



# Community Teamwork

Coordinated Family & Community Engagement Program-CFCE



OCTOBER 2020 NEWSLETTER

## Coordinator's Corner

In September we experienced some cooler days that reminded us that Autumn is here bringing with it all the changes and transitions this time of year presents.

Children and parents are dealing with the return to school/distance learning and our thoughts turn to the challenges and the not-so-distant holidays ahead of us. Emotional and financial stress begins to increase as our patience begins to wane. Before you go into crisis mode, take some time to be pro-active and find ways to reduce or eliminate potential stressors.

### Financial

- Use the services of a free virtual financial coach at the Financial Education Center (FEC 978-654-5673). Certified coaches can help you gain control of your finances, improve your credit score, balance your household budget, holiday spending tips and much more.
- Register for free virtual financial classes at FEC or another financial institution (your bank or credit union).

### Stress

- Physical activity reduces stress. Take a walk, work out, take the kids to a

park to collect pine cones for holiday craft activities.

- Search online yoga breathing exercises.
- Give your self a “time out” with friends.
- Talk to a mental health or medical professional.
- Think about possible small changes you and your family could make that would benefit all family members.
- SIMPLIFY things.
- Learn some organizing techniques.
- Enjoy some quality, fun family time with some of our CFCE and CFCE-sponsored virtual family activities and upcoming events.
- GET ENOUGH SLEEP.

Stay Safe and Sane,

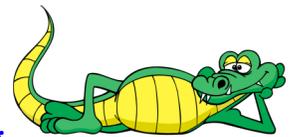
*Gail & Debbie*

### **Gail Fortes:**

CFCE Co-Coordinator  
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### **Deborah Berthiaume:**

CFCE Co-Coordinator  
[dberthiaume@commteam.org](mailto:dberthiaume@commteam.org)



### **Habla Espanol**

**Hola padres, Si desea más información sobre cualquiera de los programas que ofrecemos o necesitas servicio de apoyo o tienes algún problema con su hijo puedo ayudar a establecer una reunión y traducir para usted.**

### **Gladys Santiago**

CFCE Support Staff  
[gsantiago@commteam.org](mailto:gsantiago@commteam.org)



### **Stay in touch with us:**

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

**Twitter-** @Comm\_Team

**Facebook-** Community Teamwork Inc CFCE

**Instagram-** communityteamwork



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

It is managed by Community Teamwork.





## Community Teamwork—CFCE Program

### Playgroups, Storytimes & Learning Enrichment



### Playspace at Home for ages 2 & 3

Every Thursday

Register online beg. 2 weeks prior to the session you want

Join this virtual PlaySpace program to enjoy a story and then bring it to life with activities, crafts, and play! Registration is required and will open two weeks before the event. **You must register for each week you wish to attend! Please register each child who will need a kit.**

Kits with the week's activities will be available **one week** before our Zoom meeting. Each bag will contain items for 2 weeks of PlaySpace; we will use the same story 2 weeks in a row. Some activities will repeat, others will be different. Pick up inside at the Children's Desk or via curbside pickup.

The Zoom link for the meeting will be emailed to those registered about an hour before the event.

TO REGISTER: <https://www.chelmsfordlibrary.org/> and click on Events Calendar.

### Miss Debbie's Playgroups Every TUESDAY and THURSDAY 10-10:30 AM

Miss Debbie will host live playgroups on Zoom.

**TO REGISTER:** Email

[dberthiaume@commteam.org](mailto:dberthiaume@commteam.org) or

[gortes@commteam.org](mailto:gortes@commteam.org) to register and receive the link for all groups.

### Saturday Storytime on Facebook Live (toddlers & preschoolers)

10:00 – 10:30 AM

Join us on the Chelmsford Public Library Facebook page for a fun morning of stories, songs, and rhymes! The video will be available for a full day after the live broadcast.

Find us at <https://www.facebook.com/chelmsfordlibrary/>



### "Pajama Jam" with Bernadette (for toddlers and kids up to age 4)

A ZOOM Event

TUESDAY, OCTOBER 13 6:00—6:45 PM

Kids, join Bernadette Baird and gather around in pajamas and enjoy the music and fun. Children learn new songs and new ways to move to music and parents are encouraged to learn the songs, too. Enjoy the music and the children become relaxed and ready for bed!

