Strengthening the community by connecting and supporting local families with children ages 5 and under since 1988.

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: facebook.com/bfctoday @bfctoday
A new year, a new website, and new friends! A lot of work has been going on behind the scenes to move the BFC over from BigTent to Wild Apricot! We are excited to be up and running on it, and will be providing you with everything you need to know about it this month! Once you get your login information, we hope you’ll take a moment to check out the site, and fill out your profile so that you can make the most of the website! For 2019, the BFC is committing to continuing to facilitate new connections between our members, and we know Wild Apricot will help us achieve our goal!

We have some fun events for kids and parents alike this month that will hopefully entice you to brave the inevitable cold. Back by popular demand, we are heading to Yoga Nova for a Mom’s Night Out fitness event (which might help keep you on track with a New Years Resolution). While you’re at it, if you take photos at any of our events, feel free to pass them on to our fabulous Website Coordinator, Jenny Hollman (webmaster@bfctoday.com), and she can work them into our photo gallery rotation on our website!

Cheers to a promising year ahead!

Erica Hursey & Leslie Savoy

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: Facebook.com/bfctoday Instagram @bfctoday
## January Events Calendar

*Winter is here! There are lots of BFC events to keep you and your little ones busy!*  

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<td>5 Wish Project 9:30 AM</td>
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<td>6 Free Ice Skating Meet-up 11:30 AM</td>
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<td>9 Book Club 7:30 PM</td>
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<td>11 Snow Dough 9:30 AM</td>
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<td>13 MNO Fitness Series: Yoga 6 PM</td>
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<td>16</td>
<td>17 Monthly Planning Meeting 7:30 PM</td>
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<td>22</td>
<td>23 Jam Time Meet-up 10:00 AM</td>
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### OPEN POSITIONS IN 2019

- Concerts
- Spring Egg Hunt
- Playgroup Coordinator

**LOOKING FOR A FEW GOOD PARENTS!**

We are still looking for some amazing volunteers to help run the BFC in 2019! Please email BFCDirectors@gmail.com if you are interested in getting more involved.
RENEW YOUR BFC MEMBERSHIP TODAY!

Please be sure to renew your membership so that you don’t miss out on any of the fun events in 2019!

Renew and pay on Wild Apricot:
https://bedfordfamilyconnection.wildapricot.org

BFC Membership Perks:
Learning Express: 10% off classes
Summit Fitness: reduced monthly membership rate of $55

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: facebook.com/bfctoday @bfctoday
The BFC Playroom is open weekdays from 9:30 AM – 11:30 AM. It is located in the lower level of the First Parish Church at 75 Great Road (use the side entrance on Elm Street).

The BFC Playroom offers a warm, welcoming environment where children can play together and parents and caregivers can connect. In addition to various toys, books, and puzzles for children ages 1-5, the playroom offers all kinds of craft supplies and mini-projects, plus a large open floor space for imaginative play. This is a nut-free space. We ask that all visitors refrain from bringing in any outside snacks due to allergy concerns. An individually packaged child’s snack and beverage are provided at 10:30 AM each day.

Enjoy this great opportunity for fun and socializing. The rates are $1.00 per child for BFC members, and $3.00 for non-members. These rates help us cover our annual donation to First Parish for use of the space and the cost of providing snacks. The BFC Playroom follows the Bedford Public Schools calendar.

We are currently in need of new volunteers to keep the BFC Playroom running!
Responsibilities include:
• Retrieving the cash box from the church office
• Welcoming guests
• Serving snack
• Straightening the room at 11:30 AM
• Returning the cash box to the office

If you would like to volunteer to open the playroom in February, please signup below:
https://www.signupgenius.com/go/5080E49AEA72CA6FC1-february1

If you are scheduled to open but cannot because your child is sick, or you feel the weather is not conducive to driving, send an email to all of the openers and ask someone to cover for you. If you have any questions, please email Emily Prince at playroom@BFCToday.com.

If you arrive at the Playroom and nobody is there to open it, you are still welcome to go in and use it!

