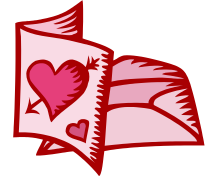




# Child Care of the Berkshires, Inc. Family Times Newsletter



Published by the Family Resource Center

**February 2012**

210 State Street  
PO Box 172 North Adams, MA 01247  
[www.ccb Berkshire.org](http://www.ccb Berkshire.org)

## Directory

### Family Resource Center

**413 664-4821**

Amy Hall ext. 15

Melissa Zepka ext. 16

Mary Jo Belanger ext. 18

Sandra King ext. 12

Gretchen Wells ext. 11

Jacqueline Rivera ext. 20

Claire LaMere ext. 21

### Healthy Families

North Adams: 664-6104

Becky Krysiak ext. 10

Kathy Rufo-Zdon ext. 17

Ann Monti ext. 18

Pittsfield: 445-4324

Becky Krysiak ext. 15

Ann Monti ext. 20

Nan Hall ext. 14

Tujana Powell ext. 12

## **The Family Resource Center**

will be closed for  
President's Day on  
Monday, February 20.  
There will be no FRC  
Play and Learn Groups  
during school vacation  
week February 20-24.

## **Find us on Facebook**

Are you on Facebook? So is  
The Family Resource  
Center. Use the link below  
after you sign in - click the  
"ask to join group" tab.

[http://www.facebook.com/  
group.php?  
gid=50548493874](http://www.facebook.com/group.php?gid=50548493874)



## **Positive Discipline – by Jane Nelsen**

**A 3 -week Parenting Series**

**Presented by Jennifer Bernard**

**Mondays March 5, 19 and 26**

**from 5:30-7:30 p.m.**

**at Haskins Community Center in North Adams.**

For twenty-five years, Positive Discipline has been an excellent reference for families and children. The key to positive discipline is not punishment, it tells us, but mutual respect. This series coaches parents to be both firm and kind, so that any child can learn creative cooperation and self-discipline with no loss of dignity. In this series you'll discover how to

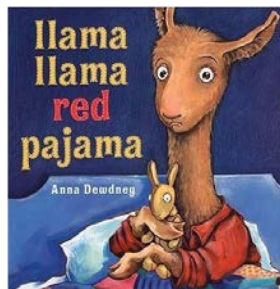
- identify communication gaps
- defuse power struggles
- the problems with too much praise
- showing messages of love
- build on strengths, not weaknesses
- hold children accountable with their self-respect intact
- teach children not what to think but how to think
- win cooperation at home

Positive Discipline shows parents exactly how to focus on solutions while being kind and firm. If you want to enrich your relationship with your children, this series is for you. Give your child the tools he or she needs for a well-adjusted life with this proven treasure trove of practical advice.

**On-site child care available. Call 664-4821 to register.**

***"Where did we ever get the crazy idea that to make children do better,  
first we must make them feel worse?"***

~Jane Nelsen, author of Positive Discipline



## **LLAMA, LLAMA RED PAJAMA STORYTIME**

**February 15, 6-7 p.m.**

**At Haskins Center Playroom**

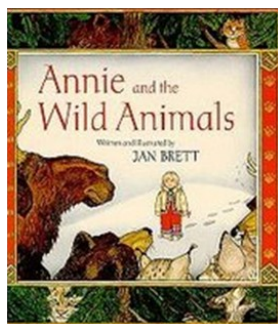
Children are invited to wear their pajamas and come to  
an evening story time featuring the book

**Llama, Llama Red Pajama by Anna Dewdney.**

There will be llama activities to enjoy as well as the story  
and snack! Each child will receive a free copy of the book to bring home.

Call 664-4821 to register.

## More Family Resource Center Activities



### StoryWalk in Downtown North Adams

beginning on Saturday,  
February 25, 2012 and  
running through Saturday,  
March 3, 2012.

Enjoy the story will be

#### Annie and the Wild Animals

written and illustrated by Jan Brett one page at a time. The first page will be at Box Car Media on Main Street.

There will be a map of story page locations available before the event. The last page of the story will be located at the North Adams Public Library.

As part of the Winterfest activities on Saturday, February 25 after families read the last page of the story on the library window they can go inside and do a special craft activity between the hours of 10:30 a.m.-12:30 p.m.

