

CCC Newsletter

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The mission of Concord Children's Center is to cultivate an intimate, welcoming community where children develop respectful relationships and inquisitive minds, build confidence in their individual gifts, and are engaged, prepared and inspired to learn

December, 2017

Calendar

Dec 6 Board meeting
Dec 25 CCC Closed
Dec 26 – 29 Optional Days
Jan 1 CCC Closed
Jan 5 2018-19 Applications Distributed
Jan 10 Board Meeting, 7:15 West Concord Audit Results



December Optional Days: December 26-29

This year our December Optional week is scheduled as follows:

- Tuesday and Wednesday December 26 & 27 - All CCC children and teachers will be at our West Concord Program at 1300 Main Street
- Thursday and Friday – Ripley will be open for the Ripley children. West Concord and Emerson children will be at West Concord.



Celebrating Holidays at CCC

Holiday celebrations can be wonderful opportunities for children to learn about the traditions and values that are significant parts of people's lives. At Concord Children's Center it is important that our curriculum reflect and respect the cultures represented by all of our families. Holidays are one way for our community to work together to create developmentally and culturally appropriate learning experiences.

Following the lead of our children and their families, CCC includes a variety of holidays in the curriculum and invites families to share special traditions. Our CCC community of families celebrates over two dozen different holidays throughout the year. We focus on the secular aspects of holidays, often celebrating commonalities of the various traditions.



Many Thanks for a very successful Bookshop Fundraiser!

We raised over \$1100! Our most successful fundraiser at the Concord Bookshop. Thanks to all who shopped and volunteered. And much appreciation to the Concord Bookshop!



The *Astra Foundation* is pleased to offer the workshop, Floortime™ for Parents co-sponsored by *Concord Children's Center*

When: Six Thursdays from 7:00 to 9:00 pm on Jan 11th, 18th, 25th, Feb 1st, 8th, 15th, 2018 (snow date Mar 1st) with two individualized mentoring sessions on Jan 21st, and Feb 4th (family times to be selected).

Where: Concord Children's Center, 1300 Main Street, Concord MA

Tuition: \$120 for one person, \$160 for a family including caregivers

In this Floortime workshop, you will learn techniques developed by Stanley Greenspan, MD and Serena Wieder, PhD. You will learn how to expand your use of the power of play to support your child's development and emotional growth. The individualized family mentoring sessions tightly couple theory and practice to help you master specific skills to help your child. We will discuss child development and watch videotapes of child play to understand how Floortime may help your child:

- Improve attention.
- Engage with you more strongly.
- Be more calm and cooperative.
- Communicate more effectively.
- Play with more complexity.
- Better understand themselves and others.

This class is suitable for parents of infants or children between 2 and 10 years with or without issues of behavior, regulation, autism, communication or developmental delays.

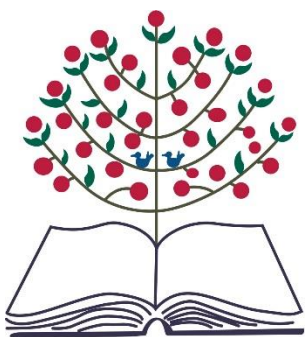
Registration:

<http://astrafoundation.wixsite.com/website/parent-classes>

For questions about registration: Pam@astrafoundation.org 978 266-3700

For more information contact the instructor,

Sarah Measures: sarahmeasures@yahoo.com 617-413-1355



Concord Museum Family Trees: A Celebration of Children's Literature

**November 22, 2017 - January
2, 2018**

**D. B. Johnson will be the Honorary
Chair for Concord Museum's *Family
Trees***

During the holiday season, the Museum's galleries are filled with more than 30 fanciful trees of all shapes and sizes, decorated with original ornaments inspired by acclaimed children's storybooks and contemporary picture book favorites.



The exhibition's focus on children's literature makes *Family Trees* unique among the many holiday events in Greater Boston. Each tree serves as a canvas for the artistic creations of a dedicated team of volunteer decorators. Inspired by the storyline, the illustrations, the characters or setting of a particular book, the decorators let their imaginations take flight,

much to the delight of visitors of all ages.



Weighs in on *Rough & Tumble Play*



As the weather gets colder and play moves from the outside to inside, families may be wondering why the children can't play just a bit more quietly, perhaps a bit more gently. It is helpful to remember how important play, including rough and tumble play, is to the development of the young child, and how parents and teachers can respond to this very important play. The NAEYC website Family Resource Page (<https://www.naeyc.org/our-work/for-families>) recently carried an article by Frances Carlson the author of *Big Body Play: Why Boisterous, Vigorous, and Very Physical Play Is Essential to Children's Development and Learning*.

What Is Big Body Play and Why Is It Important?

Big body play is the very physical, vigorous, boisterous, and sometimes bone-jarring play style many children love and crave.

Big body play is...

- When a child throws herself onto a sofa.
- When children wrestle.
- When friends jump off climbing equipment.
- When friends chase each other as they laugh, or race to a finish line.

Why is big body play important for children? Big body play supports children's physical development, but it also supports the development of children's social awareness, emotional thinking, and language skills. Research shows that big body play comes naturally to children. Children all over the world play this way, and that is why it's so important that adults, both teachers and family members, understand and support it.

