



# Thom Marlboro Area Early Intervention Family Newsletter

Winter 2019

[WWW.THOMCHILD.ORG](http://WWW.THOMCHILD.ORG)

## National American Heart Month



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented by the food choices that we eat, how much exercise we do as well as taking the right kind of medication. We encourage you as a family to challenge yourself this month and make some healthy food choices. Choose fresh fruits

and vegetables over processed snacks, eat lean meat like chicken or pork instead of fried fatty foods. Take a family walk, join a gym, sign the kids up for a recreational sport, just get the family up and moving.

The American Heart Association recommends making healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

### 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.



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

## New News

Thom Marlboro Area Early Intervention is starting the process of going paperless. This will be a huge transition and a lengthy one too. You will start to see our service providers bringing their laptops in their them to visits to complete notes, paperwork, and IFSP paperwork. The service providers will also be receiving work phones so their phone number may change. We appreciate your patience over the next year as this transition continues. If you have any questions, please ask your service provider.

## New Staff

Please help us welcome

Jane Bennett, Physical Therapist

Sharon Shoemaker, Physical Therapist

Rebecca Hendrickson, Occupational Therapist

Allison Langkopf, Physical Therapist



## Local Library Events

### Marlboro

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

Young Scientist Stem Series:  
Thursdays on January 23, January

30, February 6, February 13,  
February 27, and March 5 at  
10:00am

Kiddie Time Song and Dance with  
Joe and Stephanie: Thursday  
February 6, March 5, April 2 and  
May 7 at 10:00-11:00am

Pajama Story Time: Tuesday  
February 11 at 6:30pm

Dance Me a Story: Friday Feb 7 at  
11:00am

Preschool Yoga with Mandy:  
Tuesday February 11 at 11:00-  
12:00pm

Animal Canvas Painting Workshop:  
Tuesday February 18 from 2:00-  
3:00

Animal World Experience: Friday  
February 21 from 2:00-4:00pm

### Hudson

Lap Time: Tuesdays 10:00-10:30am

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

Music with Mister Vic: Saturday  
January 25 from 10:00-11:00

Brunch Bunch Book time: Saturday  
February 1 from 10:30-11:00

Valentine Craft: Wednesday  
February 12 from 2:00-3:00pm

Reptile Adventure with Bwana  
Iguana: Wednesday February 19  
from 2:00-3:00pm

End of Winter Reading Wizards  
Ball: Friday February 21 from 1:00-  
2:30pm

## Westborough

Wondrous Wednesday Story time and  
Craft: Wednesdays from 9:30-  
10:15am

Baby Storytime: Thursdays from  
9:30-10:15am

STEM Beginnings: Young Scientist  
(registration required): Fridays from  
10:30-11:15am

Saturday Story Time: Saturday  
February 1 from 9:30-10:00

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

Family Coloring Night: Monday  
February 10 from 6:00-8:00pm

Kids Movie: Tuesday February 18  
from 2:30-5:00pm

Mini Movies: Friday February 21  
from 9:30-10:00

## Northborough

Just4's and 5's: Thursdays at 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: Tuesdays 10:00-  
10:45am, ages 2-5

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

Saturday Stories: Steam Storytime:  
Saturday February 29 and March 21  
from 10:00-10:45am

Saturday Stories: Stories, Songs and  
Stretches: Saturday February 8 and  
March 14 from 10:30-11:00am

Saturday Stories: Music Mash up  
Remix Storytime: Saturday January  
25, February 15, March 7 from 10:00-  
10:30am

Saturday Stories: Color me a Story:  
Saturday February 1, February 22 and  
March 28 from 10:00-10:30am

PJ Storytime: Tuesday February 4, February 18, and March 3 from 6:30-7:00pm

Mother Goose on the Loose: Saturday February 8 from 9:45-10:15am

Valentine Card Making: Thursday February 13 from 5:15-7:00pm

Witch and Wizard Party: Tuesday February 18 from 2:00-3:00pm

Interactive Harry Potter Flicknic: Thursday February 20 from 2:00-4:45pm

Harry Potter Crafternoon Wand Making: Friday February 21 from 2:00-4:00pm

### 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

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

Music Together with David Garden: Thursday February 6 from 11:00-11:45am

Drop in Art: Saturday February 8 from 10:30-12:00pm

Skyrise Children's Theater: Strega Nona: Wednesday February 12 from 3:45-4:45pm

Creature Teacher: Tuesday February 18 from 11:00-12:00pm

Hands on Nature: Wednesday March 11 from 3:45-5:00pm

Drop in Art: Saturday March 21 from 10:30-12:00pm

Music Together with David Garden: Saturday April 4 from 11:00-11:45am

The Fun and Games Magic Show: Thursday April 23 from 11:00-12:00pm

Drop in Art: Saturday May 23rd from 10:30-12:00pm

## Community Events

### Marlboro

Free snowshoe rental call office at 508-624-6925

### Northborough

Open Playgroup ages 1-6 on Tuesday and Fridays from 9:30-11:00am, \$3 a child at town offices gym



## 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](http://www.Hudsonsepac.com) for more information and events

Westborough SEPAC:

[www.westboroughsepac.org](http://www.westboroughsepac.org) for more information and events

Northborough/Southborough

SEPAC: [www.nspac.org](http://www.nspac.org) for more information and events

## Community Links

Check out the Community Advocate website for more local events.

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

Moms of Amazing Kids: A Special Needs Support Group in Metrowest has been started by a mom who was looking for place to share and connect with other moms of children with special needs. Please check out the website for more information.

[www.momsofamazingkids](http://www.momsofamazingkids)

Check out Macaroni Kid website for local playgroups, library events, and private low-cost events for the week and daily at <http://marlborough.macaronikid.com>. It is an amazing resource for all kids and all ages.

## 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!

