

Upper Cape Family Network  
Falmouth Public Schools  
340 Teaticket Highway  
East Falmouth, MA 02536

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## Nov/Dec Newsletter – 2009

Our relationship with geocities – our on-line host – will end on October 26<sup>th</sup>. We are working on a new host site, and we will let you know what our new “address” is as soon as we are all settled in!

We have moved to an online newsletter. Please go to [www.geocities.com/coalitionforchildren](http://www.geocities.com/coalitionforchildren) or [www.uppercapefamilynetwork.org](http://www.uppercapefamilynetwork.org) to access our information. If you are unable to access the internet, please call our office (508 548 0151 x 172) with your name and mailing address, and a hard copy will be mailed to you. Please use the same number to be removed. Thank you!

Parents & Educators from any community are welcome to attend workshops in each of the four Upper Cape towns. Space is limited in some workshops, especially in our parenting classes. ***Please call to register!***

Funding for this newsletter has been provided through a grant from the Massachusetts Department of Early Education and Care.

## Upper Cape Family Network



Are you ready for Toe Jam? Are you ready to make and bake pies? Yes, it's that time again, and the Toe Jam puppet Band will be a huge part of this year's Pre-Thanksgiving Pie Auction, Saturday, November 21<sup>st</sup>! This year, this FREE, FUN, FAMILY EVENT (at the Oakridge School in Sandwich) will help pay for our program insurance, so to anyone who has said, "what can I do to help?" Here is our answer: bake (for the auction and bake sale), gather (silent auction raffle prizes), and attend (with your whole family)! Maybe one of you will bake a Toe Jam Pie!

We divide our baked pies between our live and silent auction and our bake sale table. Please know that pie placement is arbitrary, we honor them the best we can, and we love all of our donations equally. (Call 508 548 0151 x 172 to be part of our pie of the month club!)

How many of you are out there parenting alone? You might be a single parent or your spouse might be deployed, or your family might be separated because of work availability. Whatever the reason, we have designed a group just for you. This free, six part series, which includes dinner and childcare, begins on November 3<sup>rd</sup>. Please call now (508 548 0151 x 175) to register! Get the support (especially during the holidays) that you need and deserve.

Our 16 week Effective Parenting Series begins in January (again, dinner and childcare included). Call 508 548 0151 x 172 to register.

The Parent Connection series continues. November's offering is a Parenting Panel, so start now, list your questions, and bring them with you on November 4<sup>th</sup>. We'll be at the Faxon Center at the Falmouth Hospital: call 508 548 0151 x 175 to register. The complete list of workshops will be in the body of the newsletter. You can register for one at a time or all of them at once if you want to be assured of a seat.

### **Bourne - Community Partnerships for Children**

The Bourne Early Childhood Council, while still offering teacher trainings and parenting skills workshops, will focus on early literacy as an important family matter. With this in mind, I have quoted from parts of "The Daily Parent", a publication of the National Association of Child Care Resource and Referral Agencies as a meaningful poem and support material.

*For want of a nail the  
Shoe was lost.*

*For want of a shoe  
The horse was lost.*

*For want of a horse  
The rider was lost.*

*For want of a rider  
The battle was lost*

*For want of a battle  
The kingdom was lost.*

*And all for the want of  
A horseshoe nail.*

Likewise, children who don't have early literacy skills do not learn well in kindergarten. Children who do not do well in kindergarten are less likely to read well in third grade. Children who cannot read well in third grade are less likely to graduate from high school. Children who do not graduate from high school earn less money and are more likely to spend time in prison. All for the want of early literacy skills.

Early literacy is what children know about reading and writing before they can actually read or write. Literacy is about connecting spoken language to written words. Your local library offers a wealth of material on how to choose books that will interest your child and encourage early literacy development. "Reach Out and Read", a national program at [www.reachoutandread.org](http://www.reachoutandread.org) provides a guide for parents about developmental milestones of early literacy for children 6 months to 5 years, tips on reading and choosing books, a list of recommended books, and links to other websites.

