

Play N Learn

CPC is currently offering several Preschool Play & Learns in many towns. Play & Learns are a 1 hour playgroup based on an educational theme and an activity that corresponds. All parents are welcome to join their local Play & Learn. Please call your local library listed below and ask for the children's librarian to reserve a seat.

Sharon Library

October 1, 11:00—12:00
781-784-1578 x 30

Norfolk Public Library

October 2, 10:30—11:30
508-528-3380

Canton Library

October 3, 1:00 - 2:00
781-821-5027

Randolph Library

October 3, 10:00—11:00
781-961-0932

Foxboro Public Library

October 5, 10:30—11:30
508-543-1246

East Bridgewater Library

October 10, 1:00 - 2:00
508-378-1616

Norton Library

October 11, 10:30—11:30
508-285-0265

Rockland Library

October 11, 1:00 - 2:00
781-878-1236

West Bridgewater Library

October 18, 12:30—1:30
508-894-1255

Holbrook Library

October 23, 1:00—2:00
781-767-3644

Wrentham Fisk Library

October 23, 1:00—2:00
508-384-6440

Stoughton Public Library

October 30, 10:30—11:30
781-344-2711

Dedham Library

October 31, 1:00 - 2:00
781-751-9283

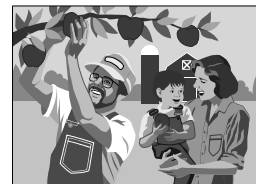
It's Apple Picking Time!

Many of you will be heading out to the orchards with the kids and will have so many apples you won't know what to do with them.

Here are a couple nutritious apple recipes to help keep the doctor away!

CRAN APPLE CRISP

- 4 fresh apples, washed, cored
- 1 16-ounce of whole cranberry sauce
- 2 Teaspoons margarine, melted
- 2 individual packets of flavored oatmeal



Preheat oven to 400 degrees.

Wash apples, remove cores and slice thinly (keep peel on).

In a bowl, combine; cranberries & apples.

Pour into 8 x 8 baking pan.

Combine melted margarine with oatmeal until well blended.

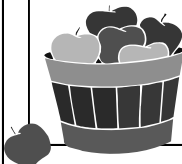
Sprinkle over fruit.

Cover and bake for 15 minutes.

Uncover and bake another 10 minutes until
the topping is crisp and brown.

Serve warm or cold....

Serves 8



APPLE SALAD

- 2 large apples, washed, cored and sliced
- 1 cup canned crushed pineapple, drained
- 1/3 cup celery, chopped
- 2 tablespoons raisins

Dressing

- 3 tablespoons plain yogurt, low-fat
- 2 teaspoons mayonnaise, low-fat
- 1/8 teaspoon cinnamon

Wash apple and celery.

Core and slice apples, chop celery.

In a medium bowl, combine salad ingredients.

Pour dressing over salad and mix well.

Serve over lettuce leaves or as a dessert.

Serves 1



Good Health

Recipes Courtesy of: UMASS EXTENSION

Halloween & Preschoolers



Halloween can be a fun filled time of year for children of all ages. However, when the ghouls and goblins are about this October 31st, how will you explain Halloween to your preschooler?

After all, they will see pumpkins and candy mixed with frightful masks and people shouting "Boo"! Parents can be sure their Halloween festivities are lighthearted and full of good memories if they keep them simple and safe.

Taking the bite out of Halloween:

Fortunately, parents can make Halloween less scary and more enjoyable for their preschool children. Here's how:

Paint a non threatening picture of monsters, ghosts and witches.

Describe such creatures as being exciting and intriguing, but relatively harmless to children. The key is not to focus in on the monsters with powers that are beyond a child's control.

Help preschoolers make their own costumes.

This will help them see how make-believe is created. If you purchase a costume from a store, stick with non threatening characters. The emphasis at Halloween should be on play, rather than on shock value.

Avoid blatantly scary activities.

Skip the local house of horrors for instance, or don't watch the Halloween horror movie of the week. Once your child has seen something frightening, it's extremely difficult to undo the effect. You can explain and explain, but for a young child that vivid image may continue to haunt him.

Help relieve any fears that arise during Halloween.

If your child seems terrified by a mask, let him examine it, put it on, and look in the mirror. This will help demonstrate that the person underneath doesn't change.

Try not to get overly concerned by a child's fearful reaction. In most cases experts agree, that by depicting positive memories of Halloween, as an exciting time in which you can pop in on neighbors, dress up, eat piles of candy, and so on - make the longer lasting impression.

IMPORTANT!

If you know of any parents who need help paying for childcare, please have them call CPC today! Funding for CPC

Scholarships are available on a first come, first serve basis. Funding is also contingent upon meeting certain eligibility requirements.

LITERACY & LANGUAGE w/ Chris Pietroski

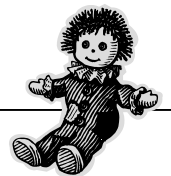
Fall is here and I am looking forward to beginning our program with you!
NEW PROJECT!

Kindergarten Readiness Project! This is a new pilot program being offered this year. Help prepare your preschoolers (ages 4 & up) for kindergarten.

A special series of workshops, trainings, curriculum ideas, home-school connection ideas, and information will be offered this year. See your copy of my welcome back letter and the enclosed brochure for additional workshops and details.

Remember, workshops can be customized to meet your needs!

Joy to the Children!



For the past 7 years the CPC program has been assisting families that need help over the holidays. Applications will be mailed to CPC families the first week in October. If you would like to sponsor a child, please contact either Gina x 123 or Karen x 115 at 508-559-1666 as soon as possible or email us at gmcgarrige@selfhelpinc.org. If you are a family in need of assistance, please fill out the Joy to the Children application that you receive from us in October.

Please keep in mind that these are hard times for many people this year and our resources are very limited.

****All applications are subject to approval by administration.**



