

# The Quincy Parents' Page

(A Publication of the Quincy Family Network)



May 2008



## The Parents' Page Is Going Green

Quincy Family Network & Community Care for Kids are "Going Green" in July. June's Parents' Page issue will be the last one sent via regular mail. Now is the time to prepare for this change! The three ways to continue viewing the Parents' Page each month are:

- Issues are available online at the new website [www.communitycareforkids.net/qfn.php](http://www.communitycareforkids.net/qfn.php). Click on "Monthly Newsletter".
- Receive the Parents' Page via email. To sign up for this, email Joan Rodeck at [jrodeck@qcap.org](mailto:jrodeck@qcap.org) with your name, address and phone number.
- A limited number of copies will still be printed. If you do not have access to the internet, please call Joan at her **NEW number**, (617) 657-5369.

FREE access to computers are available at Quincy Community Action Program's Learning Links office located at 1511 Hancock St. For more information about using these computers, please contact Learning Links at (617) 657-5383. All public libraries also have free internet access.



## You're Invited!

Quincy Family Network invites you to a luncheon **QFN Council Meeting** Wednesday, May 7<sup>th</sup> from Noon-2PM in the 4<sup>th</sup> floor conference room of Quincy Community Action Program's headquarters, 1509 Hancock St, Quincy Center.

You've enjoyed the programs, now come learn how we make the Network "tick"! Help us develop playgroups for the fall, and learn about our Playgroup Leader job opportunities. Parking available in Ross garage behind the building, by the RMV. Bring your parking ticket in for validation.

**Please RSVP by May 5<sup>th</sup>** by calling Joan at her **NEW number** (617) 657-5369.



## Tricks of the Trade, Potty Training

When your child is ready, here are some suggestions to motivate or help your child understand potty training.

**"If My Teddy Bear Can Do It, So Can I"** Ask your child's favorite doll or stuffed animal if they have to go the bathroom. When the doll gleefully agrees, place the doll on your child's potty and sneak some water into the potty, without your child seeing it. When you lift the doll up, happily congratulate the doll or animal for going to the bathroom in the potty. Sneak some pieces of brown paper bag to show your child that the doll also puts their poop in the potty, not their diaper. Emphasize how clean the doll or stuffed animal is when they use the potty, instead of their diaper.

**Cloth Diapers** Regular diapers keep kids feeling dry most of the time, however allowing your child to feel the discomfort of wetness could motivate them to potty train. Cloth diapers help a child feel the wetness, and are easily washed in your washing machine. Cloth training pants are available at Target or Wal-Mart, or see [www.zannadu.com/shop](http://www.zannadu.com/shop) to see a variety of cloth diapers.

**Diaper Over Undies** Children tend to be more inspired to keep "big kid" underpants dry. They'll feel the wetness in their underwear, but you can contain accidents if you wrap a diaper over the underwear.

### Books About Potty Training

***A Potty for Me*** by Karen Katz. Written from a child's point of view, this new potty training book will help children join in the final refrain, "I'm so proud of me!"

***My Big Boy Potty*, and *My Big Girl Potty*** by Joanna Cole and Maxis Chambliss. With warmth and sensitivity, the authors guide young boys and girls through the challenges and rewards of potty training. A helpful "Note to Parents" is included.

***Lift the Lid, Use the Potty*** by Annie Ingle and Lisa McCue. See how excited Little Bunny gets when he receives a gift of "big kid's underpants". Humorous and comes with stickers to use for potty training.



## Book Talk for Moms

***A Present for Mom*** by Vivian French. Stanley the kitten asks his siblings what they are making Mama Cat for Mother's Day, but each time he tries to make something similar, it doesn't work. Alas he figures out a sweet present that will last forever and ever.

***Mommy's Best Kisses*** by Margaret Anastas. This book sweetly illustrates how animal and human mommies love to give their children kisses.

***Mommies Are for Counting Stars* and *Grandmas Are For Giving Ticks*** by Harriet Ziefert. These lift-the-flap books show how grandmas get to do the fun things like take you to the zoo, play store, bike and swim. Mommies kiss boo-boos, help you practice your sports, and are the audience for your puppet shows.

***Mommy Hugs*** by Karen Katz - hug your child as you read along. Follow Mom and baby on their day to the park and tubby time, baby earning hugs throughout the day, up to 10 hugs at bed time.

**"I perhaps owe having become a painter to flowers." ~ Claude Monet**



**Events For Mothers**

**World's Biggest Playgroup** at South Shore Plaza, Braintree on Thursday, May 8<sup>th</sup>, 10AM-2PM. Calling all Boston-area Moms: Come out and play at the World's Biggest Playgroup. *Babytalk Magazine* visits the mall to celebrate moms and babies with a day of fun-filled free activities, live entertainment and fabulous giveaways. See [www.worldsbiggestplaygroup.com](http://www.worldsbiggestplaygroup.com) for info.