The Jonathan Bourne Public Library, with some funding by the Bourne Early Childhood Council and the Upper Cape Family Network, offers many community programs to promote literacy. On Tuesdays and Fridays there are Toddler and Preschool Story Hours. On Thursdays and Fridays are Music and Movement and Lap

Babies. There is a Drop in Playgroup on Friday and a Drop in Family Story Hour on Wednesday. Thursday is a Parenting Skills session with a Story Hour. Book Clubs are in place for grades 1-3 and grades 4-6 and special events happen monthly. Library Card night for ages 5 and up will be on October 29 with a special visitor. Call the Library for any additional information.

As mentioned elsewhere in the newsletter, we encourage providers and parents to attend the Upper Cape Early Childhood Conference at Bourne High School on October 31. The Conference fee is \$30, which includes breakfast and 4 hours of professional development time in quality workshops.

The Bourne Early Childhood Council meets every other month on the 3<sup>rd</sup> Wednesday. The next meeting will be November 18 and all are welcome. For any information on Community Preschools or Council activities, call Nancy Spalding at Bournedale Elementary School. The number is 508-743-3800 extension 4401.

### **Sandwich - Community Partnership Council**

Did you get to see Strega Nona and enjoy the pasta afterward? That delicious, use-your-bread-to-get-every-bit sauce was made by our friends at Peppino's Pizzeria. We really appreciate them donating to us, **AND** two other schools this month.

As many of you know by now, Miss Betsy, she has accepted a position in the Spinnaker Program for preschool children over at the H.T. Wing School. While she will no longer be able to share her mornings with us, she is looking forward to joining her Discovery Center friends during the afternoon drop-in time from 4-6.

Though no one can ever replace Miss Betsy, we do anticipate finding someone very special to become our new Discovery Center Director this fall. Until then, we will do our best to fill her shoes and keep the Discovery Center doors open. Please join us in wishing Miss Betsy all the best in her new position, and in thanking her for all the happy days shared together!

Over the years, parents have generously offered to help us financially. We remain committed to offering all our programs at no cost, without fees, through grant writing and business sponsorship. However, due to constantly declining state funding, the Sandwich Community Partnership will be holding it's very first fundraiser!

On Friday, Nov. 6<sup>th</sup>, from 1:30-3:30, Barefoot Books will be holding a book fair in the Discovery Center. A portion of the profits will be donated to us to help provide programming for your family this spring. These carefully selected titles are beautifully illustrated, high-quality children's literature. Look for a sample selection sheet and order form in the Discovery Center, but be sure to come browse that afternoon and enjoy a hassle-free, pre-holiday shopping experience for gifts you can feel good about giving, to benefit a

program you feel good being a part of!

### **Calendar of Events-**

**Friday, Nov. 6, 1-4 p.m.-**  
*Barefoot Book Sale! Discovery Center*

**Saturday, Nov. 14<sup>th</sup>, 9:30-10:30-**Dads, Doughnuts and Me- Join Mr. Parsons and a special guest "Dad" Register through Event Keeper. Sponsored by the Sandwich Community Partnership, funded through a grant by

Target  .

**Saturday, December 5<sup>th</sup>,**  
*Gingerbread Boy Puppet Show and Cookie Decorating* at 10:30 and 11:30 at The Sandwich Public Library. Run, run as fast as you can to "catch" a ticket for our annual holiday treat. Register at [sandwichpubliclibrary.com/events](http://sandwichpubliclibrary.com/events) calendar after Nov. 14<sup>th</sup>.  
**Saturday, December 19<sup>th</sup>, 9:30-10:30-** *Dads, Doughnuts and Me*- see the Nov. description for details.

### **Schedule Changes-**

Miss Betsy's afternoon drop-in will move from Thursday afternoon to it's new day on Wednesday, from 4-6, beginning Dec. 2nd. Reminder- The Discovery Center will follow the Sandwich Schools closings on the afternoons of Oct. 29, and Nov. 19<sup>th</sup>. We will be closed for the holidays on Nov. 11, Nov. 26<sup>th</sup> and 27<sup>th</sup>, and Dec. 24<sup>th</sup> through January 5<sup>th</sup>.

