



The Parents Page

A publication of Community Care for Kids
Spring 2010

Parent to Parent—Playgroup

My Baby and Me
Commission on the Family;
83 Saratoga St. Quincy.
617 689-8352.

Calling all first time parents with newborns age 0-6 months. The Parent to Parent Program is offering another session of “My Baby and Me”, for moms and dads of newborns. If you are a new parent JOIN US. If you have a friend, a neighbor or relative with a newborn, help us spread the word.

The group takes place on Wednesdays beginning April 21st.

This playgroup is **FREE** and we offer refreshments AND **transportation to those who need it**. Each week a new topic: infant massage, tummy time activities, infant CPR, lapsit, music, food facts and baby sign language.



The Parent to Parent Program also offers a Newborn Home Visiting Program for Quincy residents. To register for the playgroup or for information on the Home Visiting Program, call 617 689-8352.

Parent to Parent Newborn Home Visiting Program: Trained parent volunteers visit Quincy families with newborns up to 6 months old. The home visit’s mission is to welcome Quincy’s newest residents with a lovely baby basket and to inform parents about all the things they can do with their little one in and around Quincy.

Big Joe the Storyteller

Big Joe the Storyteller has been delighting children and adults alike, with his exciting storytelling show. Listen to Joe spin a tale of original and classic stories.

**Held at North Quincy Community Center
381 Hancock St.
Wednesday June 16th
10:00-11:00 a.m.**

**Registration required by calling Joan 617-657-5369.
Funded through the NQCC. Quincy residents only.**

Look What’s Coming

Join Ward IV and CCK in presenting the following events held at Ward IV Community Center, 100 Brooks Ave., Quincy.
REGISTRATION REQUIRED by emailing or calling Joan jrodeck@qcap.org or 617-657-5369.



Barn Babies: This traveling troop of young critters, wrapped in blankets are ready to be held and petted by your child. Kittens, bunnies and chicks are all part of the menagerie.

Please register for one of the two sessions.

Session 1 10:00-10:30 a.m.
Session 2 10:30-11:00 a.m.

I Can’t Believe It’s Science: Parents and kids explore, and discover together during this science based playgroup. I Can’t Believe It’s Science is a 3 week playgroup for 3 and 4 year olds. Stories, hands-on activities, and more.

Held on Wednesdays from 9:30-11:00 on May 5th-

FREE PARENT WORKSHOPS

QCAP/CCK and the South Shore YMCA are offering FREE workshops for parents. Kids can be challenging and everyone can use some help now and again. Please join us for one or all of the following workshops held at SSYMCA, 79 Coddington St., Quincy. Registration required by emailing Joan at jrodeck@qcap.org or call 617-657-5369.

The Road to Independence

Wednesday, April 14th

Challenging Behaviors

Wednesday, May 5th

Toilet Learning

Wednesday May 19th

Why Can’t They Sit Still?

Wednesday, June 9th

***** ALL WORKSHOPS ARE HELD FROM
6:15-8:15 PM**

Zucchini Bread

Break bread and get a serving of vegetables at the same time.

Ingredients:

- 1 1/2 cups flour
- 1/2 cup sugar
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. allspice
- 1 egg
- 1/3 cup of vegetable oil
- 1 1/2 cups grated zucchini (peeled)
- 1 tsp. vanilla extract



Preheat oven to 350 degrees. Combine all dry ingredients in large bowl and stir. In smaller bowl, combine egg, oil, zucchini, vanilla extract, and mix well. Add dry ingredients and stir until blended. Pour into greased loaf pan and bake for 50-60 minutes. Enjoy !!

Managing Food Allergies

If your child has a food allergy it is not uncommon to feel overwhelmed or frustrated. Just remember you are not alone. Learning to live with food allergies will take some time, but it can be done.



Here are some tips from FAAN-The Food Allergy and Anaphylaxis Network:

- Leave extra time when you go to the grocery store so you can read ingredient statements carefully.
- Rethink how you cook. Visit the library and browse through cookbooks for new recipe ideas.
- It may be easier to take food with you when you visit friends so you know there will be safe food available.
- Educate yourself and family members about your child's allergy.
- Always be prepared to handle accidents. Be aware of symptoms, and react quickly if your child has a reaction.

