



# Watertown Family Network

Helping people be the best parents they can be

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Winter 2006 NEWSLETTER

## Getting Rid of the Winter Blues

by Seta Davidson

As a mother of an active 2 year old who refuses to wear boots, hat or mittens, the winter is a challenging time to keep things busy. This article provides some tips from my own experience, and of course, I am always looking for more tips so feel free to contact Watertown Family Network with your own ideas and solutions!

**Play dates** - Play dates are a great way to have your child interact with other children as well as giving both you and the other child's caretaker a chance to have some adult conversation. Talk it up at playgroup to see who might be interested in getting together. You will find many willing participants! Taking turns at each other's houses is helpful.

**Places to go** - If your child is not the outdoors type like mine, the house can become very confining! However, many places are well suited to letting a toddler scream, run and be loud. Here are some of this writer's favorite jaunts where I can let him be himself, weather permitting of course!

- Discovery Museum in Acton - usually open until 4:30. Check out their web site at [www.discoverymuseums.org](http://www.discoverymuseums.org)
- Boston Children's Museum - Although parking and entrance fees add up quickly, this is a great treat that will easily take care of a morning or afternoon. The web site is [www.bostonkids.org](http://www.bostonkids.org).
- Belmont Kidspace - We have not tried this one yet, but friends have given good reviews. Visit the site at [www.belmontkidspace.org](http://www.belmontkidspace.org)
- Natick Mall - There are good kiddie rides in the food court section!
- Backyard Adventures - In Waltham next to Party Needs, \$5 gives you 1 hour of playtime on the jungle gym. Visit [www.gotoswingsnthings.com](http://www.gotoswingsnthings.com)
- Kids Playground - In Woburn, this is a huge facility with lots of playspace and activities. Their web site is

[www.kidsplayground.com](http://www.kidsplayground.com)

- Watertown Family Network - Here's my favorite part about the Network. In addition to the FREE play groups nearly every day, did you know you can pop over to the Network whenever it is open to play? It is the ultimate play date location.
- Local libraries for storytime - Many libraries, including Watertown's, have excellent children's sections filled with books and toys.

At home activities such as watercolor, music, finger painting, play dough, the usual arts and crafts items can occupy a little one's time in a productive way. Another trick I have found helpful is to keep some toys in a closet. By rotating toys around, they seem new again and can be rediscovered by your child. We also love big empty boxes and making tents out of blankets. If your child likes bath time, this is another activity that is both necessary and fun! Our newest, albeit not always successful, activity revolves around helping out around the house.

As I anxiously await warmer weather to go to Victory Field, sprinkler parks, and other outdoor places, I will make the best of the winter with my warm weather-loving child. Please share your ideas as well!

## Happy New Year

Cheryl and Arlene want to wish everyone connected with the Watertown Family Network many good wishes for a very Happy and Healthy 2006. May your family be blessed with love and friendship during the upcoming year.

## Circle the date

Plans are underway for the upcoming Early Childhood Information Fair. The Fair will be held on March 18th at the Watertown Middle School from 9:30 to 11:30 am. At 11:30 am there will be a FREE family concert with the well known Peter and Ellen Allard. You and your children will enjoy the upbeat atmosphere of this concert. It is not to be missed! The Fair will offer parents of young children information on childcare, preschools and the many local high quality programs geared for

children up to the age of eight. Each exhibitor will have activities for children. So while you are getting information your child will be involved in a fun and educational activity. Refreshments and surprises will round out the morning.

## WFN Needs Your Vote

The Watertown Savings Bank is again offering its Customer Choice Awards. Through these awards they distribute \$50,000 to various nonprofits in the area. If you have an account with the Watertown Savings Bank please consider voting for the Watertown Family Network. We rely heavily on fundraising to remain in our space at 460 Main Street and to provide programming. A vote for the Watertown Family Network would be much appreciated.

## Call to Register

There are many fine programs, workshops and events planned for the winter months. We have infant massage and baby signing as well as a workshop on raising sons. We have an indoor "Penguin Picnic" planned as well as our regular playgroups and Friday morning music, "New Moms" group, craft night and "Working Moms" group. The winter months are long and isolating. Check out our calendar and come on down to the Network to brighten up your winter days.

## The Network is now OPEN on Saturdays

Due to a grant from the WEIL FOUNDATION the Network will now be open on a regular basis on Saturdays during the winter months from 9:00 am to 12:00 pm. This is a great time for you to take advantage of the fine play space at the Network. The weather is harsh, damp and cold so visit the Network where your child can play in comfort and you enjoy the company of friends and neighbors.

## Closures

Watertown Family Network is closed when the Watertown Public Schools are closed due to bad weather.