Sponsored by the North Adams Public Schools ~ Sally Goodrich Children's Literature Festival, in conjunction the Family Resource Center,  
*This project is supported by a grant from the*

### Parents As Teachers Parent Education comes to you



Do you want to learn new parenting skills or improve the skills you already have?

Learn about child development, parenting behaviors, and more in the comfort of your home. The Family Resource Center is offering a free 8 week home visiting program, adapted from the Parent as Teachers home visiting curriculum, for parents and caregivers with children ages birth to 3 years old.

For more information or to register please call Jackie at 413-664-4821 or email at [irivera@ccberkshire.org](mailto:irivera@ccberkshire.org)



### READ AND PLAY

Mondays - February 13 and  
February 27

from 11am-12 pm

at The Adams Youth Center

Children ages 3 to 5 yrs and their families can join us for story time, art activity, and circle time all focused on a book that your family will get to keep.

Call the Family Resource Center to register at  
**413-664-4821.**

**Learn , play and read with your child  
and get a FREE book.**

### Ages and Stages

Do you have questions about your child's development? Would you like to have a way to check your child's progress?

#### The Family Resource Center.

**Help Me Grow** program is designed to help you understand your child's development.

Our staff can give you **FREE** access to an online screening tool that you can use to follow your child's development from four months to five years. We meet with parents to explain the questionnaire and results and then follow up with information and activities to enhance their child's development .

Each child who participates receives free book.

**Please call 664-4821 to get started.**

### THANK YOU!

Thanks to Stephanie Bush for the donation of baby food.

Thank you to the Family Resource Center Parent Advisory Committee— Shelley Daly, Michele Harris, Shannon Barrett and Mindy Chapman for their volunteer work in the Clothing Exchange and newsletter mailing. Thank you to the Keogh family for donating art supplies.

Thanks to Shannon Barrett for donating snack items.

Thank you to Jean Swift and Jessica Case for being volunteer home visitors for the Parent Child Home Program.

## Encouraging Curiosity in Your Child

Curiosity grows out of children's love affair with the world, and it's one of the most fundamental tools children can bring to their early learning experiences -- in fact to their learning all through life. **Here are some things that you can do to nurture a sense of curiosity in your child:**"

**"Why?" "Why?" "Why?"** Take the time to answer your child's "why?" questions whenever you can. If you don't know the answer, you can say, "That's a really good question. Let's try to find out." Then you can model ways that we find out about things by: Visiting the library to look up the information; Phoning or visiting someone who might know the answer; Looking up the answer in a book or an encyclopedia, dictionary, or on the computer. There may be times when your child's "why?" questions become exhausting, and it's okay to say, "I can't answer just now. Let's talk about it later."

**What Happens If We...?** Encourage an interest in science by helping children make predictions and test them out. For instance: When your child is taking a bath, ask him or her to predict which bath toys will sink and which ones will float. Then test it out.

Bring in a snowball from outside and ask them to predict what will happen to the snow indoors. Keep checking it until it melts. When cooking, invite your child to make some predictions about what will happen when you combine ingredients, such as: adding flour to water; , mixing spices with flour; freezing ice cubes ; cooking foods such as eggs , cookies or pudding.

**"What Does That Say?"** Encourage an interest in learning about symbols. Children who show interest in printed words and symbols are more likely to want to learn to read when they are ready.

Point out the names of familiar signs that you pass regularly; Ask your child to tell you when the traffic light turns colors and what that symbol means, for example, green means go and red means stop; point out Stop signs and other traffic signs.

Look at picture books and ask your child what he or she thinks the story is about. Then read the words to see what is happening in the story. Ask questions at the end to see how much they understood and remember.

**How Does That Work?"** Play "I wonder how it works" when you are fixing things. Let your child help when you: Set the clocks; Replace batteries in a flashlight; Fix a broken door knob or assemble a toy. Encouraging curiosity sets a lifetime of learning in motion!

[www.scholastic.com](http://www.scholastic.com)

## Parent and Child Learning

### Sewing Cards

You will need some yarn, a hole punch and some used holiday cards for this activity.

Take a card and then using a hole punch, punch holes (every ½ inch) around the edge of the cards.

Let your child choose a card to sew, then give her a 12 inch length of yarn.

