The mission of the Cambridge Office of Early Childhood is to connect the city's early childhood ecosystem, align early childhood services and information, and advocate for and advance the needs of all young children, their families, and the early childhood workforce.
Dear Cambridge Early Childhood Community,

Like many of you, I find myself wondering “how did the summer go by so quickly?!” Although I made time for plenty of sun, a little relaxation, and a lot of family time...our team worked diligently throughout the summer on a wide variety of projects and initiatives. We have been busy planning for Universal Pre-K, creating new early childhood training opportunities, and rebranding our work, which includes a new name for our office.

The Birth to 3rd Grade Partnership is now the Cambridge Office of Early Childhood! Our team and work will remain committed to the same mission and vision, however, we hope our new name will create clarity for our partners and the community about the scope of our work and expertise. With our new name will also come a new website. Launching soon, this new website will be more accessible and easy to navigate. The hope is for the site to serve as a hub for all early childhood information for our city, and to be a resource to early childhood educators, families, and the broader community.

As we continue to strengthen our presence and connections in the community, we also plan to have more opportunities to engage with us, and each other. This will include our continued UPK task force work, as well as our upcoming program capacity assessment to be completed in conjunction with the Institute for Community Health (ICH). Stay tuned for more information about those efforts in the very near future!

In the meantime, I wish everyone an amazing start to a new school year! The Office of Early Childhood team looks forward to seeing each of you as we begin a new year of coaching and mentoring at centers and family child care providers that are a part of our Continuous Quality Improvement Program, at upcoming professional learning opportunities, and at networking/engagement events in the very near future.

In partnership,

Dr. Lisa Grant, Executive Director
Cambridge Office of Early Childhood
WHERE TO FIND THE
CAMBRIDGE
Office of Early Childhood
THIS MONTH!

CPS COMMUNITY FAIR
SEPTEMBER 10, 2022 | 10:00AM - 12:00PM
(Outside) Peabody/Rindge Avenue Upper School
70 Rindge Avenue, Cambridge
Sponsored by Mayor Siddiqui & Superintendent Greer
Come by our table for some cool stuff for kids!

DANEHY PARK FAMILY DAY
SEPTEMBER 17, 2022 | 11:00AM - 3:00PM
Danehy Park
99 Sherman Street, Cambridge
Find our information at Early Childhood tables!

IN PARTNERSHIP WITH: CITY OF CAMBRIDGE CAMBRIDGE PUBLIC SCHOOLS
Are you looking for a job this fall?

Do you enjoy working with young children, middle schoolers, or teens?

The City of Cambridge Department of Human Service Programs (DHSP) is hiring for a variety of part-time child and youth-serving positions this fall!

- Afterschool Head and Assistant Teacher
- Cambridge Youth Programs Group Leaders (Pre-Teen and Teen)
- Cambridge Youth Programs Youth Workers (Pre-Teen and Teen)
- Community Schools Afterschool Instructor
- Community Schools Afterschool Lead Instructor
- Inclusion Facilitator
- King Open Extended Day (KOED) Assistant Teacher

Positions earn $20 – $24 per hour

Learn more and apply!

Full-time, benefited positions also available

Questions?
Contact 617-349-6200 or askdhsp@cambridgema.gov
camb.ma/DHSPJobs
The Joys of Taste Tests with Children

Taste tests can be as simple, or complex, as you want them to be. Children get excited about making and tasting foods in the school environment with their friends and teachers! Often children will try something new with you because it’s just different than at home. In this way, you can help build enthusiasm for new foods, different preparation methods, and diverse cultures! We follow a few simple rules to ensure everyone enjoys the experience:

1. There is no pressure to eat the food;
2. Don’t yuck my yum (if you don’t like something, that’s okay! But say it kindly rather than using works like “yuck” or “gross”);
3. Talk about the food, not its nutrition/health (examples: taste, texture, color, smell, origin, culture, etc.)

