

CCC Newsletter

Publisher: CCC

Volume No.8

Issue No. 5

Date: January 19, 2014



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

March & April at CCC – Auction March 22nd!

CCC Calendar: March & April

- Mar 7 Summer Applications Distributed
- Mar 12 CCC Board Mtg – Tuition Discussion
- Mar 13, 14 CCC Closed, Professional Days**
- Mar 19 Special Friends Guest Requests Due
- Mar 14 2014-15 Enrollment Fees Due
- Mar 21 Apr. Opt Days Requests Due
- Mar 22 CCC AUCTION!
- Apr 1 Optional After School
- Apr 4 Summer Applications Due
- Apr. 5 Babysitter Meet & Greet
- April 6 Tanglewood Marionettes
- Apr 9 CCC Board Meeting
- Apr 18 Opt After School
- Apr 21 CCC Closed for Holiday
- Apr 22-25 Optional Days

A Night at the Oscars

SATURDAY, MARCH 22, 2014 at 6:30pm

Do you have a baby sitter?

Are you able to bring a hors
d' oeuvres

Would you like to help clean
up at the end of the event?

Do you have questions about
what this is all about?

For help with all these questions
(except finding a babysitter).
Contact pat at 978-369-3747
or ccc-pn@verizon.net.

CCC Professional Days

Considering anxiety in young children

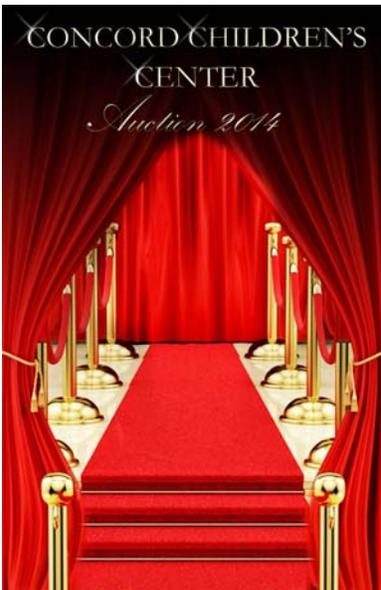
CCC is closed on March 13 and 14 for

Professional Days. On Thursday morning staff will meet with Bill Gresser our behavioral health consultant. In the afternoon we will be joined by Shannon Kelly, LICSW; a coach who has been working with CCC to enhance our team teaching model.

Bill Gresser will address the issue of anxiety in young children. It is normal to see signs of stress and anxiety in children of all ages. During early childhood children build the skills they will need throughout life to cope with anxiety and stress in healthy ways. It is a key role for teachers, to help young children build resiliency and skills to help cope with every day worries. Teaching strategies for dealing with stress is one of the most important parts of our early childhood curriculum.

The teachers at CCC benefit from having the opportunity to learn together from the professionals that support our CCC programs. Shannon Kelly has brought her skills to CCC in the past to support our team teaching model. CCC is unique in that each classroom is taught by a team of Lead Teachers. The teams work together to plan curriculum and create a classroom environment that supports all children. Our afternoon with Shannon affords teachers the time and opportunity to explore working as a team in ways that will most effectively promote the goals of each classroom, and support each individual child.

On Friday, teachers and their program directors will meet at their sites to assess and refresh the classroom and plan for the remaining three months of the school year.



March 1 Town Forum: *Building Resiliency - All Ages All Stages*

This forum will explore “mindfulness” as a strategy for coping with the stress of our daily lives. All are welcome to attend this event from 10-12:30 at Willard Elementary School. Registration is not required but is suggested; those interested in attending may register at: <https://building-resilience.eventbrite.com>. More information is also available on the Healthy Concord Facebook page at: <https://www.facebook.com/HealthyConcordMA>

Playgroups at CCC :

March 8 Saturday Morning Playspace

March 22 Babies and Books

The Playgroups are a free, fun, family-gathering and friend-making opportunity! Coffee (for the parents) and snacks for the children will be provided. For more information, please contact West Concord parent Eck Redmond at eck.redmond@gmail.com. RSVPs requested but not required - please drop in and join us!

Baby Sitter Meet and Greet

Save the Date: April 5

Imagine a room full of prospective Baby Sitters!

CCC and Concord Family Network are offering a Baby Sitter Meet and Greet on Sat April 5, 10:30-noon at CCC 1300 Main Street. This is your chance to meet prospective baby sitters who have graduated from the Community Education Babysitting class. Court Booth, the Director of Community Education and the leader of the Babysitting Program will be on hand to share information about what is taught in the class, and tips on selecting a baby sitter. The prospective babysitters will organize crafts and activities so parents can observe how they interact with young children. Watch for more information.



Muddy Weather

Please remember that your children will be playing outside and nothing is more interesting to a young child than a mud puddle! Boots, warm jackets, snowpants, mittens, hats and spare socks are essential components of the curriculum!

Diane Krug Birthday Celebration

Last month CCC celebrated Starroom Teacher Diane Krug's Birthday. Diane has been at CCC since 1979. Following a week of mini-celebrations, the Starroom surprised her with a beautiful statue of Mickey Mouse! The entire CCC community celebrates Diane's Birthday, and her commitment to CCC and the hundreds of children that she has taught.



Special Friends Day - Friday May 9, 2014

Each year we invite your child's grandparents, special aunt, uncle or other important adult in their life to visit Concord Children's Center. This is a chance for your child to share their school. At each site there will be coffee and other breakfast treats, singing, and displays of the children's artful creations. In order for us to send your child's chosen guest an invitation we ask that you please return the attached “*Invitation Information*” form to your program director or classroom teacher, or you may email it back to executive@concordchildrenscenter.org

Concord Children's Center
Presents

The Fairy Circus

A Tanglewood Marionettes
Production

Sunday April 5 at 4PM
Thoreau School

Special Friends Day

2014

Special Friends Day will be held on the morning of **Friday, May 9th**. Special Friends Day is an opportunity for children and parents to formally invite a grandparent, family member or special friend to join their child in the classroom and enjoy the atmosphere of Concord Children's Center.