For more information or to become a member of FAAN, and receive their newsletter and special allergy alerts visit their website at www.foodallergy.org or call 1-800-929-4040.

Storybooks are a great conversation starters. The following books for young children about food allergies, are available through FAAN.

Alexander's Special Holiday Treat

Kids are sure to identify with Alexander (an elephant who has peanut allergies) and why he feels different than his classmates, especially during the holidays.

How Lenny Found Out About His Food Allergy

Tag along with Lenny the Lion as he goes to the doctor for a skin test to find out why he's been feeling ill. Great for calming pre-doctor appointment jitters.

Alexander Goes Trick or Treating

Alexander Goes Out to Eat

Alexander Goes to a Birthday Party

Keeping It Healthy

Parents are the most important influence on their children's choices and that includes food choices.

MyPyramid for Preschoolers gives simple suggestions for "Keeping It Healthy"



- Eat meals with your child whenever possible. Let your child see you enjoying fruits and vegetables, and whole grains at meals and snacks.
- Take it with you. Show your child how to make healthy choices when you are on the run. Put fruits such as oranges and bananas, or cut up raw vegetables in your bag for quick snacks.
- Share the adventure. Be explorers on the search for new foods and try them together.
- Take a special trip to the grocery store when you are not rushed. Look at all the different kinds of fruits and vegetables. Talk about the variety of colors and textures. Let your child choose a new fruit/vegetable to try, along with an old favorite.
- Cook together. Encourage your preschooler to help you prepare meals and snacks. Teach your child to tear lettuce, or add veggie toppings to pizza. Cooking together can mean more "mommy or daddy time" on busy days.
- Set a good example for physical activity. Make play time a family time. Walk, run, and play with your child rather than sitting on the sidelines.

Visit www.MyPyramid.gov for more ideas and meal planning tips.



*WIC (Women, Infants and Children Nutrition Program) has provided two tips this month for healthy children's weight from their new **Weigh Of Life** program to prevent childhood obesity.*

**Buy low-fat instead of whole milk for children over the age of 2 years.
Serve child-sized amounts of food.**

Prepare ahead of time, and divide portions in snack size baggies for a quick, on the run treat.

WIC Wellness Mix

- 2 cups Cheerios cereal
- 2 cups Chex cereal (any variety)
- 2 cups Kix cereal
- 1 cup dried fruit
- 2 cups raisins

Mix all ingredients or any other combination of cereals, dried fruit and nuts, and enjoy a healthy snack!

MOTHER'S DAY

Mother's Day is Sunday, May 9th. Start the day off right by making Mom a delicious breakfast of Applesauce Pancakes. Let the kids help with pouring and stirring.

Ingredients

2 cups dry pancake mix
1 teaspoon ground cinnamon
2 eggs
1 cup applesauce
1 teaspoon lemon juice
1/2 cup milk



In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix. Add eggs, applesauce, lemon juice and milk; stir until smooth. Heat a lightly oiled griddle or frying pan over medium heat. Use approximately 1/4 of batter for each pancake. Hint: a soup ladle works well. Brown on each side. Garnish with apple slices or fresh strawberries.

Cuddle up with some great books that celebrate a mother's love.

Mommy's Best Kisses by Margaret Anatas

This book sweetly illustrates how animal and human mommies love to give their children kisses.

A Present for Mom by Vivian French

Stanley the kitten asks his siblings what they are making for Mama Cat for Mother's Day. He learns that a present from the heart can be the best present of all.

Places to Go:

Lilac Sunday at the Arnold Arboretum: 125 Arborway, Jamaica Plain open from 10:00 a.m. to 4:00 p.m. A dazzling array of over 180 kinds of lilacs-plus tours, dancing, and children's activities. Picnicking is allowed only on this special day. Public transportation strongly urged. For more information call 617-524-1718 x176 or www.arboretum.harvard.edu.

Swan Boats at the Boston Gardens: Take a peaceful, 15 minute cruise, in these one-of-a-kind boats, around the lagoon at beautiful Boston Gardens. Boats run 7 days a week, weather permitting. Cost: \$2.50/adults, \$1.50 ages 2-15. For more information call 617-522-1966.