Find us at https://bedfordfamilyconnection.wildapricot.org
or via social media: facebook.com/bfctoday @bfctoday
**Play Groups**
Would you like your children to play with others their age? Are you interested in connecting with other parents? Join a BFC Play Group! The groups are organized by age of children. Both weekend and weekday groups are available. They will meet either in the BFC playroom or in participant’s homes depending on each individual group’s preference. Please email us at playgroups@bfctoday.com, with the birthdate(s) of your applicable child(ren), available days and times that you would like to meet, and your contact information. Siblings may be welcome to join, also depending on each individual group’s preference.

**Adoptive Families**
Hello! We are Dawn Mesite and Bethany Slack, two adoptive moms excited to be the Adoptive Families Liaisons for the BFC. We’re looking forward to connecting with other foster, adoptive, or pre-adoptive families in town! We’ve begun compiling a list of resources and events in and around Bedford, and we’ll add them to the newsletter periodically. If you’re a foster or adoptive parent, or interested in learning more about adoption, we’d love to hear from you! We can be reached at adoptivefamilies@bfc.org.

Looking for childcare?
BFC has put together a directory of Bedford’s daycares and preschools. Many have contact information for BFC members that are happy to serve as references. Check it out at https://bedfordfamilyconnection.wildapricot.org/page-1075184

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: facebook.com/bfctoday @bfctoday
WEEKDAY CHILDREN’S ACTIVITIES

Sensory Play: Snow Dough
Friday, January 11, 9:30 AM – 11:30 AM
BFC Playroom, First Parish Church (Elm St. Entrance)
75 Great Road, Bedford, MA 01730

Escape the cold and come inside for a bit to play with super fun snow dough! The kids will learn how to make snow dough and have an opportunity to use different toys and tools while playing with their “snow.” As always, we will share a snack together and have playtime in the playroom.

RSVP on Wild Apricot: https://bedfordfamilyconnection.wildapricot.org/event-3190200

Jam Time Meet-Up
Wednesday, January 23, 10:00 AM – 12:00 PM
86 Powder Mill Road
Maynard, MA 01754

Join us at Jam Time in Maynard at a discounted rate! Mention that you are with the BFC and you’ll pay only $6/child (half the regular price). You can take advantage of the discount any time on 1/23 during business hours – 9 AM – 5:30 PM.

Winter Crafts in the Playroom
Thursday, January 24, 9:30 AM – 11:30 AM
BFC Playroom, First Parish Church (Elm St. Entrance)
75 Great Road, Bedford, MA 01730

Come escape the cold and join us for a fun morning of winter crafts in the BFC Playroom! Snack will be provided.

RSVP on Wild Apricot: https://bedfordfamilyconnection.wildapricot.org/event-3189435

Thank you to everyone who donated to the Wish Project during the holiday season! Congratulations to the K’19 playgroup for winning the playgroup challenge!

Stay tuned for more opportunities to support our community throughout the year.

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: facebook.com/bfctoday @bfctoday
Meet-Up: Free Ice Skating Lesson & Hot Chocolate
Sunday, January 6, 11:30 AM – 12:30 PM
Colonial Figure Skating Club
34 Massachusetts Ave, Boxborough, MA 01719

Join BFC friends for a morning on the ice. Come meet Colonial Figure Skating Club’s friendly staff, enjoy a free ice skating lesson and hot chocolate, receive a $25.00 discount towards our Winter II Learn to Skate classes (beginning week of January 28) and have some fun! Colonial skaters will wow you with their skating skills in a mini exhibition and our trained professionals will be on hand to answer questions. Skate rentals are available, but please arrive early to be fitted. Bring helmets, mittens or gloves, jackets and snow pants. For ages 3 +.

RSVP on Wild Apricot:
https://bedfordfamilyconnection.wildapricot.org/event-3190172

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: facebook.com/bfctoday @bfctoday
Volunteering at the Wish Project
Saturday, January 5, 10:00 AM – 12:30 PM
Wish Project Warehouse
166 Middlesex Street
North Chelmsford, MA 01863

Kick off the new year by spending a morning volunteering at The Wish Project in Chelmsford. We will help inventory, sort and organize donations. Note that we will leave Bedford by 9:30 AM in order to arrive at the warehouse on time.

