



Established in 1921
Thom
Child & Family Services

Thom Marlboro Area Early Intervention Family Newsletter

Winter 2019

WWW.THOMCHILD.ORG

National Nutrition Month

HEART HEALTHY
Plan your menu for success!

PICK A HEART HEALTHY PROTEIN
Fish, chicken, beans, eggs, nut butters, tofu, lean meat.

PICK A VEGETABLE
Leafy greens, carrots, cabbage, brussels sprouts, asparagus, raddichio, tomatoes, pumpkin, squash, sweet potato.

PICK A HIGH FIBER GRAIN
Whole grain pasta, quinoa, whole grain noodles, whole grain rice, corn

PICK A FRUIT
Apples, oranges, grapes, passion fruit, bananas, apricots, berries, peaches, avocado, watermelon, kiwi fruit, pears, raisins.

INCLUDE DAIRY: skim milk, yogurt, cheese

	SUN	MON	TUES	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACK							

March is the National Nutrition Month. This idea came about to help get the information out about the importance of diet and nutrition. Eating healthier does not mean compromising your love for food. It means making healthier choices and eliminating a lot of the processed foods that we eat. Processed foods are quick and convenient but are

often times filled with added sodium, fat, and calories. Fresh fruits, vegetables, and lean meats are better choices over the course of your lifetime.

In order to help the country and children understand serving sizes choosemyplate.gov was created. This is a simple visual that everyone can use to promote a balanced and healthier diet.



At the end of the day, the purpose of this awareness is to celebrate food and healthy lifestyles.

IN THIS ISSUE

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508-624-03

Thom Child and Family Services occasionally posts information on behalf of outside vendors. These posts or other means of sharing information are not Thom endorsements of the sponsoring entity, its programming or employees. We encourage families to carefully consider the services described and any associated benefits or risks for their family.

New Staff

Please help us welcome
Kenna Illes, OT

Laura Ibanez, Spanish Interpreter
and Office Assistant

Edilaine Cordeiro Bartolini, DS
Kelly Pflock, PT

Congrats to staff who had babies recently. Mothers and babies are going well.

Kayleigh Conlon, baby girl (October)

Lynn Rogalin, baby boy (December)



Local Library Events

Marlborough

Toys and Noise Drop in Playgroup: Mondays 10:00am, ages birth-5yrs

Mother Goose on the Loose: Tuesdays 10:00am, ages birth-2yrs

Early Explorers: Thursdays 10:00am, ages 3-5yrs

Portuguese Storytime with Ms. Larissa: Thursdays at 11:00am

Toddler Time: Fridays 10:00am, ages 18months-3yrs

Pajama Story Time: Tuesday February 12, March 12, April 9, and May 14 at 6:30pm

Dance Me a Story: Fridays February 1, February 15, March 1, March 15, April 5, April 19 and May 3 from 11:00-11:45am

Krafty Kids: Wednesday February 13, February 27, March 13, March 27, April 10, April 24, and May 8 from 10:00-11:00am

Preschool Yoga with Mandy on Wednesday February 13, March 13,

April 10, and May 8 from 11:00-12:00pm

Rockabye Beats Concert: Friday February 22 from 10:00-11:00am

Baby Massage Class with Sheryl White: Tuesday April 2 from 10:00-11:30am

Baby Sign Language Class with Sheryl White: Tuesday April 16th from 10:00-11:30am

Hudson

3-5 year old Story Time: Tuesdays 10:30-11:15am

Music and Movement: Thursdays 10-10:30am, ages birth-5yrs

2 year old Story Time: Fridays from 10:00-10:30am

3-5-year-old Story Time: Fridays at 10:30-11:15am

Westborough

Monday Storytime and Craft: Mondays 10:30-11:15am

Babies and Books Storytime: Thursdays from 10:30-10:50am

Music for Munchkins: Tuesday January 29 and February 26 from 10:30-11:15am

Pajama Storytime: Tuesday February 5 from 7:00-7:30pm

Wiggle Kids: Drums Alive: Wednesday February 20 from 11:00-11:30am

Northborough

Just4's and 5's: Tuesdays 10:00-10:30am and 1:30-2:00pm

Mother Goose on the Loose: Wednesdays 9:45-10:15am and 10:30-11:00am, ages birth-2yrs