Tie one end of the yarn onto one of the holes on the card. Then wrap the other end of the yarn with some tape, to use as a needle. Show your child how to sew around the card, going in and out of the holes.

[www.preschoolexpress.com](http://www.preschoolexpress.com)

### "I Love You" Box

**Combine learning about words and learning about ways to say "I love you."**

#### Materials:

Shoebbox or small carton, Strips of paper or index cards

Non-toxic markers

**Directions:** Children tend to be interested in words that have personal meaning to them -- their own names, names of people they love and care about, things they like. It's probably best to start with a few words that your child wants to see. Write each word on an index card or a separate strip of paper. If your child wants a phrase like "I love you," you could put each word on a separate strip and let your child see how those words go together. Now and then, you could add new words to the box. Your child might even want to use the words to make cards or caring messages -- for Valentine's Day or any day.



Mr. Rogers [www.Pbs.org](http://www.Pbs.org)

## FAMILY WEBSITES

### Family Learning

[www.FamilyEducation.com](http://www.FamilyEducation.com)

### Frugal Families

<http://www.frugalfamilyfunblog.com/>

<http://www.moneywisemoms.com/>

### Grandparents

<http://www.grandparents.com>

### Mr. Roger's Activity Guide

<http://www.pbs.org/parents/rogers/site/activities.html>

## Community Events and Resources

### Don't leave your refund behind!

When you file your taxes, see if you are eligible for the Earned Income Tax Credit. You can get up to \$5,751 in your refund this year!

Need help filing your taxes? There are sites throughout the state where you can get help and file your taxes for free! Call 211 (United Way's information and referral line) or visit [www.btwic.org](http://www.btwic.org) for a list of sites.

### Baby 101-Happiest Baby on the Block

Learn How to soothe your baby using Dr. Karp's advice. February 4, 10-12 at the north Adams WIC office, 85 Main Street, room 442. To register call 413-663-3012

**Berkshire Nursing Family's 10<sup>th</sup> Annual Team Trivia Night is Saturday March 10, 2012, at the Williams Inn.** This fundraiser allows BNF to continue to provide hospital and home visits, the Teen to 23 Project and other breastfeeding support services free of charge! The minimum donation to play Team Trivia is \$70 per person. Prizes include massages, gift cards, museum passes, professional photography, jewelry, fitness packages and so much more!

Registration begins at 5:30, a buffet dinner at 6:00 and the game starts sharply at 7:00. Gather a team of 6 people and register at [iberkshires.com/bnf](http://iberkshires.com/bnf) today. If you're flying solo or there's only a few of you, please register anyway and we'll help set up your team. Questions? E-mail [bnf.teamtrivia@gmail.com](mailto:bnf.teamtrivia@gmail.com)

### Turning Three Essentials

A discussion of transitioning a child from Early Intervention to public preschool, the Team process and the parent's role. February 2nd at Lanesborough Elementary School 6:30-8:30pm. For information contact [kgrady@williamstownelementary.org](mailto:kgrady@williamstownelementary.org)

### "Sweet Success"

Join the Northern Berkshire Community Coalition on **February 3<sup>rd</sup>, 2012 from 6:00 –7:00 pm.** at the **Haskin's Community Center.** In partnership with The Family Resource Center, they will host an event for parents of children ages 0 – 12. The event will be a forum for parents to share with them what they want to see them do for families in our communities. This event will have the theme of "Sweet Success"; including yummy desserts, several raffles for a variety of gift certificates. For more info call Amber at the Northern Berkshire Community Coalition at 413-663-7588 or email [abesaw@nbccoalition.org](mailto:abesaw@nbccoalition.org).



### Need Help Paying for Child Care?

We can put families on the Massachusetts Early Education and Care wait list for child care subsidy.

### Need Help Applying for SNAP (Food Stamp) Benefits?

We can help you do an on-line application through the Department of Transitional Assistance.

Call the Family Resource Center at 664-4821 for more information.

