

# Spring Newsletter



*Milton Early*

*Childhood Alliance*

Serving families with children birth to age 10  
a program of

**Discovery Schoolhouse, Inc.**

and funded by the MA Dept. of Early  
Education and Care's CFCE Grant



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Website:

[www.miltonearlychildhoodalliance.org](http://www.miltonearlychildhoodalliance.org)

We're on Facebook & Instagram at:

Milton Early Childhood Alliance

## Our Spring Programming...always free!

### Preschool Playgroup Series

Join us for some stories, songs, movement, and engaging activities created just for 3, 4, and 5 year old children, accompanied by an adult. This playgroup series will meet virtually on Zoom each Thursday for 6 weeks, from April 15th through May 20th at 10:30 AM. Activity bags, filled with supplies and materials, will be available for pick up and include everything needed to participate in this playgroup series! Completion of the Ages & Stages Questionnaire, to help better understand your child's growth and development, and a commitment to attend all six sessions will be requested of you. *Registration is required* and can be completed here: <https://forms.gle/omyW8jz68KFTVWxH7>. Upon completion of this series, you will receive children's books for you and your child to enjoy together!



### Nature Tales - Animal Movements

Join us for a STEM and Early Literacy adventure virtually at the Trilside Museum. This event will be held on Zoom on Saturday, April 24th at 11:00 AM. You'll enjoy a children's story, a guided movement activity, meet and hear about two live animals, and have the opportunity to participate in a question and answer period! This will be an interactive event, with as many questions answered as possible. For ages 2.9 through 7 years old. We strongly encourage parent participation. *Registration is required* to obtain the Zoom link and passcode and can be completed here: <https://forms.gle/P1JgLyFmiuwcfe7>. *Many thanks to our Kindergarten T-shirt sponsors for their generous support of this programming!*



### Getting Ready for Kindergarten

Will your child be attending kindergarten in the fall? Do you wonder if your child is ready academically, socially, emotionally, or developmentally? Would you like to learn what you can do to make the transition easier for your child and your family? Then, this parent workshop is for you and is open to all parents/caregivers; your child will not need to attend Milton Public Schools to participate. We will hold this workshop virtually, via Zoom, on May 18th at 7:00 PM. *Registration is required*. To register and obtain the Zoom link and passcode, click: <https://forms.gle/GvvfKPdLfu7uk6mq8>.

## Nature Tales - Animal Five Senses

Join us for a STEM and Early Literacy adventure virtually at the Trailside Museum. This event will be held on Zoom on Saturday, May 22nd at 11:00 AM. You'll enjoy a children's story, a guided movement activity, meet and hear about two live animals and have the opportunity to participate in a question and answer period! This will be an interactive event, with as many questions answered as possible. For ages 2.9 through 7 years old. We strongly encourage parent participation. Registration is required to obtain the Zoom link and passcode and can be completed here: <https://forms.gle/K9CzTU5bWubDxsvSA>. *Many thanks to our Kindergarten T-shirt sponsors for their generous support of this programming!*



## Children's Concert

On June 10th, our annual Children's Concert will be held at Baron Hugo Gazebo at Milton's Town Hall from 6:00 to 7:00 PM. Join us for toe-tappin', banjo rockin', guitar groovin' music, singing, and fun for all ages! Wear your bright yellow t-shirt and meet other children entering kindergarten in the fall. Bring a blanket for an evening of fun! Registration is not required. If it looks like rain, call 617-696-2262 after 4:00 PM. We'll leave a message if we've postponed the Concert until June 17th. Co-sponsored with the Town of Milton's Parks and Recreation Dept. *This event will be held based on current COVID-19 guidelines at that time.*



## StoryWalks® Around Town - Part of Milton Moves!

In an effort to promote physical literacy for families with younger children, we join Milton Public Library and their Milton Moves initiative. Take some time to enjoy the outdoors, fresh air, and some great children's books located in nature. Current StoryWalks® are located at, or will be installed very soon, at:

Trailside Museum - visit with some animals and read a terrific children's story at the same time! A children's story is posted on the outdoor fencing of the Trailside Museum's grounds for your family to enjoy. During this time, the Trailside Museum is open Wednesdays, Thursdays, and Fridays 10:00 AM to 4:00 PM, by *pre-registration only* at <https://bit.ly/2R3jtUV>.

Milton Cemetery - look for a spring StoryWalk®, coming soon to the beautiful duck pond in Milton Cemetery. A children's story will be posted around the perimeter of the pond soon. Enjoy a children's story while taking a quiet walk in a peaceful setting. Milton Cemetery is open seven days a week, 8:00 AM until sunset.

Houghton's Pond - Enjoy a StoryWalk® around the children's playground, which is being posted soon for the spring season. Play in the playground, take a walk around the pond, and enjoy a great story, too! Houghton's Pond is open daily, dawn to dusk.

