Hello Families! We created a page that highlights the Center for Families’ virtual programs and supports! We are now running lots of programs virtually, such as Baby Time Infant Playgroup, Playgroup at Home (Community Playgroups), Cambridge Dads programs and supports, and more! We have been using Zoom, which is a free app you can download to your phone, tablet, or computer. We really miss connecting with you all in person and are looking forward to having you join our virtual programming.

We are still available through email at centerforfamilies@cambridgema.gov. Please email us if you are looking for support, resources, or just want to keep connected with Center for Families staff!

Looking for activity ideas? We post and share daily family-friendly activity ideas on our FaceBook page! Check out our FaceBook page at: https://www.facebook.com/cambridgecenterforfamilies/

We also send information, resources, supports, and family-friendly activity ideas to our Google Group two times per week on Tuesdays and Thursdays. Want to join our Google Group? Email Cynthia at cwoodward@cambridgema.gov.

**Infant Programming:**

**Baby Time Infant Playgroup (Virtual)**
*Tuesdays from 12:30 pm-1:30 pm.* Informal group for Cambridge parents with infants birth—15 months old. During the Baby Time Playgroup, Christine Doucet, our Infant Coordinator, will lead a short sing along and share fun and engaging activities you can do with your baby while at home! While not quite the same as in-person playgroup, you and your baby may enjoy an opportunity to interact with other parents and children through video chat. Babies and parents benefit from recognizing familiar faces and voices. Research has shown that having some structured activities or a routine helps when there is uncertainty in our lives. Baby Time does not require registration and you can join and leave at anytime. **This group will run on Zoom. For more information and help accessing zoom, contact Christine at edoucet@cambridgema.gov.**

**5-Part Baby Massage/Nurturing Touch & Infant Development Series (Virtual)** (based on WINC without borders material and curriculum) *Wednesdays May 27th, June 3rd, 10th, 17th, and 24th from 12:15 pm-1:30 pm.* This series is for Cambridge parents with infants 4 weeks—pre-crawling. Baby massage has been shown to have many benefits for both you and your baby. Massaging your baby helps in developing strong relationships between you and your child. Massage may help your baby to have less gas and constipation, relax and sleep longer. The discussion topics of this series are designed to support you in your parenting. **All families must register for the entire series. This series will run on Zoom. For more information, help accessing zoom, and to register, contact Christine at edoucet@cambridgema.gov.**

**Coming Soon: Virtual 2-Part Postpartum Exercises, Tips and Stretches Series for Mothers in their First Year after Giving Birth** on Thursday, May 28th and June 4th. Series exact time to be announced. Learn from Sybille Bosslet, a physical therapist specialized in postpartum, how to improve your physical health after birth. This series will give you tools to safely strengthen your whole body, especially the pelvic floor and abdominal muscles. **This series will run on Zoom. For more information, help accessing zoom, and to register, contact Christine at edoucet@cambridgema.gov.**
Virtual Playgroups at Home Series
Since we are unable to run our in-person playgroups, the Agenda for Children and Center for families have teamed up to run a Playgroups at Home Series! Every Monday morning beginning April 6th, you will receive through email the week’s literacy tip, story time video, child development information, and an at-home activity idea! This series will run for 8 weeks. You can sign-up to join at anytime. Interested in signing up? Email Cynthia Woodward at cwoodward@cambridgema.gov or Jen Baily at jbaily@CHAlliance.org.

Cambridge Dads
Hey Dads! We know for many of us, the social distancing has been challenging. Cambridge Dads is here for you.

Happening Now: Cambridge Dads Talk! Join us in a discussion group with other dads! Over the course of 3 weeks, we will meet virtually and talk about topics such as:
1. What does it mean to be a father?
2. Men’s Health/Stress Management
3. Discipline and behavior
4. Different parenting styles
5. And more!
For information or to sign up, call or text John at 857-209-4964, or email cambdads@cambridgema.gov.

Cambridge Dads’ Social Media: For tips, activities, and resources, connect with Cambridge Dads on Social Media or the Fatherhood Text Campaign!
- Facebook: https://www.facebook.com/cambridgetads/
- Twitter: https://twitter.com/cambdads
- Fatherhood Text Campaign: To sign up text “father” to 95577 (standard text messaging rates apply)

Would you like support with something else? Connect with John directly by calling/texting 857-209-4964, or by emailing cambdads@cambridgema.gov

Child Development Supports
Fran Roznowski, an early childhood specialist at the Center for Families, is available to provide resources and support to families. Do you need new and interactive indoor activities to do with your kids? Are you seeing new behaviors in your children that you wonder about? Want more ideas about how to work from home with young ones around? How about some more self-care ideas as we continue to stay at home. Fran is also available to help families complete The Ages and Stages Questionnaire (ASQ). ASQ is a set of questions to help parents find out what skills their baby or young child has and learn more about their child’s development. Fran is available to help you access and complete the ASQ. Bring your questions and concerns to Fran by contacting her at froznowski@cpsd.us or text or call 617-821-45-04. Se habla Español.

Families parenting young children are under incredible stress at this time. You don’t have to weather the challenges alone. The Early Years Project is available for families of children five years old and under, living in Cambridge and Somerville, at no cost to you. During this time, we are offering our services directly to parents rather than through childcare settings as we usually do. If you have concerns or questions about your child’s needs, development, emotions, or behavior, or are having difficulty managing the stress of being a parent during this demanding time, please contact us at eyp@riversidecc.org or leave a message at 781-686-0435 to arrange for one our consultants to contact you. Our experienced child development and parenting specialists are here to support you by phone, video, email and can provide resources and referrals as needed. Please spread the word to families that you know in Cambridge and Somerville. We are a program of Riverside Community Care and are funded by the Cities of Cambridge and Somerville.
Early Intervention supports families with children birth to three years old that who have difficulty with feeding, sleeping, strong emotions, challenging behavior or connecting with others; or are slow to meet developmental milestones. Staff are available to help you through the sign-up process. If your child qualifies, together we will develop a plan to support your child. If you child does not qualify, we can give you some strategies to help immediately, and refer you to other programs or resources. Please contact us at cambsomeireferrals@riversidecc.org or call 617-702-5755.

Early Intervention Parenting Partnership begins when women are pregnant or postpartum with babies up to three months old and continues until the baby turns one. We offer individualized one-on-one support and connection to resources, and groups. Contact us at eippreferrals@riversidecc.org or call: 617-755-3071.