### **Mashpee Community Partnerships for Children**

My name is Julie Hall and I am the new CPC Coordinator in Mashpee. Though I am new to this position, I look forward to the great possibilities we can offer to families here. First of all, my office is located in the KC Coombs School making me available to the school community, as well as the families. We have already started planning some new groups for the fall which will include weekly play and learn groups with Rosemary Modic.

Hopefully, there will be a Mashpee baby group for parents with babies 0 to 15 months, followed by a mixed age group for parents with older children. Further details will be forthcoming as to the place, dates and times, but call (508 548 0151 x 172) and get your name on the list now!

Another exciting news bit is that Kim Torres will be bringing back her "Elements" program to the preschool, Head Start and Kids Klub. Kim presents a variety of science topics with hands on and literacy activities. We will be working on other programming as the year proceeds. Our primary goal is to provide outreach to families as we strive to help meet their needs especially in the areas of child development and literacy.

### **Young Children First! Falmouth's Community Partnerships for Children**

If it's November, it must be Family Literacy Month!

Young Children First! is sponsoring a Book Fair at the Gus Canty Recreation Center on Main Street in Falmouth on **Nov. 14<sup>th</sup>** from **10:00 am-2:00 pm**. This fundraiser book fair is featuring **Barefoot Books....** beautiful books that capture the imagination, spark curiosity, inspire creativity, and instill a respect for the diversity of the planet and for the earth itself." Stop by and choose from a wide selection of beautiful, high quality books...just in time for holiday shopping! (...and put your name in for a chance to win a free book.)

***Get Ready to Read! (GRTR!)*** is a national initiative to build the early literacy skills of preschool-age children. The initiative provides a research-based screening tool (for 4 yr old children) to early childhood educators, child care providers, and parents in order to help them prepare all children to learn to read and write. Young Children First! is currently working with area Early Childhood programs using this tool to help support children in the year before kindergarten. If you are interested in this program call Carolyn Minervino at the YCF! office at 508-548-0151 ext 128 for more information.

The Center for Early Literacy Learning has a wonderful website that highlights literacy learning experiences for infants, toddlers and preschoolers:  
<http://www.earlyliteracylearning.org/pgparents.php>

These practices for parents show you how everyday home and community activities encourage young children to listen, talk, and

learn the building blocks for early literacy.

The next **YCF! & UCFN Council** meeting will be on **Tuesday, Nov. 16<sup>th</sup>** at 6:00 pm. The YCF!-UCFN joint Council welcomes all who are interested in the welfare of families with children from birth to Kindergarten. This is an exciting time for our newly combined Council, please join us! For more information call Carolyn at 508-548-0151 Ext 128 or Tina Toran at Ext 172.

It's another Family Literacy Saturday! "**Getting Ready For Winter!**" will be **December 12, 2009 10:30-Noon** at the Falmouth Public Library's Children Room. (Sponsored by Young Children First! & Falmouth Public Schools). The morning will feature Kim Torres of Elements, etc. She'll talk about how animals, plants (yes plants) and people get ready for the chillier days ahead. Find out which ones head south, who/what stays, what they eat, & more. Join area early childhood teacher volunteers and Kim as we share info, books & songs. Lots of related hands-on activities will top off the morning fun! Join us...it's free!

Young Children First! once again joins the Falmouth Public Library for "**Holiday PJ Storytime!**" at Highfield Hall. Your family is invited to join us on **December 15<sup>th</sup>** at 6:30 p.m. for a festive holiday storytime with books, songs and fun. Remember to wear your 'jammies!

Nov/Dec 2009

[www.geocities.com/coalitionforchildren](http://www.geocities.com/coalitionforchildren)

(U) Upper Cape Pre-Thanksgiving Pie Auction & Bake Sale

Entertainment Provided by the Toe Jam Puppet Band!