## Milton Public Library Children's Programming

Join the Library staff for lots of fun children's programming with Night Owls Storytime on Mondays at 6:30 PM, Up to Five, Live! on Tuesdays at 10:00 AM, Smaller Wonders on Wednesdays at 10:00 AM, Take-and-Make Tots on April 15th and May 13th, and many other programs. Especially check out programming for April School Vacation Week, such as Stuffed Animal Sleepover on April 21st and Zoom with Animal World Experience on April 23rd! For more details and registration information, visit their website at: [miltonlibrary.org](http://miltonlibrary.org), click on Events, and use the drop down menu under All Programs to choose Children's Programs.

## Pop-up Book Sales at Milton Public Library

Check out the Library's Pop Up Book Sales, which takes place every Tuesday and Saturday from 11am-2pm. Located in the Wotiz Gallery on the main level of the Library, books for all ages, and in all categories, are priced at \$1 for adult books and 2 for \$1 for children's books. Please bring your own bag. Exact change, check, or Venmo are the payment options, so plan ahead if you can! Book donations are not yet being accepted, but look for more news in the coming weeks.

## Are you looking for childcare?

### If so, we can help!

Just email [cpmecasl@verizon.net](mailto:cpmecasl@verizon.net), let us know the age of your child, and we'll provide you with comprehensive information on all licensed childcare programs and providers in town, surrounding cities and towns, or via your driving route.

## Resources

The Milton Early Childhood Alliance maintains a comprehensive Milton Parents Resource Manual, filled with a myriad of information for parents and families. Check out our website at [www.miltonearlychildhoodalliance.org](http://www.miltonearlychildhoodalliance.org).

## Children Grow and Change Every Day

Through the Help Me Grow program, the Ages & Stages Questionnaire (ASQ) is a free, simple tool you can use to find out what your child's strengths are, and the areas where they may need more practice. The program is designed specifically for the age of your child anywhere between birth and 5 ½ years old, and can be done multiple times during your child's first five years of life. Simply complete a Questionnaire in the comfort of your home, then, submit it to us for scoring. We'll let you know the results, help you with next steps, if needed, and provide you with fun, simple activities to help with your child's continual growth and development - all for FREE! Our ASQ online link is: <https://www.asqonline.com/family/8fd7d7>.

## Parents Helping Parents

Empowering parents to nurture children and build stronger families. Trained volunteer counselors offer ways to relieve stress in a sympathetic, non-judgmental way. Support is available 24/7 at 1-800-632-8188 or [www.parentshelpingparents.org](http://www.parentshelpingparents.org).

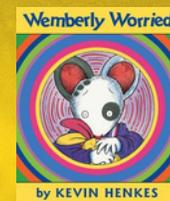
## Food Assistance

Milton Public Schools:  
call 617-898-1051  
email [jmorgan@miltonps.org](mailto:jmorgan@miltonps.org)  
Milton Food Pantry:  
call 617-696-0221  
[www.miltonfoodpantryma.org](http://www.miltonfoodpantryma.org)  
Project Bread:  
call hotline 1-800-645-8333  
[www.projectbread.org](http://www.projectbread.org)  
WIC - Women, Infants & Children  
call Quincy's office 617-376-8701  
[www.wic.bamsi.org/](http://www.wic.bamsi.org/)  
Interfaith Social Services  
call 617-773-6203 x19  
[www.interfaithsocialservices.org/food/](http://www.interfaithsocialservices.org/food/)

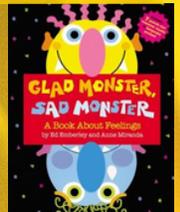
## Little Children Have Big Feelings, Too Book Suggestions...



The Grouchy Ladybug  
by Eric Carle



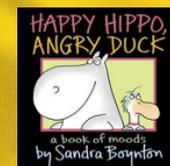
Wemberly Worried  
By Kevin Henkes



Glad Monster,  
Sad Monster  
By Ed Emberley



My Many Colored Days  
By Dr. Seuss



Happy Hippo, Angry Duck  
By Sandra Boynton



Lots of Feelings  
By Shelley Rotner

The Pigeon Has  
Feelings, Too!  
By Mo Willems



## Caring for Yourself

The parent-child relationship is the child's first relationship. A warm, nurturing relationship is important for a child's social-emotional development and sets the stage for future relationships. Parenting a child can be an amazing and joyful experience, and it can also be tiring and difficult. It is natural for parents to put their child's need ahead of their own. At some point, though, it is important to take care of yourself. Parents can best support their child's social-emotional development when their own needs are met, but that's easier said than done.

- Ask for help when you need it or let others help you when they ask
- Join a parent support group
- Connect with other parents of young children
- Take care of your body and mind
- Limit extra activities in your life
- Make lists of things to do that make you feel good

Happy, relaxed parents have more to give to their children!

Adapted from:

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