



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 Winter 2011 schedule of events, which include parent/child Play & Learn groups at BYFN Family Center in Sutton and parent workshops (at either the YMCA, Boroughs Branch, 4 Valente Dr, Westborough—across from Christmas Tree Shops, Route 20 OR the BYFN Family Center). Registration for BYFN programs will continue as a lottery registration policy. Any family who did not participate in a fall 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 Wednesday, January 5th. All other families who participated in a fall parent/child group will be entered into the lottery.

Lottery Registration Instructions

Please choose **ONE** of the following ways to register for our winter session:

- To register online *anytime* before midnight on January 4, please visit www.byfn.org and click on the “Winter Registration Here!” link. This will link you to an online version of our 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! When registering online, you will receive an email confirming your registration-*please note: this is NOT a confirmation that you have received your first choice of groups.*
- To register by mail, you will find a yellow 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, January 3 and Tuesday, January 4 by 4:00 pm. Due to vacations, please do not drop off any forms before Monday, January 3. *All paper registration forms must be received no later than Tuesday, January 4 at 4:00 pm to be entered into the lottery.*

The lottery will be held on Wed, 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.

Happy holidays with a wish for good health and peace in the New Year!

Winter 2011

Next Council Meeting

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

Please visit www.byfn.org and click on the “programs” link to join our council and attend future meetings.

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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.

Winter 2011 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, Jan. 10, 2011 -
Friday, Feb. 18, 2011
No groups Monday, 1/17**

**Session II: Tuesday, Feb. 22, 2011 -
Friday, April 1, 2011
No groups Monday, 2/21**

Monday, 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, Tuesday, 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

January–March Groups:

Monday at 6:30-8:00 pm, Dads (male caregivers) Pizza & Play for ages 1–5 years
Group meets on 1/10, 1/24, 2/7, 2/28, 3/14, 3/28
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: 1/14-2/11,
Session II: 3/4-4/1: 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.

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.

Winter 2011 PARENT WORKSHOPS

Limited childcare is available for most workshops.

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

PLEASE NOTE THE FOLLOWING WORKSHOP WILL BE HELD AT THE BYFN Family Center, 13 Providence Rd, Sutton, MA:

Signing as a First Language— Wednesday, January 26, 10:00—11:30 at BYFN

Sheryl White, Baby Signs Instructor

Learn “baby signs” with your child, infant through 18 months, to communicate, reduce frustration and deepen bonding. Child attends with parent/caregiver.

PLEASE NOTE THE FOLLOWING EVENING WORKSHOPS WILL BE HELD AT THE YMCA, Boroughs Branch (located at 4 Valente Dr, Westborough, MA):

Effective Discipline—Tuesday, January 18, 6:30—8:00 at YMCA

Dr. Glenn Kessler, Psychologist, Psychological Associates

This workshop will focus on setting limits around children’s behaviors along with the use of following through with consequences. Before the evening ends, everyone will walk away with ideas and practical suggestions for dealing with their child’s behaviors.

What Makes Your Child Tick? Understanding How Sensory Input Impacts Your Child’s Behaviors—Tuesday, February 1, 6:00—8:00 at YMCA (snow date of Tues. 2/22)

Julie Brown Dalbec, Pediatric Occupational Therapist, Licensed Herbalist & Accupuncturist

Do you have a child who has behaviors that puzzle you? This can include children who find themselves having a difficult time paying attention, are oversensitive to odors, textures, and criticism or are uncomfortable with certain movements while appearing clumsy. These children may have difficulty integrating the basic five senses and the three more complex systems. Come learn about Sensory Processing and experience first-hand how your body and your children’s bodies interpret the world around them!

Behavior Potpourri—Thursday, February 17, 6:30—8:00 at YMCA

Jeanine Fitzgerald, Behavior Institute, author of “THE DANCE OF INTERACTION”

In our parenting, we often run across snags that can put us into a state of disequilibrium. This session is about those questions you always wanted to ask so you can achieve your goals for yourself and your children. All parents have two goals in common: to do what is in the best interest of their child and to lead their child along the pathway to success.

Together, we will problem-solve solutions to your most pressing concerns.

**** Please submit questions for Jeanine to bgailor@byfn.org before the workshop****

Eating Healthy without Hassle—Tuesday, March 8, 6:30—8:00 at YMCA

Heather Masera, BYFN Presenter

Does your child refuse to eat many nutritious foods? Come learn and share ways to make meal time healthier and happier. Based on the books “The Sneaky Chef” and “Deceptively Delicious”, you will leave with strategies and recipes to try at home!

Toilet Learning—Tuesday, March 29, 6:30—8:00 at YMCA

Amy LeClaire, M.Ed.

Discussion on your child’s readiness for toilet learning with strategies for helping him/her.

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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BFYN Program Cancellation Policy due to inclement weather:

BYFN programs will be cancelled if 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, WSRS 96.1, WTAG 580 AM and on TV stations 4, 5 and 7. Sutton school closing is posted on their web site, suttonschools.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.