Space is limited. Register below:

https://www.signupgenius.com/go/5080e49aea72ca6fc1-volunteering

January Book Club Meeting
Wednesday, January 9, 7:30 PM – 9:30 PM
BFC Playroom, First Parish Church (Elm Street entrance)
75 Great Road, Bedford, MA 01730

The January BFC Book Club meeting is Wednesday January 9 at 7:30 PM in the BFC Playroom at First Parish Church. We will be discussing “Less” by Andrew Sean Greer, which is available from the library:

http://find.minlib.net/iii/encore/search/C__Rb3748766_SLess

and also from Amazon:

https://www.amazon.com/Less-Winner-Pulitzer-Prize-Novel/dp/031631613X/ref=sr_1_1?ie=UTF8&qid=1546297779&sr=8-1&keywords=less+by+andrew+sean+greer

As always, finishing the book is not required! We ask only that you bring a light snack or beverage to share with the group. Please RSVP (and note in the RSVP when you plan to bring to share). Hope to see you on January 9!

RSVP on Wild Apricot:
https://bedfordfamilyconnection.wildapricot.org/event-3190180

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: facebook.com/bfctoday @bfctoday
MNO Fitness Series: Yoga
Sunday, January 13, 6:00 PM – 7:00 PM
Yoga Nova
51 Great Road, Bedford, MA  01730

Join us on the mat for an evening of flow at Yoga Nova! We will focus on strengthening and connecting breath to movement.
Cost: $10 per person
All levels are welcome, including beginners!
For details about the studio:
www.yoganovastudio.com

RSVP on Wild Apricot:
https://bedfordfamilyconnection.wildapricot.org/event-3190186

Monthly Planning Meeting
Thursday, January 17, 7:30 PM – 9:30 PM
Location TBD

Join us for our monthly planning meeting, where we will discuss the upcoming events for the months ahead! This is a great opportunity to learn about the inner workings of the BFC and to bring us your great ideas for new events and how we can make the BFC the best it can be! Beverages and snacks will be provided.

RSVP on Wild Apricot:
https://bedfordfamilyconnection.wildapricot.org/event-3190192

Find us at https://bedfordfamilyconnection.wildapricot.org or via social media: facebook.com/bfctoday @bfctoday
Bedford Family Connection
Position spotlight

This month we will get to know Emily Prince, our newsletter editor!

Children: Henry (5) and Theo (3)

About the position: I design the monthly newsletter, which requires coordinating and working closely with other members to ensure that all upcoming events are published. I also monitor community events and include those that are relevant to families with young children.

Most enjoyable aspect of the position: I enjoy the design process, as well as getting to know many wonderful mothers in our community.

Favorite BFC event: My favorite BFC event is the Halloween Party. My family and I moved to Bedford in the fall of 2016 and attended the Halloween party a week after closing on our house. We were so impressed by the party! My kids particularly loved the magician and cookie decorating. Everyone was very welcoming, which encouraged me to become actively involved in the BFC!

What I enjoy besides being a mom: I love to hike, spend time outside with my dogs, ski, read, get together with friends and explore new places near and far.
COMMUNITY BULLETIN BOARD

BPS INTEGRATED PRESCHOOL SCREENING FOR FALL 2019 ADMISSION

Screenings will take place:
Friday, January 25, 2019
By appointment only
Call or e-mail to schedule your appointment by January 18, 2019.
Phone: (781) 918-4418
E-mail: lillian_younger@bedfordps.org

Why choose the Bedford Integrated Preschool?

• Brand new creatively designed classrooms will be located at Davis Elementary School for Fall 2019
• Developmentally appropriate language based academic and social curriculum
• MA Department of Elementary and Secondary Education certified educators
• Resident speech therapist, occupational therapist, physical therapist, and behavior specialist
• Fully-enclosed new outdoor playground
• 3 or 5 morning option (8:30am-11:30am)

The Bedford Integrated Preschool Program is inviting neighborhood children who will be 3 years old by August 31st to a screening for possible enrollment. Screenings are conducted at the Bedford High School.

Visit our website at: https://www.bedfordps.org/preschool
School Snacks for Davis and Lane Schools
We have found there continues to be a need for snacks at Davis and Lane Schools. There are about 100 kids in Davis and Lane Schools who receive free or reduced lunches and often don’t come to school with snacks.