Saturday, November 21<sup>st</sup>  
9:00 Doors open  
9:05 Bake Sale Table is OPEN!  
9:30 Toe Jam Performs  
10:30 Live Auction Begins  
11:30 Silent Auction Ends

Bakers and Buyers Needed!  
Call 508 548 0151 x 172  
For more information!

**Parent Connection Series**  
Call to register 508 548 0151 x 175  
Falmouth Locations!

November 4<sup>th</sup> – Parenting Panel: What do the Experts Say?

December 16<sup>th</sup> – Dads Parenting Tool Box: What's In It?

January 6<sup>th</sup> – Don't Pop Your Cork

February 24<sup>th</sup> – Low Cost, No Cost Things to do with Your Family

March 24<sup>th</sup> – Literary Styles – What Style is Your Child?

April 28<sup>th</sup> – Bite or Fight: Don't Make Food a Battle

May 26<sup>th</sup> – Resilient Parents/Resilient Kids

**(S) Gingerbread Boy Puppet Show & Cookie Decorating**



Saturday, Dec. 5<sup>th</sup>  
9:30 – 10:30

Sandwich Public Library  
Register on line

[Sandwichpubliclibrary.com/events](http://Sandwichpubliclibrary.com/events)  
Or come in and tell us in person ☺

**Discovery Center**  
Drop-In Schedule:

Tuesdays - 11:15 - 12:45

Wednesdays - (UCFN)  
11:15 - 12:45

4:00 - 6:00

Thursdays - 9:30 - 11:00

Fridays - 9:30 - 12:30

**(U) New Playgroup Sessions!**

Upper Cape Family Network Free  
Play and Learn Groups  
Bourne & Sandwich

Three 10 week sessions

**Session I**

Begin - Week of Sept. 14

End - Week of Nov. 20

**Session II**

Begin - Week of Jan. 11

End - Week of March 26

Mashpee & Falmouth

Two 15 week sessions

**Session I**

Begin - Week of Sept. 14

End - Week of Dec. 21st

**Call for registration forms:**

**508 548 0151 x 172**



**CCNSC**

**Parent Education & Support Calendar**

(formerly in the Cape Cod Times)  
can be viewed at

[www.capecoalition.com](http://www.capecoalition.com) or

contact Paul Melville (508-771-4338 or

[paul@capecoalition.com](mailto:paul@capecoalition.com) for automatic e-mails each month.

**(U) Helping Hands**



In this time of economic stress, please consider our local food pantries when shopping

Falmouth Service Center  
508 548-2794

Mashpee Food Pantry  
508 477-7700

Sandwich Food Pantry  
508 888-3816

Bourne Food Pantry  
508 759-3351

Thank you so much!

**(U) Upper Cape Early Childhood Conference\***

(for Providers and Parents)

**Saturday, October 31, 2009**

7:30 am - 12:30 pm

Bourne High School

**Keynote: Fran Friedman**



Join us for

Breakfast, workshops, training hours, vendors, & raffle prizes

Call 508 548 0151 x 172

for a brochure.

\*A collaboration between UCFN, 5 CPC's, and Childcare Network

*Workshop Listings and  
Community Offerings*

**BECOME A MENTOR!**

MASS MENTOR is a foster care agency serving children and teens with emotional/behavioral challenges.

**LOOKING FOR**

caring, responsible people to open their homes and hearts to children in need of a safe and secure home.

**WE OFFER**

training, access to 24 hour professional support, and a \$50 tax-free daily rate. Short and long-term placements needed.