Simple Pleasures:

Believe it or not, helping with the chores, makes Mom really happy. Dad or other families members can help young children with these simple tasks around the house:

- Sweep the floor
- Fold and put away clean towels/clothes
- Wash/dry the dishes
- Make the beds

Remember: When MOM is happy, everyone is happy!

FATHER'S DAY

Father's Day is Sunday June 20th. Here are some ideas to make Dad feel special.

Make a "Dad Collage":

- Leaf through old magazines to find pictures or images of things that Dad enjoys. It can be his favorite foods, sports, or anything else that reminds your child of Dad.
- Help your child arrange the pictures on a sturdy piece of paper/cardboard, then attach with glue or a glue stick.
- On a separate piece of paper, have your child write or dictate to you, a special message, such as "Happy Father's Day," or "I Love You" or "Remember when we..." and glue in the middle.
- Wrap and give Dad a one-of-a-kind gift.

If barbequing is a Father's Day tradition try this chicken recipe that is sure to please.

Country Captain Chicken

1 cup plain yogurt
1/4 cup tomato paste
3 T. chopped fresh mint leaves
2 T. fresh lemon juice
1 T. minced garlic
1 tsp. curry powder
1 tsp ground cumin
1 tsp. ground coriander
t tsp. salt
1/2 tsp. pepper

Approximately 8 pieces of chicken

Stir together every ingredient except the chicken in a large bowl. Add chicken pieces to mixture and toss to coat. Cover and refrigerate for 2 hours or up to 24 hours. Arrange chicken on grill and cook 13-15 minutes on each side.

*** Remember to discard any unused sauce. ***

Reading Together With Dad:

A Perfect Father's Day by Eve Bunting

The Secret Father's Day Present by Andrew Clements

Father's Day by Anne Rockwell

Just Me and Dad by Mercer Mayer

Fun Fact: The official Father's Day Flower is the red rose. In 1924, President Calvin Coolidge proclaimed the 3rd Sunday in June-FATHER'S DAY.



Story Hours:

Can't make it to the library for story time?

Try these story hours

Barnes and Noble: 150 Granite St, Braintree, 781-380-3655.

Preschool story hours on **Tuesdays and Fridays at 10:30 a.m.**



Trailside Museum: 1904 Canton Ave., Milton, 617-333-0690.

Nature Tales: One of the naturalists will read a nature story and present a live animal, too! Great for children 3-6 years old. Programs offered on **Saturdays and Sundays at 11:00 a.m.** Free with admission to the museum.

Storytime and Craft at The Village Toy Shop: 95 Washington St., Easton. **Wednesdays 10:30 a.m.** 781-821-9374. FREE

Tales From the Wild at South Shore Nature Science Center: 48 Jacobs Lane, Norwell. **Fridays 10:30 a.m.** Hear stories from nature. Pre-registration required by calling 781-659-2559 ssnsc.org

Out and About

Flag Day Parade and Celebration:

Held on Saturday June 12th. The parade steps off from Coddington St. in Quincy Center at 7:00 p.m., and marches north down Hancock St. to disband at Pageant Field in Merrymount Park. Don't miss the marching bands, drum corps, color guards, and 1500 flag-waving kids. Enjoy the fireworks following the parade at Pageant Field. Truly a Quincy tradition.



Wollaston Beach Spring Kite Fest:

Sunday May 16, from 11:00 a.m to 3:00 p.m on the beach between Sachem St. and Rice Rd. Bring your own kite or just enjoy watching kites soar through the air, at this fun, free, family-friendly event. Seaside Kites of Hull will have kites and accessories. Co-sponsored by The Friends of Wollaston Beach, Seaside Kites of Hull, and the Mass. Dept. of Conservation and Recreation.

Did you know there is a working farm only 10 miles away, in Hingham? Weir River Farm offers many programs for families at a minimal charge. Visit their website www.thetrustess.org or email Meghan Connolly at mconnolly@rroe.org



Friday, April 23rd | 9-11AM

Family Farm Hands

More hands make less work! Bring your family down to help us get the farm ready for spring. There will be jobs for different ages and abilities.