Please drop off non perishable, individually wrapped, NO NUT snacks to the front office of both Davis and Lane. If you can’t get to the school while they are open please feel free to get in touch with Sarah Scoville and she can help you deliver them: sscoville11@gmail.com

AmazonSmile for the BFC
Did you know that when you shop on Amazon, part of the money from your purchase may be eligible for donation to the BFC? Amazon has a program called AmazonSmile through which Amazon will donate 0.5% of the purchase price from your eligible AmazonSmile purchases to the BFC! When you shop at AmazonSmile, you’ll find the exact same prices as if you shopped on Amazon.com. To shop at AmazonSmile, simply go to smile.amazon.com and select “Bedford Family Connection” in Bedford, MA as your 501(c)(3) charitable organization.

Don’t forget to bookmark, or always type smile.amazon.com when shopping on Amazon! For more information about AmazonSmile, visit: https://smile.amazon.com/gp/chpf/about.

Bedford Box Tops for Education
For many of you in the BFC, your children will soon be at Davis School. Did you know that you might be throwing away packages that could be https://fundly.com/sarah-hallett-memorial-fund#used to raise money for Davis, and the rest of Bedford Public Schools? Bedford Public Schools participate in the Box Tops for Education program, which has helped America’s schools raise over $525 million since 1996. Every year, our students and supporters collect thousands of Box Tops, which we redeem for 10 cents each. Last year, we raise $8,500 to fund enrichment programs at Davis, Lane and John Glenn Middle School. We would like to ask for your help in collecting Box Tops. You can drop them off in the container at the BFC playroom, the collection bin at the Bedford Stop and Shop, or mail them to Box Tops Coordinator, 66 Sweetwater Avenue, Bedford, MA 01730.

Caregiver Access to Wild Apricot
In many families, a caregiver such as a nanny, grandparent, or babysitter, often brings a child to our BFC events. The BFC would be happy to provide these caregivers with free access to Wild Apricot as part of your family membership. This will allow the caregiver to access event information and sign a child up for an event without having to share the parent account. If you would like to add a caregiver to the BFC, please send an email to membership@bfctoday.com, with your name, your child(ren)’s name and your caregiver’s name and email address. We will send your caregiver an email invitation to sign up for Wild Apricot with no additional fee.
First Connections Programs

First Connections is a Coordinated Family and Community Engagement Grant program through the Mass. Dept. of Early Education and Care. They provide support, resources, and early childhood learning opportunities to all families with children under age nine in Acton, Bedford, Boxboro, Harvard, Hanscom AFB, Lincoln, Littleton, Maynard, Sudbury and Westford. Justice Resource Institute is our Lead Agency. All programs are free and require registration before attending. To register: email lmatthews@jri.org, or call (978) 429-8284 x202.

Support Groups

New Mothers Support Group
Any mother with a pre-crawling baby is welcome to attend this ongoing weekly support group facilitated by Emerson Hospital and First Connections. This open discussion group is a forum for you to share experiences and resources, connect with other new mothers, and seek guidance about any concerns you might have. Facilitators are certified in lactation support and special topics occur monthly. No registration required. Every Wednesday, 1:00 PM – 2:30 PM. Meets at 179 Great Road, Unit 104A, Acton.

First Time Mothers Group
6-week, small-group setting includes a different topic each week such as: adjusting to your new role, changes in relationships, work/family life balance, sleeping, feeding, crying, infant development and community resources. Meets January 28, February 4, 11, 25, March 4, 11 in Littleton.

Emotional Wellbeing After Baby Group
Emotional challenges are the most common complication of pregnancy and childbirth, yet mothers often feel isolated and ashamed if they are struggling. Mothers experiencing anxiety or depression in the postpartum year can come together in this supportive, nonjudgmental, confidential group to share stories and learn from each other. While this is an ongoing, weekly group, before attending for the first time please contact the facilitator, Heather O’Brien, LICSW at hobrien@jri.org or 978-429-8284, ext. 219. Childcare can be provided for older siblings with advance notice. Every Thursday, 10:00-11:30 a.m. at First Connections, 179 Great Road, Unit 104A, Acton.