How does big body play support children's learning? There are many ways big body play supports and enhances children's learning. Younger children gain a lot of information about their bodies through big body play. For example:

- When a mother kisses or massages her baby's body, her baby learns about where his body ends and the space around him begins. He also learns how different types of touch *feel* and the names for those feelings.
- When a toddler jumps into her dad's lap, or she runs to hug a friend, she learns how to control and regulate her body movements. She also learns that she should adapt the intensity of her movements in relation to another person. For example, she might run to hug her friend with less force than she uses to jump into her dad's lap.
- When children enjoy big body play, they can also build both verbal and nonverbal communication skills. Through big body play, they learn to correctly interpret nonverbal gestures, like when my friend puts her hand up it means I should stop but if she smiles it means I can keep going. Children will apply this skill throughout their lives in different social situations.
- When children take turns jumping off a tree stump, they practice taking turns.

And, because most children enjoy the play so much, they learn how to compromise. They might let other children go first and be strongest so that the play can continue. Children are also calmer for longer periods of time following very rowdy play. Greater learning is likely during these calm, focused periods.

Why does this type of play make some parents and other adults nervous? Even though I have studied and written about this kind of play, sometimes, it still makes me nervous! As parents and teachers, we are very serious about protecting children and keeping them safe. It's difficult to watch children engaged in physically rowdy and vigorous play and not fear that someone is about to be hurt. Often adults see children roughhousing and think they are really fighting so they often err toward caution and shut it down.

How parents can support big body play:

- Supervise play closely. If your child needs help telling a playmate to stop or to do something in a different way, you'll be there to help.
- Talk with your child and set some ground rules for big body play. For example, If your child likes to wrestle, you might set up a Wrestling Zone in your home. Choose an area with enough space to wrestle without bumping into furniture. Make a rule about how long each wrestling bout can last before time is called. You might also have a rule about all wrestling moves being between shoulders and waists, and not around necks or heads.

Five things you should know about big body play

1. Big body play looks like fighting, but it isn't fighting.
2. Big body play is rowdy, physical, and usually loud. It rarely turns into real fighting.
3. Big body play is a vital component of children's growth and development. Children all over the world play this way.
4. Big body play gives children sustained moderate-to-vigorous physical exercise. With our current obesity epidemic such a growing concern, it can help children stay fit and healthy.
5. The quickest way to distinguish big body play from real fighting is by looking at the expressions on children's faces. Their big smiles let us know the play is okay.

Concord Recreation New Year's Eve Day Party



Get your tickets to the hottest New Year's party in town

Families will ring in the New Year together at noon, complete with Noon Year's Eve favors and a super fun countdown! *Age Guidance - This event will be most enjoyed by families with at least one child between the ages of 1-10 but older and younger siblings will have a blast as well!*

Get the party started early by checking out The 1st Concord Carousel Preschool Noon Year's Silent Auction! Bidding opens for this online auction December 1, 2017 - January 1, 2018. You may register and view items before December 1st. Just click on this [LINK](#) and get ready to be stunned at all the amazing things you can bid on.

All proceeds from this event benefit

[The Concord Carousel Preschool Scholarship Fund](#)

Tickets: \$15 for family up to three people; \$20 for family of four or more. Children under 1 are free.

CCC Board Meetings are open to all families. Please feel free to stop by and listen as we discuss the work of the Center.

Meeting Locations, Topics and Special Events. All meetings begin at 7:15 pm unless otherwise noted

- January 10 *West Concord*
Annual Audit Results *leonard, mulherin & greene, pc*
2nd Quarter financials and projection
Admin Update: Ethical Code of Conduct
- February 7 *West Concord*
Benefits and Salary Review – Philosophy and Comparison
Admin Update: Professional Development Report, Staff Survey
- March 7 *West Concord*
Tuition Analysis, Tuition and Salary Increase Discussion
Draft Budget
- April 11 *Ripley*
Budget Proposal vote
3rd Quarter financials and projection
Admin Update: Facilities
Events: Annual Auction April 7
- May 9 *West Concord*
PHONATHON/Board Dinner
Event: Special Friends Day 5/4, End of the year picnics 5/11,18,23,
- June 13 *West Concord*
7:00 pm: Annual Corporation Meeting: Board slate, annual reports, recognition of significant volunteers, scholarship recipient
7:30 PM: June Board meeting: Slate of Officers, welcome new members
Event: Staff Appreciation Dinner,

2017-2018 Board Members

West Concord: Betsy Keller, -Chair, Campbell Rowe, Co-Chair, Jay Abelowitz, Secretary, Eric Boisvert, Kate Connolly, Susan Hegarty, Becky McCullough, Kathy Manero, Tara Martin, Matt Frizzell
Emerson

Lindsay Torgersen, Jonathan Rankin
Ripley
Nate Kemp, Kerry Norton, Jeanne Triant
Alumni
Stephan Bader, Treasurer



Hark! The Minute Man Arc Chorus performs “A Charlie Brown Christmas”, a heartwarming classic featuring the diverse personalities and social dynamics of The Peanuts. Share in the gang’s experience of the tension & cheer of the holiday season. This free community event is what the holidays are all about!

- **Cost: Free – Food Drive non-perishable items welcome!**
- **Date: Friday, December 15th 2017**
- **Time: 6:30-8pm, reception 8-8:30pm**

- **Location: West Concord Union Church
1317 Main St, Concord, MA 01742**
- **Parking: Limited street parking on Pine & Central St.**
- **Access: Elevator to Sanctuary now located inside**

For more information, please contact: Darcie Heller, Recreation & Social Inclusion
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Email: dheller@minutemanarc.org Fax: 978-287-7841