



# Family Resource Network



NOVEMBER 2020 NEWSLETTER

## Coordinator's Corner

We hope you had a safe and Happy Halloween as all of us begin to look forward to the Nov./Dec. holiday season.

Celebrations will look very different this year due to COVID-19 health and safety guidelines, but that doesn't mean we have to miss out on the idea behind the Thanksgiving celebration.

### Here are some things to try.

1. **Host a Virtual Thanksgiving.**  
See the next page for dinner ideas.
2. Host a **Virtual Thanksgiving Field Trip**  
Scholastic's [First Thanksgiving Virtual Tour](#) is an educational, virtual Thanksgiving idea that could be interesting for the whole family to check out. If your kids haven't already experienced it with school, why not host the virtual field trip during your Thanksgiving celebration? Take a peek into what life was like for colonists and First Nations in the 1600s, and learn a little about the history of Thanksgiving.
3. Watch **Macy's Thanksgiving Parade**  
Virtually  
New York's iconic Thanksgiving Parade is going virtual this year and it should be a blast. What better way to enjoy a parade

than from the comfort of your own home and in your pajamas? Cozy up with your family and friends virtually to watch Macy's Thanksgiving Parade from home this year.

#### 4. **Toast of Gratitude**

Have everyone talk about something they are grateful for.

#### 5. **Family Photos**

Share family photos and share the stories behind them.

#### 6. **Watch a holiday movie together**

There are usually lots to choose from on TV or you probably have a family favorite.

**Have a Safe & Wonderful Holiday,**

*Gail & Debbie*

#### **Gail Fortes:**

CFCE Co-Coordinator  
[gfortes@commteam.org](mailto:gfortes@commteam.org)  
978-654-5704

#### **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





## Family Resource Network

**Playgroups, Storytimes & Learning Enrichment**



### *The Wonder Station*

*A place to read, play and learn*

2 new virtual, fun, learning opportunities for young children running 11/16 to 12/23

#### **Infant-Toddler Series for children 0-2 years old**

**Tuesday and Thursday mornings 9:30-10:00 AM**

Storytime, fingerplays, songs and more for the infant or toddler in your life

#### **Preschool Plus Series\* for children 3 years and up**

**Monday-Wednesday-Friday mornings 10:00-10:30 AM**

**Weekly themes** to promote learning through play with stories, crafts, songs, fingerplays and more.

Some weeks will include a Preschool Plus Activity Bag that will be available for drive-thru pick-up the week before at a central location.

**Pre-registration is required**

**You do not have to attend all sessions in a series.**

For questions or to register and receive the Zoom link contact  
**gfortes@commteam.org** or 978-654-5704

Sponsored by the Family Resource Network and the Billerica Public Library



## **Melodies & More**

**Singalong Zoom program**

**with James Lepler**

Monday, November 23rd

10:00-10:30 AM

Join us for a fun singalong for ages 0-5 years.

Required online registration begins November 2nd at the Billerica Public Library website.

All registrants will receive a Zoom link prior to the program.

**<https://billericalibrary.assabetinteractive.com/calendar/melodies-more-virtual-singalong-with-james-lepler-ages-0-5/>**



The Family Resource Network is funded by the Coordinated Family and Community Engagement Grant from the Massachusetts Department of Early Education and Care.  
It is managed by Community Teamwork.





## HOSTING A VIRTUAL THANKSGIVING

Here are some things to think about when planning a virtual Thanksgiving

### **The Virtual Venue**

So the venue will be each of your homes, and of course online. There are a variety of services to use to host the virtual aspect of Thanksgiving such as Zoom, Microsoft Teams, or Google Hangout. If you are using Zoom, you will want to make sure that whoever sets up the call has a pro account so you don't get kicked off after 40 minutes.

### **The Meal Plan**

The meal for the virtual Thanksgiving is where you can really get creative. There are a few different fun ideas on how to gather around a meal with your family and friends.

#### **Option 1 – Everybody does their own thing**

Let everybody cook their favorite meal and just get together to eat it together

#### **Option 2 – Set menu that everybody cooks**

Some meal subscription services offer gift cards to get a single box so you don't have to subscribe to the service to get a couple meals for the week.

As a group, you could also set a meal menu and each person cooks the same meal. Or gets the same meal from a nearby restaurant.

#### **Option 3 – “Progressive” Meal**

If everybody is nearby, and feels comfortable receiving homecooked meals during COVID time, then doing a twist of a potluck could be a great option.

For this meal option, each family is assigned a portion of the meal – the main dish, side dish, dessert, beverages, etc. They then cook enough of that item for everybody, dish it up into separate portions, and deliver to each family.

This option would work best if the dishes can easily be reheated because unless everybody is within a 5 minute radius, it will probably get cold by the time everything gets delivered. Simply deliver the meal the day before and then reheat right before the meal.





## Family Resource Network

### Learning Through Enrichment



### Playspace at Home for ages 2 & 3

Every Thursday

Register online beginning 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.

## 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!

**Children's Activity Pages for Home on Padlet**

<https://padlet.com/gmfbog/8vbr6uacnl5vlgn8>

### Ages & 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 weekly.**

**Children's Activity Pages for Home on Padlet**

<https://padlet.com/gmfbog/8vbr6uacnl5vlgn8>



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# Family Resource Network Resources



## **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

**HandholdMA.org** is a new, family friendly website designed to help families navigate the mental health system in Massachusetts. The website was created by a team of mental health and child development experts in partnership with parents who have “been there.”

Handhold’s three main sections help parents answer these three big questions: *should I worry?*, *what can I do?*, and *who can help?* Whatever steps a family decides to take, [HandholdMA.org](http://HandholdMA.org) offers a variety of tips, tools, and resources to help families take them with confidence.

## **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. [dberthiaumeAcommteam.org](mailto:dberthiaumeAcommteam.org)



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