New Dads Group
This group allows dads to make connections with other fathers, ask questions, and share their experiences of parenthood. Adjusting to the new work/life balance and changes in relationships with friends, family and partners can sometimes be a challenge! Fathers are welcome to attend with/without babies and continue to attend the group for as long as it is helpful. Please email hobrien@jri.org before attending for the first time so we have your contact information in case of any last-minute changes. Tuesdays, January 8, February 12, March 12, 7:00-8:30 p.m. Maynard Public Library, 77 Nason Street.

Working Parents Group
This group is specifically for full-time working parents with babies/toddlers up to 24 months. The group offers a way to stay connected to or find a peer group - something that is especially hard with short maternity leaves, if you struggled with postpartum anxiety or depression, or if your extended family is not close by. Discover ways to manage stress and cope with the challenge of balancing work and family life. Facilitated by First Connections and NAMMA Families staff. Moms and dads welcome! 8-week sessions begin January 5 (full) and March 2. Held at First Connections, 179 Great Rd., Unit 104A, Acton.
First Connections (continued)

**Playgroups:**

New playgroups begin the week of January 6. Registration is required for all groups: matthews@jri.org. No fees. Children may be registered for one group. All groups require participation of a parent or caregiver. Registration begins as soon as you receive your newsletter. Please let us know your child's first name and age, the name of the person who will bring him/her to playgroup, and the town you live in. Families from any town may register for Baby Playgroup since it is partially funded through supplemental funding. All other groups give preference to the towns our grant serves: Acton, Bedford, Boxboro, Carlisle, Concord, Harvard, Hanscom AFB, Lincoln, Littleton, Maynard, Sudbury, Westford.

**Baby Playgroup**  
Group includes developmental discussions and handouts, playtime, circle time with finger plays, rhymes and songs. Based on the Ages & Stages Developmental Milestones suggested activities for this age group. Open to parents residing in any town. Appropriate for all babies 3-9 months, and babies 10-11 months who are not actively crawling. Limited to 14 families.  
**Held at Roudenbush Community Center, Westford Tuesdays, 1:30-2:30 beginning January 15.**

**Older Baby Playgroup**  
This group will have free play time at the beginning, and stories and songs at the end. The facilitator will be available to talk to and answer questions, but we won’t have the same structured adult talking time as in the infant group because the children are starting to move around and sitting still for more than a few minutes is too much to ask! Based on the Ages & Stages Developmental Milestones suggested activities for this age group. Appropriate for ages 10-17 months if crawling or walking. Held at Bedford Public Library on Mondays, 10:00-11:00.

**Literacy Playgroup for Confidently Walking One Year Olds**  
This group offers free play time in a preschool classroom with specific activities to work on different fine motor, communication, self help, and social skills, as well as a circle time with a book and songs. Every family will get a bag of books to take home each week, along with tips on fostering your child's love of reading. Limited to 12. Due to size and location of room, only infants worn in a sling or carrier may attend with the registered child - no strollers or car seats. Appropriate for 12-23 Mos. if walking independently. Held at Village Nursery School in Harvard. Fridays, 10:00-11:00 a.m.

**Art-Literacy Playgroup for Two Year Olds**  
In this group children will get a chance to play in a preschool classroom and try out some new art and sensory activities. We will get messy, so don’t wear your best clothes. The group will also include a circle time with book and songs. Limited to 12. Infants worn in a sling or carrier may attend with the registered child - no strollers or car seats. Held at Bright Horizons in Boxborough Tuesdays, 10:00-11:00 a.m.
First Connections (continued)

Playgroups (continued)

Multilingual Families Playgroup
A child's primary language and culture are key contributors to lifelong development. This playgroup is specifically for families who are conversing in a language other than English as part of their family culture and daily life. The group will include a Read & Rise monthly parent discussion topic, led by a parent educator, centering on how culture, traditions, and everyday fun family experiences can help parents foster their child's literacy and language development. The group includes a circle time and snack time in addition to free play. During registration please let us know if your child has any anaphylactic allergies to foods. Baby siblings in carriers welcome. If you are registering for the first time, please let us know the language other than English that is spoken at home. Appropriate for Ages 18 Months thru 5. Held at First Connections in Acton on Wednesdays 9:30-11:00