Call ~~1-888-920-8700~~

Foster parent training classes!  
Sign up & more info @  
508 862 2639

**(U) Parent Connection Series**  
Call to register 508 548 0151 x 175

November 4<sup>th</sup> – Parenting Panel: What do the Experts Say? Faxon Center – NO CHILDCARE

December 16<sup>th</sup> – Dads Parenting Tool Box: What's In It?  
704 Main Street, Falmouth

January 6<sup>th</sup> – Don't Pop Your Cork  
704 Main Street, Falmouth

February 24<sup>th</sup> – Low Cost, No Cost Things to do with Your Family  
Mullen Hall School, Falmouth

March 24<sup>th</sup> – Literary Styles – What Style is Your Child?  
Mullen Hall School, Falmouth

April 28<sup>th</sup> – Bite or Fight: Don't Make Food a Battle  
Mullen Hall School, Falmouth

May 26<sup>th</sup> – Resilient Parents/Resilient Kids  
Mullen Hall School, Falmouth

**KEY INFORMATION!**

In our boxes and calendar you will see a letter (U)pper Cape Family Network, (S)andwich or (M)ashpee or (F)almouth or (B)ourne before an event. This is to help you identify where the event is being held. (If you need more information, you can always call the office! 548-0151 x 172)

**(U) Are You Parenting Alone?**

Falmouth Public Schools Pupil Personnel/ Early Childhood Department is sponsoring

**(Free!) Successful Parenting Strategies for Single Parents**

w/Lee Burwell, MFT, CGE, single Mom & Paul Melville, Family Support Specialist and single Dad

**Dinner & Childcare Included!**

**Tuesday Nights:** Nov. 3, 10, 17, December 1, 8, and 15

**Location:** Cape Cod Child Development School Age Center, corner of Davisville Rd and Rt. 28.

**Register by Tuesday Oct. 20th**

**Call:** Laney Cooke-Johnson @ 508-548-0151 x 175

lcooke\_johnson@falmouth.k12.ma.us

**Child care is limited, so register right away!**

**(S) Dads, Doughnuts, and Me With Mr. Parsons!**



November 14<sup>th</sup> & December 19<sup>th</sup>

9:30 - 10:30 am

Sandwich Public Library

(U) How Can I Help? UCFN Suggestions

**Volunteer Opportunities**

**Can't get enough of those little ones?**

Provide childcare for a day time or night time parenting classes

**Can't stay out of the kitchen?**

Provide a dinner for our night time parenting classes

**Want to be involved with programming?**

UCFN council meetings (4 X/year)

**Want to meet new and important people?**

Visit your state reps - talk to them - keep them informed your thoughts and issues

Call the UCFN office to sign up and for more information  
508 548 0151 x 172

**Book Fairs with Barefoot Books!**



Do Your  
Holiday  
Shopping  
Now!

**CPC Fundraiser: Sandwich**

Friday, Nov. 6<sup>th</sup>

1:00 – 4:00 pm

Discovery Center, Sandwich Library

**YCF! Fundraiser: Falmouth:**

**Saturday, November 17<sup>th</sup>**

**10:00 – 2:00**

**Gus Canty Recreation Center**

**(U) UCFN Drop In Playgroups**  
Come Visit Us!

\*Mixed Age Playgroup @ Sandwich Library Discovery Center  
10:45 am -11:45

**Thursday**

\*Mixed Age Playgroup @ Falmouth School Administration Building  
9:30 - 10:30

**Thursdays**

\*Tots N Tales @ Falmouth Library  
10:00 am

**Friday**\*Books for Babies @ Falmouth Library 10:15 am

\*Mixed Age Playgroup @ Jonathan Bourne Public Library 10:45 - 11:45

These free groups are open to families with children ages birth to school age!

**(F) Free, Fun, Family Event**  
**Getting Ready for Winter**

Kim Torres from Elements, etc.