Music Mashup: Thursdays 10:30-11:15, ages 2-5

Toddler Time: Fridays 10:00-10:30am, ages 2 & 3yrs

Saturday Stories: Sensory Storytime: Saturday January 26, February 16, March 9 from 10:00-10:30am

Saturday Stories: Bruch Storytime: Saturday February 9 and March 2 from 10:00-10:30am

Saturday Stories: Steam Storytime: Saturday February 23 from 10:00-10:45am

Saturday Stories: Color me a Story: Saturday February 2 from 10:00-10:30am

PJ Storytime: Tuesday February 5 from 6:30-7:00pm

Witch and Wizard Party Tuesday February 19th from 2:00-3:00pm

Harry Potter Crafternoon: Wednesday February 20 from 1:00-4:00pm

Potion Making: Thursday February 21 from 1:00-2:00pm

Interactive Harry Potter Flicknic Friday February 22 from 3:00-5:00pm

Southborough

Preschool Story Time: Mondays 10:30-11:15am, ages 2-5yrs

Preschool Story Time: Tuesdays 10:30-11:15am, ages 2-5yrs

Preschool Story Time: Wednesdays 10:30-11:15am, ages 2-5yrs

Baby and Toddler Time: Thursdays 11-11:30am, ages birth-2yrs

Saturday Morning Art: January 26 and February 16 from 10:30-12:00pm

Valentine's Day Party: Saturday February 9 from 10:30-1:00-m

Jungle Jim: Thursday February 21 from 4:00-5:00-m

Community Events

Southborough

Free Skate at St. Marks Gardner Ice Rink. No rentals so please bring your own skates.



Town's Special Education Parent Advisory Council (SEPAC)

A SEPAC group is public school system specific. It is a group of parents and often time educators that meet to discuss issues relating to special education. Please check out your town and neighboring town's SEPAC. Most events allow outside residents.

Marlborough SEPAC:

<http://marlborough.schoolfusion.us/modules/cms/pages.phtml?pageid=168656> for more information and to find meeting dates and times

Hudson SEPAC:

www.Hudsonsepac.com for more information and events

Westborough SEPAC:

www.westboroughsepac.org for more information and events

Northborough/Southborough SEPAC: www.nspac.org for more information and events

Ill Child Policy

The Winter season is here. It is time for celebrating and spending time with friends and family. Unfortunately, it is also the Cold and Flu season as well.

Any child with a contagious illness should not participate in EI home visits and may not attend group. We need to be extra careful not to pass germs onto others.

Please call your EI visitor to cancel your home visit or the office direct number to cancel for group if:

- Your child or anyone in the home has a fever of 100 degrees or more within the past 24 hours
- There are signs of your child or anyone in the home having a severe cold or sore throat
- The ill child or adult has been on antibiotics less than 24 hours
- Your child or anyone in the home has had vomiting or diarrhea in the past 24 hours
- The ill child or anyone in the home has a contagious illness such as Conjunctivitis, Coxsacki virus (Hand, Foot, and Mouth Disease), Rash,

Wheezing, Thrush, or Herpes Mouth Sores

We want to notify families if a child has been exposed to a contagious disease. Please contact us if your child was in a group or had a home visit a few days before you became aware of the illness.

If you have any questions, please contact your EI visitor or call the office.

Snow and Ice Safety

Please try to clear driveways and walkways in the case of snow. Please call your provider and let them know what is the best access to your home, such as garage entrance, back steps, deck, etc. It is also helpful to know the best place to park around your house. We thank you for your cooperation and understanding.

Let's keep our children, families, and EI staff safe and healthy this winter!