We have lots of ideas, a guide for teachers, and can come in for hands-on help, whatever you need while trying taste tests with children in your care.

Contact Rachael Cross, public health nutritionist, at rcross@challiance.org with questions or interest in this or other healthy eating active living projects.
Dear CPS Community,

We are excited to share that school meals will be at no cost for all students through the 2022-2023 school year!

A complete breakfast and a complete lunch will continue to be served at no cost to all students.

For more information on no cost complete meals, check out the Food & Nutrition Services webpage or reach out to 617.349.6858.

---

Kindergarten Transition Forms have been sent out to all center directors in Cambridge. These forms connect a child’s preschool teacher to the child’s Junior Kindergarten or Kindergarten teacher in Cambridge Public Schools. This sharing of information will benefit the child, the family, and the educator during this critical transition period.

You can find more information on our website, Support the Transition to Kindergarten.

If you did not receive an email with the link to the google form or have any questions, please reach out to Liz Barlock, School Readiness Manager at ebarlock@cpsd.us.

With your help, we hope to reach our goal of having a completed Transition Form for every child entering Junior Kindergarten or Kindergarten next year.
The Center for Families September Newsletter is now available!

Inside you’ll find information about a wide variety of resources and programs…from Cambridge Dads to Mindfulness Mondays to free resource bags for families and more.

To read the September Newsletter click HERE!

How to Handle a Tough First Day of School

"The first week of school is filled with lots of emotions, so when something goes wrong, it can feel overwhelming. How do you help your kids prepare for big back-to-school feelings?" Click HERE for some advice from PBS KIDS!
It is that time of year when many children may be transitioning into a new classroom, school, or routine. Here are some resources to support families as they make a variety of transitions.

School Readiness Working Group

The Cambridge Office of Early Childhood will be convening teachers, directors, and community partners to form a School Readiness Working Group this Fall.

The work will center around creating a shared definitions of School Readiness and revisiting our current practices in Cambridge. More information is coming soon.

If you would like to be part of this group, please email Liz Barlock, School Readiness Manager at ebarlock@cpsd.us

School Readiness Family Resources

PBS How to Prepare Your Child for a New School

CLICK HERE

11 Ways to Help Children Say Goodbye

NAEYC

CLICK HERE

Helpful Tips for Everyday!

Cambridge Office of Early Childhood Resource (see next page)
### HELPFUL TIPS FOR EVERYDAY!

Home routines that help set children up for success when transitioning into a new school year.

<table>
<thead>
<tr>
<th>Tip</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Set regular bedtime routines for your child</strong></td>
<td>Make sure they get enough sleep</td>
</tr>
<tr>
<td><strong>Leave enough time for morning routines and breakfast</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Dress your child for the weather and the day’s activities</strong></td>
<td>This may include painting and other messy projects. Encourage your child to dress and undress himself, zip, button and snap.</td>
</tr>
<tr>
<td><strong>Allow your child to make choices and assume responsibilities around the house</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Read to your child daily</strong></td>
<td>In your home language or in English!</td>
</tr>
<tr>
<td><strong>Ask your child what happened in school</strong></td>
<td>Be specific! Some examples: What book did you read?, What did you do at circle time? Who did you sit next to at lunch? What did you play at recess?</td>
</tr>
<tr>
<td><strong>Remember to check the backpack daily for your child’s work and school notices</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Keep your child’s teacher updated on any changes that may affect your child</strong></td>
<td>(such as separation, moving, trips and the serious illness or death of any family member or pet)</td>
</tr>
<tr>
<td><strong>Limit television and other screen time</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Recognize and praise your child for their efforts</strong></td>
<td>Remember that children's abilities vary. Your child is an individual and has their own rate of growth, interests, strengths, and talents. Honor them for those!</td>
</tr>
</tbody>
</table>

Tips from Collaborative for Educational Services | collaborative.org
SEPTEMBER

**Safe Kids Thrive Training**
**Tuesday, September 13, 2022**
**9:30am-11am**
*Sponsored by Childcare Education Institute*

Join this 90-minute interactive workshop to learn how to identify concrete ways your program can evaluate and develop policies, procedures, and protocols to prevent abuse. Using a new website called Safe Kids Thrive, presenters will demonstrate practical and straightforward tools attendees will use to assess or create their own plan to promote child safety.