**How animals, plants, and people get ready for the winter©**

December 12<sup>th</sup>

10:30 - Noon

Falmouth Public Library

\*\*\*\*\*

**Holiday P.J. Story Time**








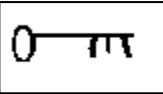
Come read and sing with Young Children First! and the Falmouth Public Library

December 15<sup>th</sup> 6:30 pm  
Highfield Hall, Falmouth

Upper Cape Newsletter  
 Calendar of Events for  
**November 2009**

Sunday	Monday	Tuesday!	Wednesday	Thursday	Friday	Saturday
1 November is	2	3 (U) Single Parents 508 548 0151 x 175 (1 of 6)	4	5	6 (S) Barefoot Book Fair Sandwich Library 1:30 - 3:30 Holiday Shopping!	7
8 Military Family Appreciation Month		10 (U) Single Parents 508 548 0151 x 175 (2 of 6)	11	12	13	14 (F) Barefoot Book Fair! 10:00 - 2:00 Gus Cauty Rec Center (S) Dads, Donuts, and Me Sandwich Public Library
15 Family Caregivers Month	16 (UCFN & YCFI) Council Meeting Join Us! 508 548 0151 x 128 6:00 PM	17 (U) Single Parents 508 548 0151 x 175 (3 of 6)	18 (B) CPC Council Meeting 508 743 3800 x 4401	19 	20	21 (U) Pie Auction! Oakridge School <b>See Toe Jam &amp; Buy a Pie!</b>
22 Health Awareness Month	23	24	25	26 	27	28 
29 Family Stories Month 	30					
Please call ahead to register for all groups and workshops. Child care MAY be available for some events, but MUST be pre-arranged.						
<p align="center"><b>Contact Information:</b></p> <p>(B) Bourne - Nancy Spaulding 563 - 1739      (M) Mashpee -        (F) Falmouth -Carolyn Minervino 548-0151 x 128      (S) Sandwich - Lauren Melillo 888 - 9525 X2        (U) Upper Cape Family Network - Tina Toran 548 - 0151 X172</p>						
						

Upper Cape Newsletter  
 Calendar of Events for  
**December 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December is		<b>1</b> (U) Single Parents 508 548 0151 x 175 (4 of 6)	<b>2</b> Full Moon!	<b>3</b>	<b>4</b>	<b>5</b> (S) Gingerbread Boy & Cookies Register!
<b>6</b> Rising Star Month	<b>7</b> 	<b>8</b> (U) Single Parents 508 548 0151 x 175 (5 of 6)	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> (F) Getting Ready for Winter 10:30 - Noon Falmouth Public Library
<b>13</b> Safe Toys & Gifts Month	<b>14</b> 	<b>15</b> (U) Single Parents 508 548 0151 x 175 (6 of 6) (F) PJ Story Time Wear Your Jammies!	<b>16</b> (U) Dads: What's in Your Parenting Toolbox? 508 548 0151 x 172	<b>17</b>	<b>18</b> 	<b>19</b> (S) Dads, Donuts, & Me Sandwich Public Library
<b>20</b> Write a Business Plan Month	<b>21</b>	<b>22</b>	<b>23</b> 	<b>24</b>	<b>25</b> 	<b>26</b> 
<b>27</b> Universal Human Rights Month	<b>28</b> 	<b>29</b>	<b>31</b>	<b>31</b> New Year's Eve!		
Please call ahead to register for all groups and workshops. Child care MAY be available for some events, but MUST be pre-arranged.						
<p align="center"><b>Contact Information:</b></p> <p>(B) Bourne - Nancy Spaulding 563 - 1739      (M) Mashpee - Julie Hall 508 539-1520 x 107        (F) Falmouth -Carolyn Minervino 548-0151 x 128      (S) Sandwich - Lauren Melillo 888 - 9525 X2        (U) Upper Cape Family Network - Tina Toran 548 - 0151 X172</p>						
						

