

Summer Newsletter

2022



Milton Early Childhood Alliance

a program of
Discovery Schoolhouse, Inc.

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Education and Care's CFCE Grant



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www.miltonearlychildhoodalliance.org

Like us on Facebook & Instagram at:
Milton Early Childhood Alliance

Our Summer Programming...always free!

StoryWalk® at Trailside Museum

Why and where do some animals sleep during the day? How do they see in the dark at night? Find out by visiting our StoryWalk®, posted on the outdoor fencing of the Trailside Museum's grounds for your family to enjoy! Stroll around the outdoor grounds, visit with some animals, enjoy a snack on the picnic tables, and read a terrific children's story along the way! The outdoor grounds and exhibits at the Blue Hills Trailside Museum, located at 1904 Canton Avenue, are open daily 9:00 AM to 4:00 PM.

StoryWalk® at Houghton's Pond

Who do we share this planet with? Find out by visiting our StoryWalk® which is posted on the fencing around the children's playground at Houghton's Pond! Play in the playground, take a walk around the pond, bring a picnic lunch, and enjoy a great children's story, too! Houghton's Pond is located at 840 Hillside Street and is open daily, dawn to dusk.

What is a StoryWalk®? It's a self-guided, unique, and fun way to enjoy a children's story book outdoors. Pages of a book are laminated and posted in areas of town that are child-friendly. And, the pages are numbered so you don't lose your way!

Summertime Stories

In collaboration with Milton Public Library and Milton Public Schools, join us outdoors for fun stories and songs! For families with their children birth to six years old. Four different sessions will be held: July 21st and August 18th at 10:00 AM at Tucker School Playground, 187 Blue Hills Pkwy, and July 28th and August 4th at 10:00 AM at Cunningham Park, 75 Edge Hill Road. Registration is not required, however; you will be asked to sign in upon arrival. *Many thanks to the Friends of Milton Public Library for distributing (while supplies last) free gently used books and to the team of Robinson and Rull of William Raveis Real Estate for distributing (the first three sessions only) free popsicles, while supplies last!*

Continued: Our Summer Programming...always free!

Getting Ready for Kindergarten Parent Workshop

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 be sharing many tips and helpful hints to make your child's transition to kindergarten a smooth one. This workshop will be held virtually, via Zoom, from the comfort of your home on Tuesday, July 12th at 7:00 PM. Registration is required. To register and obtain the Zoom link and passcode, visit: <https://forms.gle/vEoUubjpEdiCeZaFA>.

Many thanks to the Milton Junior Woman's Club for their generous support of this workshop!

Stories and Friends Meet Up: Signs of Summer

Join us for a summer adventure while we look for signs of summer, listen to stories, sing songs, and make new friends! A free bird feeder At-Home Learning Extension kit will be given to the first 35 children who sign in upon arrival. This program will be held on Tuesday, August 16th at 10:30 AM and is for children 2 1/2 to 6 years old. We'll meet in the fenced area behind Cunningham Hall, located at 75 Edge Hill Road. If it rains, we'll meet indoors. Registration is not required; however, you will be asked to sign in upon arrival. *Many thanks to our Kindergarten T-shirt sponsors for their generous support of this programming!*

Summer Story and Activity Calendars

Summer Story and Activity Calendars for July and August are ready for you and your child to enjoy! Each day includes one fun activity for families to do with their children, along with a weekly story to be enjoyed together. Calendars can be found on www.miltonearlychildhoodalliance.org or here:

[Click here for July](#)

[Click here for August](#)

Kindergarten Days

Kindergarten Days returns from August 28th through September 3rd! During this week, some local business sponsors will offer free gifts or discounts to children entering kindergarten this fall. You don't need to turn anything in to take advantage of the offers - however, your child must be present, entering kindergarten in September, and wearing their yellow Kindergarten t-shirt. As you visit each sponsor, please join us in thanking them for their support of Milton's young school children! A list of participating sponsors will be available on our website at www.miltonearlychildhoodalliance.org in August.

Milton Public Library Happenings

A reminder to all participating in the MPL Summer Reading Program: Read Beyond the Beaten Path to keep reading and logging your minutes on miltonlibrary.beanstack.org. By reading and logging, you will receive virtual badges, win prizes, a charitable contribution in your name to Mass Audubon, and earn tickets that you can put into drawings for a host of other prizes. Be sure to also check out all of the fun children's programming this Summer. Stop by the Children's Room to participate in weekly challenges and activities at the center activity table, and enjoy our new StoryWalk on the outdoor patios. You can also join the Library staff for storytimes with Night



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Continued: Milton Public Library Happenings & Resources and Information

Owls Storytime for ages 3 to 8 on Mondays at 6:30 PM, Ms. Tory's Stories for ages 0 to 5 on Tuesdays at 10:00 or 10:45 AM, Small Wonders for ages 0 to 5 on Wednesdays at 10:00 or 10:45 AM, Baby Rhyme Time for ages 0-12 months on alternating Fridays at 11:00 AM, and even at several community locations around town. Library Staff will hold storytime at the Milton Farmer's Market on select Thursday afternoons at 4pm. Additional daily summer programs are: Mad Science, Take and Make Crafts, STEMSpark, Reading Dogs, Art with Ginny, Cooks and Books, Art with Sue, and much more! For more details and registration information, visit their website at: miltonlibrary.org, click on Events, and use the drop-down menu under All Programs to choose Children's Programs.

Resources and Information

Do you have a child going to camp...childcare...after school activities?

20% off sale going on now; shipping is free!!