Online, **required registration** starts Monday, September 28 at 9:00 a.m. All registrants will receive a zoom link prior to the event.

To Register: <https://billericalibrary.org/calendar/childrens-calendar/>



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Community Teamwork's  
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***Learning Through Enrichment***



**The CFCE Program and Billerica Public Library**

present

**Spooky, Kooky Halloween Show!** AND MINI-MAGIC LESSON

It's creepy, it's kooky, it's all together . . . HILARIOUS!

Join Nickelodeon™ Parents Picks award-winner Mike Bent for his Spooky Kooky Halloween Show! It's 45-minutes of non-stop magic, comedy, thrills and surprises that will tickle your funnybone and tingle your spine. You'll also learn how to perform some amazing magic tricks to trick and treat your friends!

**Online via ZOOM. October 27th at 6:30 PM.**

This program is for all ages. Required online registration starts Monday, October 5 at 9:00 a.m. Registrants will receive a zoom link prior to the program.

<https://billericalibrary.org/calendar/childrens-calendar/>

The CFCE and the Chelmsford Public Library present

**Get Some Sleep!**

for parents with children 4 months - 5 years

Wednesday, October 28th

7:00 PM

Do you have questions about how to help your baby, toddler or preschooler to sleep better? Joanie Olin, MSW and Certified Child Sleep Consultant will lead a virtual presentation followed by a Q & A session, offering tips and expertise on:

- science of sleep for children at different ages & stages
- typical awake time tolerance & sleep needed at different ages & stages
- identifying & understanding your child's "sleepy signs"
- setting up the best possible schedule that honors your child's circadian rhythm
- setting up your child for more restful, consolidated sleep both at night and during the day

Limited to 15. Event hadn't been posted as of this emailing.

To REGISTER: Contact the Chelmsford Public Library Events Calendar at

<https://chelmsfordlibrary.libcal.com/>



Community Teamwork's  
Coordinated Family & Community Engagement- CFCE  
Resources



## Literacy Time with Apples

### **Books**

[The Biggest Apple Ever](#) by Steve Kroll

[Apple Trouble](#) by Ragnhild Scamell

[How Do APPLES Grow](#) by Jill McDonald

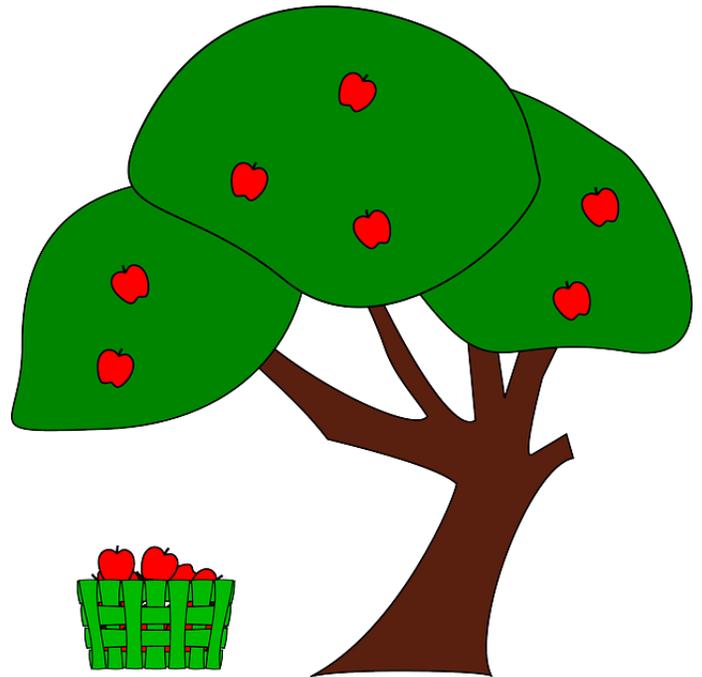
### **Activity**

[Letter Matching](#)

### **Music**

[Apple Song](#)

[Way up high in the apple tree](#)



## Agas & Stages Questionnaire (ASQ) Corner Parent-child activities

Our **CFCE Parent Bulletin Boards** (links in this newsletter) contain lots of ideas on how you can promote STEM learning at home. Check out our home curriculum pages; the basic component of every activity sheet starts with a children's book.

