

# October 2020 Newsletter



Check out our online calendar at  
[www.calendarwiz.com/mfnschedule](http://www.calendarwiz.com/mfnschedule)

489 Winthrop Street  
Medford, MA 02155  
781-393-2106



MEDFORD FAMILY NETWORK

## Effective Fatherhood Workshop ZOOM Series



6 Saturdays;  
October 24, 31; November 7, 14, 21, 28  
1:00 - 2:30 pm

**FACILITATED BY ROBERT LUBLIN, MFN PARENT LEADER**

OCTOBER 24 - Overview  
OCTOBER 31 - Parental Resilience  
NOVEMBER 7 - Social Connections  
NOVEMBER 14 - Concrete Support in Times of Need  
NOVEMBER 21 - Knowledge of Parenting and Child Development  
NOVEMBER 28 - Social and Emotional Competence of Children and Adults

Join Robert in this 6-part ZOOM series discussion of the important roles that Dads, and those in a fathering role, have in the lives of their children.

Registration is required. Please email [mfnparentedreg@medford.k12.ma.us](mailto:mfnparentedreg@medford.k12.ma.us) with the names of all adults attending. Once we confirm your registration, we will email you the ZOOM link. For questions, please call (781) 393-2106.



# WORKSHOP

# Virtual Parenting Today!

## How to Talk So Kids Will Listen...And Listen So Kids Will Talk

Thursday Evenings; October 8, 15, 22, 29; November 5, 12, 19; 8:00 to 9:00 pm

Explore alternatives to yelling, nagging and criticizing. Need to attend all sessions. To register and for Zoom link, email [mfnparentedreg@medford.k12.ma.us](mailto:mfnparentedreg@medford.k12.ma.us).



## STEP (Systematic Training for Effective Parenting)

Monday Evenings; November 2, 9, 16, 23, 30; December 7; 8:00 to 9:00 pm

Conversation, strategies and information on ways to meet the challenges of raising a family. Need to attend all sessions. To register and for Zoom link, email [mfnparentedreg@medford.k12.ma.us](mailto:mfnparentedreg@medford.k12.ma.us).

## Parenting Support Groups



### Welcome to Parenting Group for New Moms & Dads



Every Tuesday—12 :30 to 2:00 pm

Are you a first-time new parent? This is a wonderful opportunity to meet new friends for yourself and your child(ren). To register, visit <https://www.jfcsboston.org/About/Upcoming-Events/Upcoming-Events/free-groups-for-parents-of-newborns>



### Parents of Children with Autism Spectrum Disorder (ASD)

Wednesday, October 28; 6:30—7:30 pm

Join our monthly support group and chat about you, your family, your triumphs, your struggles and your resource needs. To register and for zoom link, check out our calendar at [www.calendarwiz.com/mfnschedule](http://www.calendarwiz.com/mfnschedule)

## Nature Walks with Miss Andrea



Monday mornings; October 5, 19, 26

Tuesday mornings and afternoons; October 6, 13, 20, 27

Wednesday mornings; October 7, 14, 21, 28

Thursday mornings; October 8, 22, 29

Morning Sessions; 9:00—10:00 am OR 10:30—11:30 am

Afternoon Sessions; 2:00—3:00 pm (Tuesdays only)

For children ages 2 to 5. An opportunity to explore the sights, smells and sounds of the outdoors and increase their knowledge of the natural environment. Registration is required. Please email Miss Andrea at [abreen@medford.k12.ma.us](mailto:abreen@medford.k12.ma.us).



## MFN You Tube Videos!



### Circle Time Story Time with Miss Andrea

If you would like a personal video for your child from Miss Andrea, please email her at [abreen@medford.k12.ma.us](mailto:abreen@medford.k12.ma.us)



### Spotty at the Swing Set with Miss Cindy

If you would like to send Spotty mail or would like a personal video for your child from Miss Cindy, please email her at [csabbag@medford.k12.ma.us](mailto:csabbag@medford.k12.ma.us)



### Pandemic Parenting “The Doctor is in”

Video #1: “So Many Feelings”. Video #2: “Name that Feeling”. Video #3: “Getting to Calm”. Video #4: “Families Learning about Feelings Together”. Video #5: “Managing Our Worries about Back-to-School Decisions”

Shop by  
appointment only.



Donations of  
children's  
clothing and  
books only

Medford Family Network

# Clothing & Book Swap!



**Saturday October 24, 9:30am-4:30pm (rain date Oct. 25)**  
**Outside** in the courtyard of Medford High School  
**Shop by appointment only.**

Sign up for a time to shop at:

<https://www.signupgenius.com/go/5080C48AAA62EA5F49-shop>

Masks are required - all CDC recommendations will be followed.  
You must have an appointment to shop. For Medford residents only.