Friday, April 23rd | 12-2PM

April Vacation Open Barnyard

You don't need to travel far for vacation! Bring your family, a picnic and then enjoy a hike and a visit with our animals. Members: Free. Nonmembers: \$3 per person

Saturday, May 1st | 10-2PM

Celebration of Spring

Join us for our annual celebration of the season! Watch the sheep shearer and fiber artists in action and meet the newest additions to the farm. Members: Free. Nonmembers: \$3 per person

Saturdays from May through October | 10-2PM

Open Barnyard at Weir River Farm

Family farms were once a common sight in Hingham. Visit our animals and see The Trustees' efforts to preserve one of the last examples in town. Members: Free. Nonmembers: \$3 per person.

Wednesdays throughout summer starting on June 2nd | 10-11AM

Outdoor Story Hour

Weir River Farm, Hingham 781.740.7233

Bring your little ones down to the farm to visit our animals, meet other children and enjoy a story.

Members: Free. Nonmembers: \$3 per person.

Spring Family Outings

Ages 2-3 Wednesdays, May 5, 12, 19, 26 June 2 | 10:00-11:30AM

Ages 4-5 Tuesdays, May 4, 11, 18, 25 June 1 | 10:00-11:30AM
World's End, Weir River Farm, Hingham, Norris Reservation, Norwell

Spring is the perfect time to spend time outside with your child while they explore some of the South Shore's most spectacular places.

Please pre-register by calling 781-740-4796.

Weir River Farm
227 East Street
Hingham, MA 02043
781-740-7233

Let's Celebrate *Cinco de Mayo*

Cinco de Mayo- a joyous Mexican holiday festival celebrated on May 5th, with joyous colors and music, games, dancing and food. Remember, exposing your children to various cultures helps them to become aware of the world around them.



A long celebrated tradition—breaking the pinata

Hooray for Pinata by Elisa Kleven. Clara wants a piñata for her birthday party. Find out what happens when Clara becomes attached to her new piñata which she names Lucky. Vibrant colored collages add to the charm of this upbeat story.

The Pinata Maker by George Ancona. This book follows the village pinata maker, Don Ricardo, or Tio Rico as the children call him, through real life photos. Tio Rico makes the most beautiful piñatas and brings joy and magic to all the children.

You don't have to buy a pre made piñata, making it yourself is half the fun.

- Blow up a good size balloon,
- Prepare a mixture of 2 parts glue and 1 part water. Saturate strips of newspaper in glue mixture and wrap around the balloon, leaving a spot uncovered. Let dry thoroughly (overnight).
- When dry, pop the balloon through the opening and fill with trinkets. Cover the hole with more of the wet newspaper mixture, or if in a hurry use heavy tape.
- Decorate the piñata with colorful paint, tissue paper, etc. Let dry. When ready, let the fiesta begin. SAFETY: do not let children hit the piñata unsupervised and set boundaries as to how close children can get when it is not their turn.

Mexican Cuisine

Bean Salad:

- 1 can black or kidney beans
- 1 can romano beans
- 1 cup corn
- 1/2 cup of thinly sliced onion
- Half red pepper-chopped
- 4 black olives sliced
- 2 tablespoons chopped fresh coriander or parsley

Dressing:

- 1/3 cup lemon juice
- 1 tablespoons vegetable oil
- 1 teaspoons granulated sugar
- 1/4 teaspoon salt
- pinch of pepper

Drain and rinse beans, then drain a second time, and place in bowl. Add corn, pepper and olives. To prepare dressing whisk ingredients until blended then pour over beans until well coated. Serve.

Did you know that Cinco de Mayo is NOT Mexican Independence Day. The 5th of May 1862 Mexican soldiers defeated the French army and drove them out of Mexico.

The Parents' Page is a publication of **Community Care for Kids**, a program of Quincy Community Action Programs, Inc.

Our services include:

- Financial Assistance to help pay for child care for eligible families;
- Information & Referral for Child Care;
- Professional Development for Early Care & Education Professionals;
- Parent training that promotes family education, engagement and literacy;
- Family literacy and school readiness activities;
- Family and community events;
- Playgroups for children;
- Newborn Home Visiting for new mothers in Quincy;
- Parent Child Home Program in Quincy which strengthens parent-child verbal interactions;
- Mental Health Consultation Services for child care programs.

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