**Check the Board frequently because it is updated several times a week.**

## AGES & STAGES QUESTIONNAIRES (ASQ)

Do you have any thoughts or concerns that your child may be a little delayed in some areas of development? Let the ASQ help you. What is ASQ? It is a simple, user-friendly, child development questionnaire that parents can use with children ages 1 month to 5-1/2 years old. It helps you determine if your child is progressing at a typical rate, may need some support or may require early intervention services. The CFCE can provide you with online access to all the questionnaires, which can be completed by you .in the comfort of your own home. All information is confidential. Our ASQ page: <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) or Debbie B. [dberthiaume@commteam.org](mailto:dberthiaume@commteam.org)

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**SAFETY & MENTAL HEALTH RESOURCES**

**Mass 211** <https://mass211.org/>

Mass 211 is the centralized hub for comprehensive information and referrals to the complete spectrum of services in Massachusetts. Mass 211 can be contacted by dialing **211**.

**Call2Talk Program** [www.uwotc.org/Call2Talk](http://www.uwotc.org/Call2Talk); 508-532-CALL(2255) or dial 2-1-1

At Call2Talk someone is there to listen every day to people in need of emotional support. Calls are free and confidential.

**SUICIDE PREVENTION**

<https://www.mass.gov/suicide-prevention-program>

A National Suicide Prevention Lifeline Crisis Center 1-800-273-TALK (8255)

**Suicide Prevention Crisis Hotlines**

[Samaritans Statewide Hotline](#) Call or Text: 1-877-870-HOPE (4673)

[National Suicide Prevention Lifeline](#) 1-800-273-TALK (8255) Press # 1 if you are a Veteran

[The Trevor Helpline](#) 866-4-U-TREVOR (488-7386) Specifically for Lesbian, Gay, Bisexual and Transgender youth and young adults.

**DOMESTIC VIOLENCE**

Mass Coalition Against Sexual Assault And Domestic [https://janedoe.org/find\\_help/](https://janedoe.org/find_help/)

**Call SafeLink** 1-877-785-2020

<https://www.mass.gov/service-details/rape-crisis-centers>

SafeLink is the statewide domestic violence hotline to talk to someone and be connected with a local sexual assault or domestic violence program. SafeLink is free and confidential.

**Greater Lowell Area**

[Center for Hope and Healing](#) Hotline: (800) 542-5212 Office: (978) 452-7721

**Need something to keep your kids busy?**

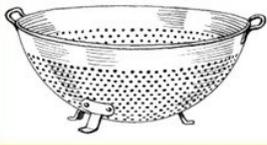
**Try using one of our Home Activity Pages.**

Each activity sheet is designed by our staff of early childhood specialists and is based on one or more popular children's books. Literacy development is one of the key goals of the CFCE. Each sheet contains activities and stories that help your child strengthen his/her skills in several areas of child development. This is accomplished by creating activities that reinforce learning through play, having fun and capturing a young child's interest. You may also have some fun along the way!

**<https://www.facebook.com/CTICFCE/>**

**Check out our Padlet Parent Boards**—see page 2 of newsletter

## Toddler & Preschool Activities to help you get through the day!



### Pipe cleaners and a colander

Weaving is fun for kids of any age. Pipe cleaners are easier to thread than string or yarn, and a colander gives them a 3-D surface to weave in and out of.



### Pouring practice

Pouring is great fun for teaching independent life skills.

Give your kids a small pitcher and cup (the fancier, the better). Fill the pitcher about half full with water and let them pour and drink (set them up on a tray and give them a sponge to wipe-up spills). If you don't want to use water you can also use rice or beans to pour back and forth.



### Hammer golf tees

What are they hammering?

You can hammer soft things like clay, play dough, floral foam or a box with holes already punched. Hammering with a real hammer can be a challenge for toddlers, but you can set them up with a toy hammer and some golf tees and they can go to town and work on small motor skills they need to master.



### Hot Wheels Painting

All you need is some toy cars and trucks (the more different the wheels, the better), paint and paper. Put the paper in a box or tray. Drive the cars through the paint on the paper to make all kinds of tracks.



### Color a Box

Toddlers love to color. Find a box big enough for your child to sit in with room to spare. Give them crayons and markers and let them color!