Social and Emotional Skills Playgroup for 2 & 3 Year Olds
This playgroup will use the Mass. Early Learning Standards and Approaches to Play and Learning for Social and Emotional Development. The group will include free play, a weekly learning activity, snack time, story and circle time. Please bring a snack and inform us during registration if your child has an anaphylactic food allergy. Limited to 12 children.
- Held at Concord Carousel Preschool in West Concord, Thursdays, 10:00-11:30 a.m.
- Held at The Community School in Maynard Center, Mondays, 12:30-2:00 p.m.

Teaching Your Preschooler about Money & Math
You may not realize it, but money is a big part of your preschooler’s life. Our children watch commercials, observe adults buying groceries and other things, accompany us to the bank and watch as we slide our bank cards multiple times a day. In this group we will read stories about money, sing number songs, play games, count, and make choices while we pretend to shop or save for a desired item. There will be a weekly handout for parents, a book list, a field trip to Digital Credit Union, and suggested activities you can continue with your child as they grow. Younger siblings must be held in a front carrier or sling since we will be using small items such as coins and game pieces which are choking hazards. Appropriate for ages 3 1/2 thru 5. Held at First Parish Church in Lincoln on Fridays, 1:30-2:30
GREEN CORNER

Bedford Saves Energy...one house at a time.

Make your house one of them!

Mass Save®
No-Cost
Home Energy Assessment

SAVE MONEY. INCREASE ENERGY EFFICIENCY.

SIGN UP NOW
- NetZeroBedfordMA.org
- (800) 855-SAVE
- Scan & Sign Up

You may be eligible for:
- A custom report with ways to improve your home’s energy efficiency
- Eligible energy saving products installed at no cost
- No-cost targeted air sealing and 75% off approved insulation work
- Rebates on qualifying energy efficient heating, cooling and water heating equipment
- The opportunity to apply for a 0% heat loan and financing

Extra Benefits
- Regular prize drawings for participants
- Revise Energy will donate $35 for each assessment to a Bedford solar panels project at the schools

MOTHERS OUT FRONT
MOBILIZING FOR A LIVABLE CLIMATE

REVISE ENERGY
A DIPIETRO COMPANY
mass save
PARTNER

Some restrictions apply and offers are subject to change or cancellation. Visit MassSave.com/MAA for full details.
## 2018 – 2019 BFC Executive Committee

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<td>Leslie Savoy</td>
<td><a href="mailto:director@bfctoday.com">director@bfctoday.com</a></td>
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<td>Margaret Root</td>
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<td>Emily Prince</td>
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## 2018 – 2019 BFC Committees & Chairs

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<td>Noelle Oliveira</td>
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<td>Fundraising</td>
<td>Vivian Chang</td>
<td><a href="mailto:fundraising@bfctoday.com">fundraising@bfctoday.com</a></td>
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<td>Halloween Party</td>
<td>Kara Cournoyer, Lauren Doty, Catie Hadden, Tyne Jeffrey, Michelle Savage</td>
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<td>Erica Chaplin, Lauren Doty, Jenny Hollman</td>
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<td>Kindergarten Popsicle Party</td>
<td>Lauren Doty, Emily Prince</td>
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<td>Membership</td>
<td>Rebecca Hagopian</td>
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<td>Mom’s Night Out</td>
<td>Thais Collins, Melissa Farb, Erin Kaznocha, Lilly Younger</td>
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<td>New Mom’s Brunch</td>
<td>Lindsey Giunta, Vivian Chang, Margaret Root, Erin Chaney</td>
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<td>Playgroups</td>
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<td><a href="mailto:socialmedia@bfctoday.com">socialmedia@bfctoday.com</a></td>
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<td>Website Coordinator</td>
<td>Jenny Hollman</td>
<td><a href="mailto:webmaster@bfctoday.com">webmaster@bfctoday.com</a></td>
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<td>Working Parents</td>
<td>Erica Chaplin, Lauren Doty, Jenny Hollman</td>
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