**Donations of children's clothing  
and books ONLY, graciously  
accepted 9am - 4pm, October 13-15**

at the MFN Family Center, 489 Winthrop Street, Medford

Please no toy or equipment donations.



For more information reach out to Tamar Siegel at  
[rtsiegel@comcast.net](mailto:rtsiegel@comcast.net) or Marie Cassidy at 781-393-2106



Medford Family Network is funded by the Massachusetts Department of Early Education and Care, Coordinated Family and Community Engagement Grant, Children's Trust, Friends of the Medford Family Network, and the generous donations from our families and friends.



## Ages & Stages Questionnaire (ASQ)

### Would you like to learn more about your child's development?

Get a developmental snapshot of your child using an ASQ. ASQ's help families reflect upon and review their child's strengths, interests, attributes and areas that may need support.

We offer three (3) ways to do this:

- ⇒ Online—Parent complete ASQ online
- ⇒ Hard Copy—Parent completes the ASQ paper form
- ⇒ With ASQ Staff—Parent completes the ASQ paper form with staff virtually

**For more complete details or to setup a virtual meeting,  
contact Bernadette Kennedy at [bkennedy@medford.k12.ma.us](mailto:bkennedy@medford.k12.ma.us)**

Check the calendar for program details and updates

[www.calendarwiz.com/mfnschedule](http://www.calendarwiz.com/mfnschedule)

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## Medford Family Network

Medford High School  
489 Winthrop Street, Medford, MA 02155  
781-393-2106  
www.mps02155.org/departments-  
programs/medford-family-network/  
Facebook—@MFN02155  
Twitter—@MFN02155

Marie Cassidy, Coordinator/Family Specialist  
Heather Fuller, Program Assistant  
Office Hours: 8:00 am to 4:00 pm  
(Monday - Friday)



Medford Family Network is funded in part by the Massachusetts Department of Early Education and Care Coordinated Family and Community Engagement Grant, the Children's Trust Family Center Grant, the Friends of the Medford Family Network, Corp., and the generous donations from our families and friends.

The MFN of the Medford Public Schools is a FREE comprehensive parenting education and family support program serving families since 1994. We focus on the positive impact on the developmental process of ALL children prenatal to age 8. All adults who live or work in Medford caring for young children are welcome. This is accomplished through parenting education workshops; age-specific play and learn groups; new parents group; home visitations; family events; a lending library; a family resource/drop-in center; information and referral services; family literacy activities; financial literacy information; and individual consultation. There are programs for dads, grandparents, parents who speak languages other than English; working parents; at-home parents; parents of children with autism, and more. Programs are held via Zoom and in person in accordance with CDC, State, and local precautions due to the COVID-19 pandemic—weekdays, evenings, and weekends when permissible.



# Parent Leadership Opportunities

## Medford Family Network (MFN) Advisory Board

We are seeking new Board and Committee members:

### Parent Representative Committee

Build on the current Representative Program to recruit and organize parents to support the MFN through concrete activities and be an MFN presence in the community and at city-wide events.

### Marketing Committee

Focus on communication through brochures, video programming, newsletters, and social media to ensure that MFN information is available to all families.

### Program Committee

Advise on virtual and in-person program development and implementation; assist in the planning and promotion of the Early Education and Care Fair as well as Parent Café, Financial Literacy and Family Literacy.

**The next Board meetings is Thursday, October 8,  
7:30 to 8:30 pm.**

**For more information please contact  
Marie Cassidy at (781) 393-2106 or  
mcassidy@medford.k12.ma.us**



**Parent Leadership  
roles are available and  
encouraged.**



**We are here to make a  
difference.**

## Friends of the Medford Family Network (FMFN) Advisory Board

The FMFN is a nonprofit 501(c)3 organization whose mission is to raise and administer funds to support the programs and services offered by the Medford Family Network. The FMFN relies on the generosity of donors and sponsors such as parents, caregivers, businesses and local organizations who have been inspired by the family-affirming work of the MFN.

**For more information please contact the  
FMFN at [info@friendsofthemfn.org](mailto:info@friendsofthemfn.org)**

## We Need You!

### Medford Family Resource Coalition (MFRC) Council

The MFRC Council is an early childhood advisory body. The next meeting is Wednesday, November 18;  
11:00 am to 12:00 pm.

**For more information please contact  
Shelley Gross at [sgross@medford.k12.ma.us](mailto:sgross@medford.k12.ma.us)**