



Beginning Bridges CFCE

Working Together To Strengthen Families

9 N. Main St./Lower Left Office/ Uxbridge

Coordinated Family & Community Engagement (CFCE)
for Mendon, Northbridge, Upton & Uxbridge

WINTER 2023-24 • ISSUE 27

Laughing Leads to Learning

Laughter is a universal language that transcends cultures and brings people together. For children, laughter is more than just a fleeting moment of joy; it's a vital ingredient for healthy development. Embracing silliness and engaging in playful humor with children is not just about having fun; it's about fostering their emotional, social, and cognitive growth.

We intentionally incorporate silly, playful books and activities into all of our groups, not only because we know the nurturing value of play, but because it also brings joy to the time we spend together learning and building a community.

Looking forward to lots of laughter at upcoming Playgroups,

Emily Murray, CFCE Coordinator

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**UPCOMING PROGRAM &
WINTER 2023-24
PROGRAM REGISTRATION
INFORMATION**



**RESOURCES FOR
FAMILIES
AND COMMUNITY
PARTNERS**

Contact Us

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WEBSITE



The Coordinated Family & Community Engagement Grant (CFCE) is funded by the Department of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC) Childcare/Head Start



Please refrain from cell phone use at Playgroups

Children learn things like social cues, how to regulate emotions, and how to have conversations by watching and copying their parents. When children feel ignored, they often act out to get their parent's attention.

Psychologist Catherine Steiner-Adair, in her book, ***The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age***, writes that parents who ignore their children in favor of devices are telling them *“they don't matter, that they're children are not interesting to them, they're not as compelling as anybody, anything, any ping that may interrupt their time with them.”*



“Useful strategies to foster more intentionality in our cell phone practices are”:

- *Limit your use of your cell phone and devices to just 10 percent during the time you are with your child. You can dash off a quick text if it is important, but for the most part – put the phone away*
- *Keep bedrooms, mealtimes, and parent-child play times screen free for children and parents.*
- *Use phone apps to remind you when it's time to stop using the phone.*
- *Turn off the majority of your notifications.*
- *Delete or limit your social media apps.*
- *Stop using your phone as an alarm clock because it's too easy to get caught up in checking for updates from friends, scanning texts, and reading emails if you pick up the phone to turn off the alarm.*

Beauty, Nature and Wellness

The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction. – Rachel Carson, 1907-1964, American marine biologist, conservationist, writer

“When given the chance, children find abundant awe exploring the outdoors, pouring liquids and filling buckets of sand; collecting bugs, twigs, and leaves; climbing trees and digging holes; splashing water; and marveling at the rain and clouds. Our remarkably long childhood emerged in our evolution to allow for the exploration and play necessary for learning about the natural and social environments. Less controlled by the prefrontal cortex..., children's brains form more synaptic connections between neurons than adults' brains and are more oriented toward novel explanation and discovery.”

By harnessing the beauty found in nature and various forms, you can inspire a sense of wonder and awe in children, ultimately enhancing their well-being and strengthening their connection to the world that surrounds them.

Excerpt from ExchangeEveryDay

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Parent Child Playgroups

Winter 2023-24 Beginning Bridges CFCE Playgroup

Registration: open until 10 am on 12/12/23

Playgroups provide FUN, developmentally appropriate opportunities for children to learn through play.

Weekly groups take place at various locations and are created with different age children in mind, based on the location of the group. Use the sign up link to register. Please read each group description carefully and sign up for the group which is age appropriate for your child.

Please bring a snack and water each week!



[SIGN UP](#)



Music and Movement with Deb Hudgins

Monday 9:30-10:00 am

Upton Town Library.

Jan.8

Feb.5

March 4

April 8

May 6

June 3

Wednesdays 10:30 - 11:00am

Whitinsville Social Library

Dec. 20 April 17

Jan. 17 May 15

Feb. 14 June 12

March 13

Register online at the Library websites

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Beginning Bridges CFCE and
Taft Public Library invite you to:



Coffee and Conversations

Dates: **Wednesdays : 1/3, 2/7, 3/6, 4/3, 5/1 & 6/5/2024**

Time: **9:15 to 10:15 am**

Location: **Taft Public Library, 29 North Ave., Mendon**

Join us for an informal playtime where families will be able to build social connections, learn about early childhood development and family friendly resources.
Taft will supply Muffin House Muffins!



Please stay for the 10:30 am

Puppet Storytime

Join *Newton & Friends of Through Me to You Puppetry* for songs & stories. At the end of the 30-minute show, children can greet the puppets.

Geared for children 2 to 5 years,

Register at the link below:

<http://www.eventkeeper.com/mars/xpages/t/taft/ek.cfm>

Funded in part by a Coordinated Family & Community Engagement (CFCE) Grant through the MA Dept. of Early Education & Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC)



SIGN UP



**for children ages 2 to 5
...and their adults!**

A playtime full of tools and activities
to build fine motor skills.
Take home your own activity kit!

**Monday, January 8
10:30 AM to 12:00 PM**

Register at uptonlibrary.org



Registration opens 12/1/23

SIGN UP

Beginning Bridges CFCE

in partnership with

Upton Town Library

present:



Wednesday Playgroup at the Upton Community Center



Join us in a playful exploration of early childhood literature, sensory driven activities and art. Intentional play opportunities will nurture peer relationships and social emotional intelligence.