Mabel's Labels would be a terrific source for your clothing label needs! There are also labels for water bottles, lunch boxes, backpacks, personal items, etc. And, when you make a purchase, you'll be supporting the Milton Early Childhood Alliance!!

Simply visit this website:

<https://mabelslabels.com/en-US/fundraising/support/>

type in Milton Early Childhood Alliance, and start shopping.

Labels could also be used by those in senior housing, assisted living and/or nursing homes, or childcare programs!

Are you looking for childcare?

If so, we can help! Just email cpcmecasld@verizon.net, let us know the age of your child, and we'll provide you with comprehensive information on all licensed center based programs and family childcare providers in town, in surrounding cities and towns, or via your driving route.

Anxiety and Children

When a child does not outgrow the fears and worries that are typical in young children, or when there are so many fears and worries that they interfere with school, home, or play activities, anxiety may be the issue. Here are some typical signs of anxiety:

Being very afraid when away from parents (separation anxiety).

Having extreme fear about a specific thing or situation, such as dogs, insects, or going to the doctor (phobias).

Being very afraid of school and other places where there are people (social anxiety).

Being very worried about the future and about bad things happening (general anxiety).

Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty (panic disorder).

Anxiety may present as fear or worry, but can also make children irritable and angry. Anxiety symptoms can also include trouble sleeping, as well as physical symptoms like fatigue, headaches, or stomachaches. Some anxious children keep their worries to themselves and, thus, the symptoms can be missed.

Talk to your child's healthcare provider immediately, if you suspect your child may have anxiety.



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Continued: Resources and Information

Free Storybook and Study for Children with Anxiety through a research opportunity with Boston University

If your child is 4 to 7 years old and is anxious or fearful, your child might be eligible to participate in a research opportunity with Boston University.

This study is conducted completely from home and includes a study to see if a new storybook can teach children and caregivers important information and skills for managing children's anxiety and avoidance, all from home.

For more information, call BU at 617-353-9610. Please ask for Laura Nelson Darling or email ljnelson@bu.edu

Splash Pads!

Olsen Swimming Pool, 95 Turtle Pond Pkwy, Hyde Park
Petersen Splash Pad at Watson Park, Gordon Road off Quincy Avenue, Braintree
Ryan Wading Pool and Playground, 350 River Street, Mattapan
Kincaide Park, 332 Water Street, Quincy
Taffrail Road Playground, 144 Taffrail Road, Quincy
Martin/Hilltop Playground, 95 Myrtlebank Avenue, just over the Granite Avenue Bridge, Boston
Dorothy Curran Play Area at Moakley Park, 1005 Columbia Road, Boston
Soule Recreation Center, Hammond Street, Brookline
Stony Brook Spray Deck, Lamartine Street and Boylston Street, Jamaica Plain

Free Outdoor Movies!

Boston Harbor Hotel, Rowe's Wharf

(all movies begin at dusk)

July 8: Sing

July 15: Grease

July 22: The Wizard of Oz

July 29: Luca

August 5: Crazy Rich Asians

August 12: Guardians of the Galaxy

August 19: Encanto

August 26: Dune

USS Constitution Museum

(all movies begin at 8:30)

July 15: Master and Commander: Far Side of the World

August 20: Captain Phillips

Brattle Theatre in Harvard Square

July 28: Encanto at 5:30 and Mrs. Doubtfire at 7:30

Christopher Columbus Park, Atlantic Avenue in Boston

(all movies begin at 7:30)

July 17: The Sandlot

July 24: Dirty Dancing

July 31: The Philadelphia Story

August 7: Meet the Parents

August 14: Selma

August 21: Batman Begins

The Prudential Center's South Garden

(all movies begin at dusk)

July 9: Encanto

July 16: Shrek

July 23: The Parent Trap

July 30: Luca

August 6: Space Jam

August 13: Tangled

August 20: Sing 2

August 27: Trolls: World Tour



Continued: Resources and Information

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>.

Food Assistance

Milton Food Pantry:

call 617-696-0221

www.miltonfoodpantryma.org

Project Bread:

call hotline 1-800-645-8333

www.projectbread.org

WIC - Women, Infants & Children

call Quincy's office 617-376-8701

www.wic.bamsi.org/

Interfaith Social Services

call 617-773-6203 x19

www.interfaithsocialservices.org/food/

Hotlines

National Helpline for Substance Abuse

1-800-662-HELP (4357)

Poison Control 1-800-222-1222

National Suicide Prevention for youth and adults in emotional crisis 1-800-273-8255

The Trevor Project for LGBTQ youth crisis intervention

1-866-488-7386

Safelink for anyone affected by domestic violence

1-877-785-2020

Boston Area Rape Crisis Center 1-800-841-8371

MA 211 contact center and public portal website for information specific to your circumstances

Did you know?

The Milton Early Childhood Alliance maintains a comprehensive Milton Parents Resource Manual, filled with a myriad of information for parents and families, on our website. Check it out at www.miltonearlychildhoodalliance.org.

Summertime Book Suggestions



A House for Hermit Crab
By Eric Carle



Pete the Cat: Pete at the Beach
By James Dean



Sun
By Sam Usher

The Milton Early Childhood Alliance is funded through the CFCE grant from the MA Dept. of Early Education & Care



The Night is Yours
By Abdul-Razak Zachariah



The Storm Book
By Charlotte Zolotow



The Hike
By Alison Farrell



The Relatives Came
By Cynthia Rylant

We are very grateful to the First Congregational Church for their support of our office space.



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