[REGISTER HERE](#)

---

**Jewish Family and Children's Services Presents: Circle of Security Parenting Facilitator Training**
**September 13-16, 2022**
**Waltham, MA**
**Presenter: Neil Boris, Circle of Security International Trainer**

This four-day training seminar leads to certification and is designed to help professionals understand both the theory and research underlying our video-based parenting reflection program and how to deliver the COSP program effectively.

[REGISTER HERE](#)

---

**Brazelton Touchpoints Center Presents: Supporting Everyone's Mental Health**
**Wednesday, September 14, 2022**
**1:00PM**

This series offers family-facing providers strategies they can use in their work that honor everyone's experiences, build resilience, and nurture self-care. Each workshop is 1.5 hours and attendees receive a certificate of participation. All workshops have live Spanish translation and closed captioning available.

Price: $35/workshop or $90 for all 3 workshops
BTC Learning Network Member Price: $33/workshop or $85 for all 3

[REGISTER HERE](#)

---

**Strengthening Families Protective Factors: An Effective Approach to Supporting Families**
**Thursday, September 29, 2022**
**9:30am-12:30pm**
*Sponsored by Childcare Education Institute*

The Strengthening Families framework is an evidence-based approach that identifies five Protective Factors that help increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. This introductory training will help participants understand the five Protective Factors and the Seven Key Strategies that support the presence of the Protective Factors.

[REGISTER HERE](#)
Apply For A Scholarship To Earn Your CDA Online with Teachstone!®

**Program Runs:**
**OCTOBER 2022 – APRIL 2023**

Early Childhood Educators: Do you want to advance your career by getting your Child Development Associate (CDA) credential?

Classes and support to pass your Child Development Associate® (CDA) Credential™ exam

The CDA Credential:
- Demonstrates your knowledge of early childhood development
- Enhances your resume and qualifies you for more, better-paying job opportunities
- Increases confidence and trust between you, your employer, and families

The Program Includes:
- 3 free online courses, 8 weeks each, covering skills required to work with young children
- All books and materials
- Ongoing support from an Education Coach
- Preparation to take the CDA exam and complete the verification visit after course completion

Please scan QR code below for the application to this program.

Questions? Contact Emily Callejas at ecallejas@cpsd.us or 617-349-9785
Lisa Grant, Ed.D., Executive Director
lgrant@cpsd.us

Isis Arnesen Pardo, Education Coach
iarnesen@cpsd.us

Elizabeth Barlock, School Readiness Manager
ebarlock@cpsd.us

Emily Callejas, Professional Development Specialist
ecallejas@cpsd.us

Dawn Grassi, Administrative Assistant
dgrassi@cpsd.us

Katharyn Hok, Education Coach
khok@cpsd.us

Nicole Johnson, Universal Pre-K Project Manager
njohnson@cpsd.us

Allen Kesten, Scholarship Specialist
akesten@cpsd.us

Danielle Pazos, Program Quality Manager
dpazos@cpsd.us

Christine Williams, Marketing & Communications Specialist
chwilliams@cpsd.us

Paula Bowie, Family Child Care Coach/Mentor
paulajbowie@gmail.com

Christina Denis, Director Mentor
chrisdenis15@gmail.com

Kaori Hattori de Panepinto, Director Mentor
kaorihdp@gmail.com

Megan Postal, Home Visiting Consultant
meganpostal@gmail.com

Marilyn Pratt, Education Coach
mpratt850@gmail.com

Rita Rzezuski, CDA Education Coach
rrzezuski@gmail.com

Linda Schumacher, Family Child Care Coach/Mentor
lindadelanoschumacher@gmail.com