



March 2021

Hello, CFN Parents,

Although it may not seem like it with snow still on the ground, Spring is not far away with Daylight Savings in two weeks, Spring Equinox in three weeks, and Passover and Easter in four and five weeks, respectively! (Are you looking ahead and counting the weeks like we are?) CFN's Chairs and Coordinators are already planning outdoor, physically distanced Spring activities, including an **Easter Bunny Drive-Through Event** the first Saturday in April (see details below). Until then, mark your calendars for the following March events, many of which are planned with the interests and needs of CFN parents in mind. We can't make the month go by faster, but we can make it fun, informative, and fulfilling.

MARCH EVENTS:

- **Two-Part Speaker Event on Women's Pelvic Floor Health – March 4th and 8th @7:30pm (via Zoom):** Sheri Long (CFN Co-Chair) is organizing two Q&A speaker events to give CFN mamas a breadth of information about common pelvic floor issues that occur during pregnancy and continue postpartum. Often women don't address these concerns until years after childbirth. Don't wait and don't just "live with it." Join or call into these Zooms to get the right information sooner rather than later; this is especially important if you are expecting a baby, looking to become pregnant, or starting an exercise program (some exercises can worsen diastatic recti and pelvic floor issues). Please RSVP to the [Events page on Tinyhood](#). If you have specific questions that you would like answered, please submit them to Sheri at sherilongcfn@gmail.com. You may also ask questions during the Zooms.
 - **PART 1: Diastasis Recti and Pelvic Floor Dysfunction – THIS THURSDAY, March 4 from 7:30-8:30pm (via Zoom).** Rachel Kim, PT, DPT, and Noam Eitan PT, DPT, Pelvic Health Physical Therapists at Emerson Hospital's Clough Family Center for Rehabilitative and Sports Therapies, will share information on diastasis recti and pelvic floor dysfunction, such as the symptoms, causes and aggravations, treatments, and the process of working with a pelvic health physical therapist. Click [here](#) to RSVP to this event.
 - **PART 2: Incontinence and Your Pelvic Floor – Monday, March 8 from 7:30pm-8:30pm (via Zoom).** Dr. Veronica Demtchouk, MD, an obstetrician/gynecologist and Clinical Fellow in Female Pelvic Medicine and Reconstructive Surgery at Boston Urogynecology Associates in Cambridge MA, will answer questions about different types of incontinence related to pregnancy and childbirth, the non-surgical and surgical options for treatment, and recommendations for when to see a specialist. Click [here](#) to RSVP to this event.
- **Make & Take Arts & Crafts: St. Patrick's Day Cards for Seniors – Friday March 5 – 7 (pick up in West Concord).** This month's Take-and-Make bags are kits to decorate five (5) "Happy St. Patrick's Day" cards for the senior citizens living at Newbury Court in Concord. Kits will be available for pick-up on Friday, March 5th at 9am until Sunday, March 7th at 5pm. Please return the decorated cards

to Annie O'Malley by Saturday, March 13th so they can be delivered to the seniors in time for St. Patrick's Day. Kits will include cards, envelopes, and stickers for you and your child to decorate any way you choose. Please [RSVP to the Events page](#) on Tinyhood so Annie has an idea of the number of bags to prepare.

- **CFN Board Meeting – Wednesday, March 10 at 7:30pm (via Zoom).** Chairs and Coordinators: Please attend if you are able as we will be discussing potential Spring events. You may email your reports to Erin or add them to the agenda. See you then!
- **Trivia Night! (Adult Social) – Saturday, March 13th at 8pm (via Zoom).** Annie O'Malley (Arts & Craft Coordinator and First Connections Liaison) is hosting this trivia night for moms and dads to socialize and test their knowledge of general content and pop culture. Questions are geared towards adults but are appropriately worded in case little ones overhear. Play by yourself, with a spouse or partner, or even take turns playing if you are juggling bedtime. Please [RSVP to the Events page](#) on Tinyhood.
- **Emerson Playground Meetups – Tuesdays at 10:30am starting March 16.** Open to any families who are interested in meeting up with their children at Emerson Playground on Stow St. for physically distanced conversation and playing. Please ensure mask wearing for both you and your child(ren). More information will be posted to Tinyhood.
- **Parenting Advice from Child Psychologist Dr. Rachel Kramer – Thursday, March 25 from 7:30-9pm (via Zoom).** Erin Piro (CFN Co-Chair) is facilitating this speaker event with Dr. Rachel Kramer, local Child Psychologist. Dr. Kramer will give advice and guidance to CFN parents on any topic related to parenting and supporting children's growth and development. What are your burning questions or issues that you are dealing with? Intense moments? Establishing routines? Managing screen time? Potty training difficulties? Submit your questions and topics to Erin by March 10 via this [Google Form](#). Don't forget to mark your calendars and [RSVP to the Events page](#) on Tinyhood.

