



# Community Teamwork's

Coordinated Family & Community Engagement Program-CFCE

November & December 2019 Newsletter



## Coordinator's Corner

Holidays can be wonderful! Family and friends together creating new memories and reliving old ones. The downside is that they are also jam-packed with shopping, running around and overscheduling yourself and your family; all things that put a burden on everyone, but most of all you. You strive for perfection from yourself and your family and the result is a lot of stress caused by unrealistic expectations. Guess what? Perfection is a myth!

Some of our best holiday memories usually revolve around something that went wrong or was unexpected; like the year mom burnt the turkey or the one when the dog knocked the tree over. So relax, breathe and enjoy your family and friends!

Music is an excellent way to bond with your child(ren) and support language development and large motor skills. Children learn a great deal through singing and moving to songs, poems and finger plays. That's one of the reasons that the CFCE sponsors so many language and music events for families. You'll have fun while supporting learning.

Happy Holidays

*Gail & Debbie*

### Stay in touch with us:

**World Wide Web-** [www.commteam.org](http://www.commteam.org)

**Twitter-** @Comm\_Team

**Facebook-** Community Teamwork Inc

**Instagram-** communityteamwork

## Holiday Singalong

Join us at a singalong to favorite holiday songs with Steve Blunt! All ages are welcome.

Date: Wednesday, December 18th  
Time: 6:30 PM  
Location: Wilmington Memorial Library  
175 Middlesex Rd., Wilmington

## Gingerbread Festival

Meet us for our annual celebration with stories, songs, and crafts. Decorate a gingerbread cookie, too! Drop in for all ages. Registration NOT required.

Date: December 7th  
Time: 10:30 AM to Noon  
Location: Chelmsford Public Library  
McCarthy Reading Room

For more information: 978-256-5521

## Christmas Festival

The CFCE will be providing parent-child activities, crafts and parenting resources at this old-fashioned holiday event. There will be pictures with Santa, ornament making, cookies and hot chocolate. The evening will end with carol singing.

Date: Friday, December 13th  
Time: 7:00 PM  
Location: Old Yellow Meeting House  
(Christ Church United)  
10 Arlington St., Dracut MA

### **CFCE-Family Resource Network**

165 Merrimack Street - Lowell, MA 01852  
978-654-5673

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The CFCE is funded by a grant from the Massachusetts Department of Early Education and Care.

It is managed by Community Teamwork.





# Community Teamwork's



Coordinated Family & Community Engagement Program-CFCE

## Playgroups and Storytimes

### **Chelmsford Library Playspace**

...a drop-in playgroup for ages 2 to 3

The CFCE offers a purposeful playgroup at the Chelmsford Library. Each day will begin with a story. Imaginative play connected to the story will follow.

Day: Thursdays through Dec. 19th  
Time: 10-11:00 AM  
Location: Chelmsford Public Library  
25 Boston Road

The playgroup will end on 12/19 and will resume sometime in January. For the restart date, please call the CFCE in early January or checkout the library's webpage at <https://www.chelmsfordlibrary.org/>

### **\*Tyngsboro Family Playgroup**

...a drop-in playgroup for ages- 0 to 5

The Tyngsboro Family Playgroup is for children birth to age five. (\$2.00 donation is suggested to cover special events) The CFCE will be on location to offer STEM and literacy activities.

Day: 1st & 3rd Wednesday of every month  
Time: 9:00-10:30AM  
Location: Tyngsboro Recreation Center

### **Tewksbury Library—Story Time Stations**

...a drop-in playgroup for ages 2-3

At Story Time Stations, we will start each group with a story with playtime to follow. Please join us!

Day: 1st and 3rd Tuesday of the month  
Time: 11:00-12:00  
Location: Tewksbury Library  
300 Chandler Street  
Tewksbury

### **Dracut Community Playgroup**

All are welcome!

Dates: 2nd and 4th Tuesday  
Time: 9:30-11:00 AM  
Location: Christ Church United  
10 Arlington St- Dracut  
corner of routes 38 and 133

### **Billerica Library - Play and Learn:**

...a drop-in playgroup for ages 2-5

Meet us at playgroup! Children learn together and parents support one another.

Date: Nov.13th & Dec.11th  
Time: 9:30- 11:00  
Location: Billerica Library -15 Concord Rd

### **Tyngsborough - Tiny Tots Time**

Ages 0 to 3

Join Miss Debbie for some fun as she shares books, rhymes & songs!

Day: 1st and 3rd Wednesday of the month  
Time: 11:00—11:30 AM  
Location: Tyngsborough Library  
25 Bryant Lane, Tyngsborough

### **Wilmington Community Playgroup**

...a drop-in playgroup for ages 2 to 3

At the Wilmington Community Playgroup, we will begin with a story and then play together!

Date: 1st Monday of every month  
Time: 9:30-10:30 AM  
Location: Wilmington Library- 175 Middlesex Ave

### **Integrated Playgroups**

CTI's CFCE program partners with two local integrated playgroup programs in the Greater Lowell area. Please call to learn more.