Created for children 2.9 to kindergarten entry

Wednesdays, January 17 to April 10, 2024
9:30 to 11:00AM

Register at this link:

<https://forms.gle/cpvx6AljF1L5nosU8>

Please bring your own snack and water each week.



Funded in part by a Coordinated Family & Community Engagement Grant (CFCE) through the MA Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC/Childcare-Head Start)



SIGN UP



Beginning Bridges CFCE

in partnership with

TAFT PUBLIC LIBRARY



Invite you to a 8-week playgroup:

Pete Palooza

The adventures of Pete the Cat will inspire sensory driven activities and simple, playful art.



Thursdays, 1/18 to 3/14/24

From 9 to 10:30 am

Created for pre-school children 2.9 - 5 years

at Taft Public Library, 29 North Ave. in Mendon

Registration opens 12/1/23, Register at:

<http://www.eventkeeper.com/mars/xpages/t/taft/ek.cfm>.

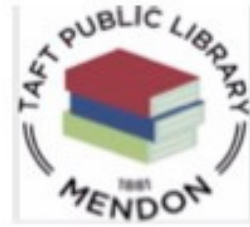
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SIGN UP



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Beginning Bridges CFCE & Taft Public Library

Time Outs or Time Ins? How to Manage Dysregulation

With Jill Vetstein

Designed for parents/caregivers of children ages 18 months - 5yrs old. Learn:



- How to meet your child's needs when they are dysregulated and not able to listen.
- Gain deeper understanding of how some approaches to time outs are problematic and how other approaches can be developmentally appropriate for your child's emotional health.

Jill Vetstein –
LISCW, MSW, CEIS,
Developmental Specialist,
Parent Educator, Certified
Early Intervention
Specialist, Blogger,
Professional Speaker and
Mother.

Tuesday, January 23, 2024

7:00 – 8:30 pm

***Via Zoom – link to be e-mailed upon
confirmation of registration***

To register contact Emily at 508-278-5110 or Emurray@smoc.org or click on
the following link:

<https://forms.gle/3zjDNzTcTUGCrhpg8>

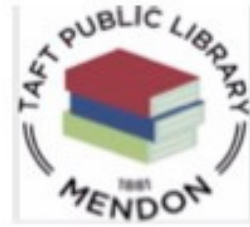
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Taming Potty Training

with Jill Vetstein

Designed for parents/caregivers of toddlers. **Learn:**



- The different approaches to potty training your child.
- About the different potty-training techniques.
- Uncover resources to help you with potty training approaches.
- To implement the basic steps for a successful “potty introduction”.

Jill Vetstein –
LISCW, MSW, CEIS,
Developmental Specialist,
Parent Educator, Certified
Early Intervention
Specialist, Blogger,
Professional Speaker and
Mother.

Thursday, March 7, 2024

7:00 – 8:30 pm

**Via Zoom – link to be e-mailed upon
confirmation of registration**

To register contact Emily at 508-278-5110 or Emurray@smoc.org or click on
the following link:

<https://forms.gle/asTx26wGQ4nsmL4R6>

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SIGN UP

Is Your Child Good to Grow?

As a parent you want to give your child the best start in life by making sure their development is on track.
Available for children 1 month to 60 months.

Fill out a FREE ASQ questionnaire online!
Or contact Emily at Emurray@smoc.org



[READ MORE](#)

MASS 211



In 2006 the Council of Massachusetts United Ways created Mass2-1-1, a statewide, FREE, CONFIDENTIAL and MULTILINGUAL information and referral hotline available 24/7, 365 days a year for the people of the Commonwealth.

Dial 2-1-1 or search online.

[READ MORE](#)

Blackstone Valley Resource App

Created by Northbridge Coalition & Blackstone Valley Connector (LSH)

Community Supports, Services, & Online Resources for the Blackstone Valley area (MA)



[GO TO APP](#)

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Helping Hands

Many families ask how can they help? Hence, we have created a list of items which we use in Playgroups for families to donate. Donations are OPTIONAL and very much appreciated! Typical items include:

- * Paper products – baby wipes, napkins, plates and paper towels
- * Art Supplies - ask facilitator
- * Extra Supplies – copier paper
- * Toys or books for the Playcenter- ask facilitator

Our Amazon wish list is linked below:

[DONATE](#)



Early Childhood Council

Do you have an interest in the well being of young children?
Do you work with young families?

Our Council brings the community together to share knowledge and resources, build expertise and work collaboratively to ensure that all young children in our communities have the care, support and opportunities necessary to grow, learn and succeed. Please join us!

We would love for new parents to join our organization!

Contact Emily at 508-278-5110

**FY24 Virtual Meeting Schedule: All on Thursdays at
1 pm via Microsoft Teams Virtual Meetings**

1/4/24, 3/7/24, 5/2/24



Have you seen our website?

[HTTP://BEGINNINGBRIDGESCFCE.WEEBLY.COM](http://beginningbridgescfce.weebly.com)

Feel free to share!

It is loaded with lots of information and community resources.

We have a directory of pre-recorded video stories, songs, fingerplays and art projects for you to use at home!

[GO TO WEBSITE](#)



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