### Useful Numbers

Berkshire Housing  
1-800-248-9002

Berkshire Works  
413-663-1114

Domestic Violence Hotline:  
1-800-401-2425

Mental Health Crisis  
1-800-252-0227

North Adams Housing Authority  
663-5379

NB Community Action  
413-663-3014

The Salvation Army  
413-663-7987

Parental Stress Hotline:  
1-800-632-8188

Poison Control:  
1-800-222-1222

Western Mass Legal Services  
413-664-4531

N.B. Community Coalition  
413-663-7588

### MASS 211

Go to [www.mass211help.org](http://www.mass211help.org) or

**Dial 211 for**

Information resource for referrals for food, rent, help paying your heating & utility bills, mental health counseling, health programs, child care and other help for families.

Child Care of the Berkshires, Inc. presents the

# Parenting Journey

**A free 12 week parent group**

Tuesdays, beginning on February 28th for 12 weeks

from 5:30 to 7:30

FREE dinner, transportation and child care

At the Haskins Center 210 State Street, North Adams

Parenting Journey provides a safe, friendly, supportive place where parents can admit that parenting is difficult. The guided group will include discussion of childhood experiences and memories, how these past experiences affect parents, and how they can use them to grow.



**This group fills quickly, so call soon to schedule an intake.**

Call the Family Resource Center at 664-4821.



The Family Resource Center is a program of Child Care of the Berkshires that is funded by the Massachusetts Department of Early Education and Care and the Massachusetts Children's

Family Resource Center is excited to offer this NEW parent workshop

## Responding VS. Reacting **Effective Parenting**

**FREE**



**This popular workshop by Charlie Applestein covers the following topics:**

- How to stay calm under pressure
- Understanding developmental stages
- Appreciating the uniqueness of each child
- Tips to prevent problem behaviors
- Building self-esteem in children
- Communicating with your child effectively
- How, why and when to give children consequences
- Helping children to self-manage their behavior



**February 13, 2012 from 5:30 to 7:30 pm**

**Lanesborough Elementary School**

**Call the Family Resource Center at 664-4821 to register.**  
Free child care during the workshop



The Family Resource Center is a program of Child Care of the Berkshires that is funded by the Massachusetts Department of Early Education and Care and the Massachusetts Children's

# Family Resource Center



## February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FRC groups are cancelled when the school in the town where they take place is cancelled. Check cancellations on local radio and television channels.	*Register for by calling 664-4821.		1 10:00 Toddler Play and Learn Group @ Haskins Center	2 11:30-12:30 Haskins Gym Group  11:30 BNF Teen to 23 Group @ Haskins	3 10:00 Playgroup @ Lanesborough Elementary School  11:00 Baby Group@ Haskins Center	4
5	6 10:00 Williamstown Youth Center Play and Learn Group  5:30 Haskins Gym Group	7 10:00 Preschool Play and Learn Group @Haskins 10:00 BNF Breastfeeding Group @ Haskins 5:30 Playgroup at Gabriel Abbott School, Florida	8 10:00 Toddler Play and Learn Group @ Haskins Center	9 11:30-12:30 Haskins Gym Group  11:30 BNF Teen to 23 Group @ Haskins	10 10:00 Playgroup @ Lanesborough Elementary School  11:00 Baby Group@ Haskins Center	11
12	13 10:00 Williamstown Youth Center Play and Learn Group 11:00 Read and Play at Adams Youth Center 5:30 Haskins Gym Group	14 10:00 Preschool Play and Learn Group @Haskins 10:00 BNF Breastfeeding Group @ Haskins 5:30 Playgroup at Gabriel Abbott School, Florida	15 10:00 Toddler Play and Learn Group @ Haskins Center 6:00-7:00p.m. Llama, Llama Red Pajama Storytime (Call 664-4821 to register)	16 11:30-12:30 Haskins Gym Group  11:30 BNF Teen to 23 Group @ Haskins	17 10:00 Playgroup @ Lanesborough Elementary School  11:00 Baby Group@ Haskins Center	18
No FRC Play and Learn Groups this week	20 Presidents Day FRC Closed	21 10:00 BNF Breastfeeding Group @ Haskins	22	24 11:30-12:30 BNF Teen to 23 Group @ Haskins	25	
26	27 10:00 Williamstown Youth Center 11:00 Read and Play at Adams Youth Center  5:30 Haskins Gym Group	28 10:00 Preschool Play and Learn Group @Haskins 10:00 BNF Breastfeeding Group @ Haskins 5:30 Playgroup at Gabriel Abbott School, Florida	29 10:00 Toddler Play and Learn Group @ Haskins Center			