Upper Cape Family Network  
 Upper Cape Family Network Playgroup Schedule

FALMOUTH	SAND WICH	BOURNE	MASHPEE
<b>MONDAY</b>	<b>MONDAY</b>	<b>MONDAY</b>	<b>MONDAY</b>
<b>9:30 - 10:30</b>	<b>9:30 - 10:30</b>		<b>Group 1 - 9:30 am</b>
<b>Playgroup - Mixed Age</b>			<b>Group 2 - 10:15 am</b>
<b>Registered</b>			<b>Group 3 - 11:00 am</b>
<b>Carriage House</b>			<b>Please pick one group for you</b>
<b>11:30 - 12:30</b>			<b>and your child</b>
<b>Baby Group (0 - 15 months)</b>			<b>Toddle Time</b>
<b>Registered</b>			<b>Registered Groups</b>
<b>Falmouth Public Library</b>			<b>Mashpee Library</b>
<b>TUESDAY</b>	<b>TUESDAY</b>	<b>TUESDAY</b>	<b>TUESDAY</b>
<b>9:30 - 10:30</b>			
<b>Playgroup - Mixed Age</b>			
<b>Registered</b>			
<b>Admin Building</b>			
<b>11:00 - 12:00</b>			
<b>Drop-In Playgroup</b>			
<b>Admin Building</b>			
<b>WEDNESDAY</b>	<b>WEDNESDAY</b>	<b>WEDNESDAY</b>	<b>WEDNESDAY</b>
	<b>9:30 - 10:30</b>	<b>9:30 - 10:30</b>	
	<b>Lap Bables (0 - 15 mths)</b>	<b>Mixed Age Playgroup</b>	
	<b>Registered</b>	<b>Registered</b>	
	<b>Sandwich Public Library</b>	<b>Sandwich Public Library</b>	
	<b>10:45 - 11:45</b>	<b>10:45 - 11:45</b>	
	<b>Lap Bables (16 - 22 months)</b>	<b>Playgroup - Drop In*</b>	
	<b>Registered</b>	<b>Sandwich Public Library</b>	
	<b>Sandwich Public Library</b>		
<b>THURSDAY</b>	<b>THURSDAY</b>	<b>THURSDAY</b>	<b>THURSDAY</b>
<b>10:00</b>		<b>9:30 - 10:30</b>	
<b>Story Hour Drop-In</b>		<b>Music and Movement</b>	
<b>Falmoth Public Library</b>		<b>Registered Group</b>	
<b>11:00</b>		<b>Bourne Library</b>	
<b>Tots 'n' Tales</b>		<b>10:45 - 11:45</b>	
<b>Drop-In**</b>		<b>Drop In Playgroup</b>	
<b>Falmouth Public Library</b>		<b>Bourne Library</b>	
<b>FRIDAY - LIBRARY</b>	<b>FRIDAY</b>	<b>FRIDAY</b>	<b>FRIDAY</b>
<b>10:15</b>	<b>10:00 - 11:00</b>	<b>9:30 - 10:30</b>	
<b>Books for Bables</b>	<b>Music &amp; Movement</b>	<b>Playgroup - Mixed Age</b>	
<b>Story Time</b>	<b>Ages 2 - 3.11 years</b>	<b>Registered Group</b>	
<b>Drop-In**</b>	<b>Registered</b>	<b>Bourne Library</b>	
<b>Falmouth Library</b>	<b>Cape Heritage in Sandwich</b>		
<b>(May change. Stay tuned!)</b>		<b>10:45 - 11:45</b>	
		<b>Lap Bables (0 - 15 months)</b>	
	<b>***Anyone, from any</b>	<b>Registered Group</b>	
	<b>town, can come to a drop-in</b>	<b>Bourne Library</b>	
	<b>group.</b>		

# Fight the Flu.

## Parents – Help Stop the Spread!



### Get Vaccinated

Make sure your children get vaccinated. It's the best protection from the flu. Be sure to get both the seasonal and the H1N1 flu shots.



### Cover Your Cough

Teach your children to cover their mouth with a tissue when they cough or sneeze. They can also cough or sneeze into their inner elbow, but not their hands.



### Wash Your Hands

Teach your children to wash their hands often with soap and water. To make sure their hands get clean, have them sing the happy birthday song twice while washing. They can also use a hand sanitizer to clean their hands.



### Stay Home When Sick

If your children are sick with the flu, keep them home from school for at least 24 hours after their fever goes away. This means they have no fever even when you don't give them medicine for fever.