On Monday & Friday at:	Weekly at:
Thom Anne	Project BEAM
Sullivan Center	35 River Street
126 Phoenix Avenue	Billerica, MA
Lowell, MA 01852	01821
# 978-453-8331	# 978-528-8596



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## Community Teamwork's

### Coordinated Family & Community Engagement- CFCE

*Enrichment, Training and Support for Families*



## Learning Through Enrichment

### Dads and Donuts in Chelmsford

Children ages 2 and up are invited to join in a story-time followed by a snack. This offering is for dads, but moms & guardians are always welcome.

Dates: 2nd Sat. each month

Nov. 9 and 12/14

Time: 10:30 AM

Location: Chelmsford Library  
25 Boston Road-Chelmsford

No Registration is required.

### Dads and Donuts Playgroup in Tyngsboro

For infants to 3 year olds and their Dad, grandparents, or other caregivers including moms! Drop in! Join us for free playtime, meet other parents and new friends, plus juice, goldfish and munchkins.

Date: 11/23 and 12/14

Time: 10:00—11:00 AM

Location: Tyngsborough Library  
25 Bryant Lane- Tyngsborough

Call the library (978) 649-7361 or the CFCE to learn more 978-654-5704

## **Family Resource Night with Taekwondo & Pizza**

The CFCE will be on hand sharing resources and info at the Old Yellow Meeting House in Dracut. Attendees will also have the opportunity to take part in a FREE Taekwondo class geared for adults and children.

Meet us at the Old Yellow Meeting House, learn more about us and have some family fun!

Class led by Grand Master Richard of Tiger An's Taekwondo.

Date: Friday, Nov.8th

Time: 7:00 PM

Location: Old Yellow Meeting House  
(Christ Church United)

10 Arlington St., Dracut MA

RSVP: admin@ccudracut.org or call the CFCE to learn more 978-654-5704

### **Community Events Notice**

\*\* CFCE staff work throughout the year to form collaborative partnerships with local programs and agencies. Our goal is to provide families with opportunities to learn, strengthen parenting skills, interact with each other and other families and find resources/support services. Some events we are able to financially sponsor because they promote our funder's goals. For non-CFCE sponsored events our partners have offered us space to promote our free services to those who may be unaware of what the CFCE has to offer.

## ***Ages & Stages Questionnaire (ASQ) Corner***

### **Parent-child activities**

Fall and winter activities to promote family time, child development and STEM

- ◆ Discuss what the animals are doing to prepare for the winter (cognitive)
- ◆ Bundle up the kids and go outside:
  - ◆ Catch snowflakes on your tongue. Discuss how no two are alike, just like people (cognitive, STEM, language).
  - ◆ Collect pine cones and make ornaments out of them (glue, glitter and string)
  - ◆ Make angels in the snow
  - ◆ Talk about how snowflakes are formed (STEM, language).
- ◆ Have a craft day and make gifts to give instead of spending money on them.
- ◆ Make a memory or create a new family tradition. Do something together that your children will remember and want to recreate when they get older.
- ◆ Sing and dance (promotes gross motor, memory, language skills)
- ◆ Share your religious beliefs.
- ◆ Make paper chains to decorate your house, tree, whatever you want-improves fine motor skills.

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### AGES & STAGES QUESTIONNAIRES (ASQ)

Do you have any thoughts or concerns that your child may be a little delayed in some areas of development? Is your child not progressing as quickly as his/her older siblings or other children around you? Let the ASQ help you.

What is ASQ? It is a simple, user-friendly, child development questionnaire that parents, caregivers and professionals can use with children ages 1 month to 5-1/2 years old. It can help you determine if your child is progressing at a typical rate, may need some support in areas or may require early intervention services. It can put your mind at ease if it shows that your child is developing typically and if not, it allows you to seek support as early as possible to minimize or alleviate the delay. The earlier the intervention, the better the possible outcome.

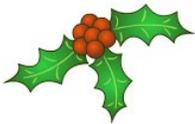
The Family Resource Network-CFCE can provide you with access to all the questionnaires, which can be done by you alone at your pace and in the comfort of your own home on our ASQ webpage. All information is confidential.

<https://www.asqonline.com/family/fb95f8>

If you have any questions or concerns, please do not hesitate to contact one of us.

Gail F. 978-654-5704 [gfortes@commteam.org](mailto:gfortes@commteam.org)

Debbie B. 978-654-5704 at one of the playgroups she facilitates



### Avoid Holiday Overspending

1. Know your budget. First calculate what you can afford to spend overall and then decide how you'll spend the money - not the other way around.
2. Attack your everyday expenses. Reduce them and free up money for gifts. Example: Make coffee at home, bring lunch.
3. Make a list of all gifts and their costs. And stick to it. If you overspend on one, you need to make up the difference on the next one.
4. Comparison shop.
5. Use coupons and take advantage of online sales that offer free shipping or other perks. Why shop in a crowded mall when you can have it delivered to your door.
6. Ask adult family and friends about doing a gift lottery or Yankee Swap.
7. Use homemade gift certificates for services or your time: Give free babysitting to a friend- Provide free rides to a neighbor or relative who doesn't drive- Offer free snow shoveling.
8. Don't forget the other 11 months. You should be setting aside money for bills after the holidays (rent, property taxes, utilities, etc.) not racking up holiday debt.