LOOKING AHEAD TO APRIL:

- **Easter Bunny Drive-Through Event and Goodie Grab Bag – Saturday, April 3 from 10:30am-Noon (35 Stacey Circle, West Concord.)** Ann Thornley (Egg Hunt Chair) has planned this fun, COVID-friendly event to kick off the spring. Load the whole family in the car and drive to Stacey Circle to wave hello to the Easter Bunny and grab a bag of Easter-themed goodies and craft items. Please [submit your RSVP](#) according to the number of children receiving goody bags in your family. If you are unable to pick up the bags during this window of time, contactless pickup is available in the afternoon from noon-6pm; however, The Easter Bunny will not be around at that time. For additional questions, please reach out to Ann at annbufano@gmail.com.
- **April Mom's Night: Book Club – date TBD.** Based on interest from the moms attending the February Galentine's Social, Katherine Manning (Mom's Night Coordinator) is planning a book club format for the next Mom's Night. The chosen book is [The Vanishing Half](#) by Bree Bennett. Whatever format you get your books, put this on your list and start reading soon so you are ready to share your thoughts with fellow CFN mamas at the Book Club. (Note: This event will be posted in the coming weeks.)

THANK YOU:

- **Shannon Sweeney** (Welcoming Chair) organized the Feeling New Social on February 4 (via Zoom). We had a nice turnout of parents who are new to CFN, new to town, or new to parenthood. Shannon referenced two helpful resources for families: The Parent Resource Packet and The Preschool Matrix, which can be found under Important Files on Tinyhood (right margin) on a PC or with a web version. Thank you, Shannon, for organizing this event and bringing everyone together with your helpful tips and warm, energetic personality.
- **Erin Piro** (CFN Co-Chair) arranged the Valentine's Cookie kits on February 12 & 13. The boxed kits were compiled by local baker and small-business owner, **Niressa Martin** of **Essa's Treats & Events** (Carlisle, MA; www.essastreats.com). Many thanks to you both for the time and planning that went into this so that thirty families could celebrate the holiday with traditional Valentine's cookie baking! Thank you to CFN members for posting pictures of the cookie creations to Tinyhood. We hope everyone enjoyed the baking and the eating.
- **Katherine Manning** (Mom's Night Coordinator) organized a Virtual Valentine's Wine and Cheese Social on February 12. CFN mamas socialized via Zoom with wine and cheese from **The Cheese Shop** (29 Walden Street), a sponsor of Concord Family Network. Thank you, Katherine, for hosting this event filled with light-hearted and engaging conversation that continued late into the evening. We are looking forward to more of these fun gatherings, both virtually and in person!
- CFN members **Erin Fife** and **Amy Kemeza**, who are also members of a local organization COAR (Communities Organizing Against Racism), gave a presentation on February 25 about how to use children's books to discuss race and diversity. Thank you, Erin and Amy, for all the time and planning that went into this educational event to help parents diversify their children's book collection and begin conversations about race. Your in-depth book recommendations and valuable suggestions are great at-home ways to introduce children to the ideas of inclusion, respectfulness, equality, courage, and kindness. For more information about COAR and their monthly meetings, please visit the [COAR website](#).
- To support CFN families, **Sheri Long (CFN Co-Chair)** created and posted to Tinyhood [six resource documents](#) on "February Staycation Funtivities," comprising of links and ideas to keep families busy and happy during winter and February Vacation Week. Topics included (1) [Places to Go and Events to Zoom](#), (2) [Imagination & Games](#), (3) [Arts & Crafts](#), (4) [Outdoor Snow Fun](#), (5) [For the Babes](#), and (6) [Hygge with Children](#). Many thanks to **Rebecca Lemaire** (Family Outings Coordinator) for sharing her blog, [Joyful Parenting](#), which is an amazing resource of educational, crafty, and fun activities for children and babies. If you did not get a chance to peruse Sheri's documents and Rebecca's blog, please take a look! Many of these activities can be done year-round, especially on rainy days and unscheduled weekends.
- As always, thanks to **Sharon Bosdet** (Publicity Chair), for her continual work keeping CFN's social media profile engaging, informative, and creative (even through break). Please follow us and like us on Facebook and Instagram!

Have a good March and a great start to Spring (whenever it arrives)!

Sheri Long and Erin Piro, Co-Chairs
sherilongcfn@gmail.com and erinpirocfn@gmail.com