

# **WESTWOOD EARLY CHILDHOOD**

## **PARENT/CHILD PROGRAMS**

**Winter 2017**



The Westwood Early Childhood Office is home of the Coordinated Family and Community Engagement Program. (CFCE) We serve families with young children. In an effort to support parents in their role as their child's first teacher, we have coordinated the following programs to provide enriching interactions between parents/caregivers and children.

Thanks to the fundraising efforts of the Early Childhood Council, and generous donations from the Westwood Young Women's Club, and Foundation for Westwood Education, these programs are free of charge. We fund raise throughout the year and would appreciate any support you could offer whether as a financial donation or as volunteer hours. Please contact Janet Lucey if you can help us.

Registration is required for most programs and available to all Westwood residents. Please kindly register for only the programs you are available to attend.

Please visit our website <http://www.westwood.k12.ma.us/early-childhood-council>/or email Janet Lucey at [jlucey@westwood.k12.ma.us](mailto:jlucey@westwood.k12.ma.us) for more information.

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# MONTHLY PROGRAMS

## Infants (birth through 12 months)

### **Babies In The Mix**

Join Debbi Shamon, LICSW for this supportive group where parents and their babies up to 12 months share and learn together. We'll sing, read, play and explore while discussing parenting, child development and related topics. Registration preferred

**Tuesdays: 1/24, 2/28, 3/21**

**9:30 - 10:30 a.m. at the Westwood Branch Library**

**Register here: <http://tinyurl.com/weccbbmix>**

## Toddler (12 months through 36 months)

### **Toddler Active Play:**

Join Deb Arcsot, WPS PT, for an obstacle course, beanbag toss, bowling and other gross motor activities. Parents assist their child with developing motor skills and then come together as a group for parachute play, singing and dancing.

**Fridays: 1/20, 2/17, 3/24**

**10:00 - 11:00 a.m. at the Westwood Main Public Library**

**Register here: <http://tinyurl.com/weccatap>**

## Preschool (3-5 years)

### **STEM Investigations:**

Bubbles, building structures, numbers, counting and more.....Join Meghan Cullen to explore hands on parent/child activities related to Science, Technology, Engineering and Mathematics. Stories and projects will be incorporated.

**Thursdays: 1/19, 2/16, 3/16**

**1:00 - 2:00 p.m. at the Westwood Main Public Library**

**Register here: <http://tinyurl.com/weccsteminv>**

### **Saturday Active Gym:**

Gym teacher Pat Foley organizes fun, non-traditional games and activities for children ages 3 and 4. Children and their parent/caregiver participate in group games using balls, hoops and a parachute. Join him for the famous Cat and Mouse Game!

**Saturdays: 1/21, 3/11**

**2 Sessions: 10:00 - 10:45 a.m. or 11:00 - 11:45 a.m. in the Deerfield School Gym**

**Register here: <http://tinyurl.com/weccsagplay>**

## All Ages

**Fun with Friends:** Join Lizzy McGovern and Janet Lucey for a fun playgroup that helps children learn about feelings, differences, and caring about others. Each session features a story and hands on activities related to social and emotional learning.

**Mondays: 1/30, 2/27, 3/20**

**10:30 - 11:30 a.m. at the Westwood Main Public Library**

**Register here: <http://tinyurl.com/weccfwf>**

### **Family Play Group:**

Playdough, puzzles, letter/number activities, blocks and other manipulatives found in a preschool classroom are available for children and their parent/caregiver. Meghan Cullen uses a variety of materials to develop skills for children of all ages! Come explore and meet other families of young children!

**Wednesdays: 1/18, 2/8, 3/8**

**10:00 - 11:00 a.m. at the Westwood Integrated Preschool**

**Register here: <http://tinyurl.com/weccfpg>**

### **Musical Mondays:**

Join Tina Stone for a fun, interactive children's sing-a-long. Children and their parents/caregivers find themselves clapping, singing and dancing to Tina's lively performances. Start your week with a tune!

**Mondays: 1/9, 2/6, 3/6**

**10:00 - 10:45 a.m. at the Westwood Main Public Library**

**Register here: <http://tinyurl.com/weccmmon>**

### **Walk, Talk and Read:**

Lizzy McGovern, Children's Librarian and a Naturalist from Hale Reservation will read a story pertaining to nature or the environment followed by a short walk through Hale discussing the theme.

**Mondays: 3/27**

**10:00 - 10:45 a.m. at Hale Reservation - Trading Post**

**Register here: <http://tinyurl.com/weccwtread>**

## Preschool & School-Age (3-7 years)

### **Little Yogis**

Children ages 3-7 and their parents will learn simple yoga positions as they act out animals or characters in familiar stories. Erin Mann is a certified yoga instructor. Please bring a yoga mat or towel.

Saturdays: 1/7, 2/4, 3/4

10:30-11:30 a.m. at the Westwood Main Public Library

Register here: <http://tinyurl.com/weccly>

## Special Events

### **From Farm to Table: An Intergenerational Exploration**

Children ages 5-8, along with a parent/caregiver will join senior citizens for a farm to table event. Children and seniors will work together to explore the farm, collect seasonal herbs, vegetables, fruits, and cook a Sunday Brunch to enjoy together.

Sundays: 2/5 (future dates are 4/2, 5/7, 6/11, 7/16)

12:00-2:00 p.m. at Powisset Farm in Dover

Space is limited. Registration is required.

Register with the Early Childhood Office: (781) 461-9548 or [jlucey@westwood.k12.ma.us](mailto:jlucey@westwood.k12.ma.us)

### **March Mindfulness**

Take a break from all the madness this March. Children ages 5-8, along with a parent/caregiver will join special guest facilitator Sheryl White to learn how mindfulness can help everyone in a family be more peaceful. Participate in fun and simple activities that encourage relaxation. Learn how mindfulness can help with focus, learning and self-regulation.

Sundays: 3/5, 3/12, 3/19, 3/26

3:00-4:00 p.m. at Westwood Main Library

Registration is required.

Register here: <http://tinyurl.com/weccmarchmind>