Because of our limited space, each child will only be able to invite two people to Special Friends Day.

If you would like to have an invitation sent to a grandparent, special friend, or other family member, please fill out the attached form and return it to your child's classroom by **Wednesday, March 19**. Please inform your special friend that they will be receiving an invitation in April. If you have any questions please call Lynn Phillips or Pat Nelson at (978) 369-3747 or e-mail office@concordchildrenscenter.org

Invitation Information

Child's Name _____ **Classroom** _____

Please write the name as your guest prefers to be addressed and full mailing address of each person you would like to receive an invitation to Spring Visiting Day.

Person #1

Name: _____ **Relationship** _____

Address:

Person #2

Name: _____ **Relationship** _____

Address:

Registration required for all programs: lmattthews@jri.org or 978-287-0221

Wednesday, March 5 **The Psychological Development of Preschoolers presented by**
7-8:30 p.m. at J.V. Fletcher Rachel Kramer, Ph.D. Strategies for building emotional security and
Library, Westford establishing positive behavior patterns in toddlers & preschoolers. The
seminar is designed to help parents increase their understanding of social and
emotional development. Questions are welcome and encouraged.

Thursday, April 17 **What is “Normal” Toddler Behavior presented by Sarah MacLaughlin,**
7-8:30 p.m. at Acton LSW. Join Sarah to learn about the brain science behind the behaviors that are **Memorial**
Library prevalent in toddlers, and how you can be proactive in meeting the needs they
represent. Learn what setting appropriate limits looks like for your toddler, and tools you
can use to foster cooperation in your very young child. Sarah is the author of “What Not To Say:
Tools for Talking with Young Children”, and is a blogger for The Huffington Post and Boston
Central’s FamilyZip.



Parent & Child Program

This musical presentation shares influence, songs and language from many cultures including China, India, France, The Caribbean, Middle East and Latin America. The program promotes respect and appreciation for oneself and others, encourages exploring and celebrating differences, and is appropriate for preschool age through elementary school. The first 55 children to register will take home a free book with a story from another culture, so please register all children who will be

attending. (25 spaces still available)

Single Parent Support Group

Meets **Saturdays, March 8 and April 12, 10-11:30 a.m.** at First Connections with childcare provided. Facilitated by Laurie Ganberg, LICSW, the group gives single parents a place where they can discuss life’s challenges, brainstorm with others in similar circumstances, and relax in the company of other adults who are parenting alone or co-parenting with a former partner. To receive monthly reminders, send contact information to: lmattthews@jri.org. To contact the facilitator: lganberg@jri.org

Adoption Topics

March 26: Is it Adoption or is it Life? Learn why parents of adopted children have more to consider.

April 30: Introduction to the Wise Up Workbook. Help your child navigate questions about their adoption. To be added to the monthly reminder email for Adoption Learn & Play: email lmattthews@jri.org

To contact the facilitator, Mary Rowlinson, R.N. – mrowlinson@jri.org or 978-287-0221, ext. 218.

Childcare is provided during the discussion topics to anyone who needs it.

Do You Know Someone Expecting a New Baby?

Preparing for Parenthood: Meet Other Parents-to-Be in your Community and Create a Plan for the “Fourth” Trimester at First Connections on Saturday, March 8, 1-2:30 p.m.

Emotional Wellbeing After Baby is a group to create hope and connections for women struggling with the adjustment to motherhood, anxiety or depression in the postpartum year. Meets every Monday, 10-11:30 at First Connections, facilitated by Laurie Ganberg, LICSW.



Healthy Concord Presents

Building Resilience

All Ages-All Stages

Saturday March 1, 2014 10-12:30

Willard Elementary School
Powdermill Road, Concord

Keynote Speaker
Mindfulness and the New Science of Happiness
Dr. Ronald Siegel

Everyone wants to be happy. Unfortunately, many of our efforts to feel good ultimately backfire, only increasing our distress. This presentation will explore the surprising overlap between the teachings of ancient wisdom traditions, the insights gained from mindfulness practice, and the findings of modern psychological research in revealing what works, and doesn't work, to support well-being. You'll learn practical techniques to feel less stressed and live a fuller, richer life. Dr. Siegel is Assistant Clinical Professor of Psychology at Harvard Medical School and author of the critically acclaimed book, *The Mindfulness Solution: Everyday Practices for Everyday Problems*.

This is a Free Event
Please register at <https://building-resilience.eventbrite.com>
for break-out session of your choice

Break-Out Sessions

Mindfulness and Parenting, Mary Ann Christie Burnside, Ed.D.

Mindfulness practice deepens the qualities of kindness, compassion and self-care in the parenting role and offers skillful strategies for responding to the variety of situations that parenting presents. Parents with children of any age are welcome to participate.

Permission to Pause: Use of Relaxation Techniques in Your Everyday Life Catherine Collins, RN. Simple techniques such as deep breathing exercises, muscle relaxation, imagery and techniques for allowing the mind to "rest" in the present moment will be demonstrated with the opportunity to practice the techniques.

Digital Tools for Mindfulness, Pam Ressler, R.N. Explore how mindfulness practice can be supplemented with technology and learn tips for building mindfulness within a digitally connected society

Visit [Healthy Concord](#) on Facebook

This program is funded through the Northwest Suburban Health Alliance/CHNA 15
DoN funds from Lahey Clinic, Winchester Hospital and Mount Auburn Hospital