**Lilac Sunday on Mother's Day at Arnold Arboretum** at 125 Arborway Jamaica Plain, 02130 on Sunday, May 11<sup>th</sup> from 10AM-4PM. Join lilac enthusiasts from all over New England to celebrate. A dazzling array of over 180 kinds of lilacs with gorgeous colors—plus tours, dancing, art, music, children's activities, and food (picnicking allowed on this special day only). Use of public transportation is strongly encouraged. For more information, call (617) 524-1718 ext. 176, or visit [www.arboretum.harvard.edu](http://www.arboretum.harvard.edu).

**Balancing Work and Motherhood** Detours & On-Ramps offers a one day seminar on Thursday, May 15<sup>th</sup> at Bentley College from 7:30AM-3PM. Trying to balance motherhood with work outside the home? This seminar addresses the issues faced by mothers reentering the working world after taking some time off. Fee is \$125 which covers the day's sessions, meals, and a "Mom's Tool Kit". See [www.onrampsforum.com](http://www.onrampsforum.com) for info and to register.

**Stroller Yoga** celebrates mothers with a FREE class on Saturday May 17<sup>th</sup> from 10:45-11:30AM. Please register by emailing [kim@strolleryoga.com](mailto:kim@strolleryoga.com). Take the poll for what class days, times, and places work best for you and get 50% off your first class. Find out more information at [www.strolleryoga.com](http://www.strolleryoga.com) or call Kim Preveza for more details about this fun class which combines fitness, playgroup, and support at (617) 775-3424.

**The Quincy Parents' Page** is a publication of the Quincy Family Network (QFN), a program of Quincy Community Action Programs, Inc. and Community Care for Kids. QFN members include Quincy parents and local agencies working together to provide a variety of free programs and activities for families with children under the age of four.

For more information on how you can join the Quincy Family Network contact Joan Rodeck at call her NEW number (617) 657-5369, or email her at [jrodeck@qcap.org](mailto:jrodeck@qcap.org). Check out our events calendar on-line at [www.communitycareforkids.net](http://www.communitycareforkids.net)

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*QFN is funded by a grant from the Massachusetts Department of Early Education and Care.*



**Around Quincy**

**Cleaner, Greener Quincy Day** Saturday, May 3<sup>rd</sup> from 9 a.m. to 12 noon (rain date Sat., May 10<sup>th</sup>). Beautify the areas your children play in by volunteering to help clean parks, marshes, schoolyards, beaches and playgrounds. A list of cleaning sites in your Ward will be on Quincy's website (<http://ci.quincy.ma.us>). Meet a city representative at sites to receive supplies for cleaning, including bags and gloves. Call the Park Department at (617) 376-1251 for more info.

**Touch-A-Truck Fundraiser** to benefit North River Collaborative Family Network is held Sunday, May 4<sup>th</sup> from 11:00AM-2:00PM. (Rain Date- Sunday, June 1st) at Rockland Senior High School's Parking Lot, 52 Mackinlay Way, Rockland, MA 02370. Check out the Big Rigs! Kids of all ages can climb on them, sit in them, and blow the horn! Admission is \$5.00 per child. Adults and children under 1 are free. Food available for purchase. Due to horns, if your child is sensitive to lots of noise, he/she may not enjoy this event. For more info or directions call NCR (781) 681-9736.

**Quincy Mother's Co-op's Huge Yard Sale** is Saturday, May 17<sup>th</sup> from 9:00AM-1:00PM (rain or shine) at Union Congregational Church, 136 Rawson Rd. off of Beach St. in Wollaston. Items will include everything you need when raising children at great prices! Boy's and girl's gently used clothing, children's toys, games, puzzles, riding toys, outdoor equipment, books, household appliances, etc. See [www.quincymothers.com](http://www.quincymothers.com) for more information.



**At Home Play**

Most kids love to get their hands dirty. What better way to get your hands dirty than to scoop some soil, and plant some seeds?

**Try the basics:** Have kids fill a plastic cup 2/3's of the way full with potting soil. Let them add the seeds (green beans work well, and grow quickly). Cover with soil, water and place in sunny area. It won't take long before a green leaf starts to sprout through.

**Dyeing flowers:** Show kids how plants use water. Fill a clear cup or vase with a mixture of water and food coloring. Snip ¼ inch off the bottom of a white carnation and place in vase. After a few days you will see the color making its way up the stem, and into the petals.

**Carrot Top:** Cut off about ½ inch of a leafless carrot top, and place in a pot filled with moist, well-drained soil. Place in sun. The carrots will develop fern-like leaves.

**Green-haired pinecones:** Dip pinecones in water (don't soak them). Mix potting soil with grass seed, and roll the pinecones in the mix. Place in the bottom half of an egg carton to keep them upright. Soon the grass will sprout, and the entire cones will have "green hair". Kids can clip with child-safe scissors or leave it long.