westborough
Jeanine Fitzgerald, Behavior Institute, author of "The Dance of Interaction"

Should we suppress and deny the strong emotions of children or should we encourage expression? Are strong emotions a sign of underlying disturbances? Why are so many young children angry? Since anger is often expressed through biting, tantrums or physical outbursts, this session will help us decipher this emotion so we can act as an emotions coach for our children.

Freeing Children from Fear on Thursday, March 22 at 6:30—8:00 at the YMCA in Westborough
Jeanine Fitzgerald, Behavior Institute, author of "The Dance of Interaction"

Bullying behaviors are at epidemic proportions. Over 160,000 children miss attending school every day due to fear of attack or intimidation by a peer. This pattern of teasing, name-calling, harassment, hurt and violence begins in the preschool years. You can do something about it. In this workshop you will recognize the many forms this abuse can take, discover how to identify and empower children who are victims, combat common myths and know when and how to step in to protect children from each other.

PLEASE NOTE: THE WORKSHOP BELOW WILL BE HELD AT THE SHREWSBURY LIBRARY

Help Me Get Ready to Read on Tuesday, March 20 at 6:30— 8:30 at the Shrewsbury Public Library, 609 Main Street, Shrewsbury

Susan Marx and Barbara Kasok, authors of "Help Me Get Ready to Read: The Practical Guide for Reading Aloud to Children During their First Five Years"

*** No childcare available for this workshop**

This hands-on workshop is geared for parents, grandparents, daycare providers, preschool staff, early childhood professionals literacy volunteers and librarians. It will provide:

- reading strategies to introduce the early literacy concepts and skills that young children need to know to be ready to learn to read when entering kindergarten
- criteria for choosing children's books
- suggestions of good books to read aloud to infants, toddlers and preschoolers
- research on the importance of early literacy concepts and skills
- positive parenting strategies to foster young children's feelings of competence and confidence so they are ready to take the risk involved in learning how to read

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 to age 8.

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BYFN Program Cancellation Policy due to inclement weather:

BYFN programs will be cancelled if the public school is closed in the town where the program is held. For example, if Sutton schools are closed there would be no playgroups at the BYFN Family Center in Sutton. If school is cancelled in Millbury on a Friday, there would be no Tots and Tunes. School cancellations are announced on the radio, WSR96.1, WTAG 580 AM and on TV stations 4, 5 and 7. Sutton school closing is posted on their web site, sutton-schools.net, or call 508-581-1600 X7669. There will also be an announcement of group cancellations on the BYFN phone line at 508-865-5920.

SCHOOL DELAY: If there is any school delay, all 9:15 AM groups will be cancelled but the later groups will be held.

EVENING PROGRAMS: Families who have registered for an evening program will be called if the program is cancelled.