



CAPE COD CHILDREN'S PLACE FAMILY NEWSLETTER

SUMMER 2026

Meet Carol

Hi! I'm Carol Viegas, the new Bilingual Family Support Specialist. I speak Portuguese and am here to help families – especially those who speak Portuguese to navigate resources and makes sure everyone feels welcome in our programs.

I am here to walk alongside families, offering support, connection, and guidance. Please call or email or find me at one of the many community events!



Contact Carol Viegas

📞 508-255-4858



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Visit our website for more info:
capecodchildrensplace.org



Summer Family Fun

Even with busy summer schedules, hopefully you can find moments to explore all the Cape has to offer with your children — often at little or no cost.



- Many libraries offer storywalks that are set up on trails with each page set up as a station.
- Get out the hose and sprinkler with buckets, cups, sponges, and sunshine
- Find a local farm to pick berries and veggies — many farmers' markets accept SNAP
- Go on a firefly walk in the early evening to find the magic in your own yard
- Explore a new bike trail with the family
- Make your own popsicles with juice, fruit and the freezer for a taste of summer joy!

Let Them Play!



Not all of kids' activities need to be planned or led by an adult. This summer, find time to let your children explore, imagine, and follow their own paths.

Whether they are building with sticks, inventing games, or simply wandering in the yard, this kind of open-ended play strengthens problem-solving, creativity, confidence, and handling emotions.

When children lead the play, they learn in ways that are natural, joyful, and deeply meaningful.

Read, Read, Read!



Although school is out, the learning continues! The best way to keep your children on-track for the next school year is daily reading. Sharing a book, talking about the pictures, singing together is not only good family fun, it helps build language skills and confidence. Cuddling up together lays the foundation for early learning, curiosity, and family bonding.

Try sharing simple, rhythmic books like *Brown Bear, Brown Bear*, *The Very Hungry Caterpillar*, or *Goodnight Moon* – little moments that spark big learning. Borrow books from your local library or visit a neighborhood Little Free Library — all at no cost.

Fun for Families with Cape Cod Children's Place!

Join us for our free summer family groups — registration is required for the full series

▶ MONDAY

- Sunshine Playtime Club (0 - 6 yrs) | 8/10, 8/17, 8/24 | 10-11am

▶ TUESDAY

- Fairy House Builders (3 - 6 yrs) | 7/14 | 10-11am
- Kindergarten Storytime with Principal Riley (5 - 6 yrs) | 8/18 | 6pm

▶ WEDNESDAY

- Little Crafty Critters (2 - 6 yrs) | 8/5, 8/12, 8/19 | 10:30-11:30am
- Ready-Set-Go Pop-Up (18 mos - 4 yrs) | 7/15 | 10:30-11:30am
- Story & Berry Day (2 - 4 yrs) | 7/15 | 9-10am
- Waterplay Storytime (0 - 6 yrs) | 7/22, 7/29, 8/5 | 10:30-11:30am

▶ THURSDAY

- Moonbeam Storywalk (3 - 6 yrs) | 8/27 | 7-8pm
- Teddy Bear's Picnic (2 - 5 yrs) | 7/9 | 11am-12pm

for more info, visit capecodchildrensplace.org

Parent education, support groups

- **RAISING HEALTHY FAMILIES**
 - Wednesdays, 7/8 – 8/12, 6-7:30pm, virtual
- **LOWER CAPE SUPPORTING MOMMA GROUP**
 - In-person support group, weekly, Thursdays, 11am-12pm at CCCP
- **MID CAPE SUPPORTING MOMMA GROUP**
 - In-person, 3rd Saturday, 9-10am at South Dennis Free Public Library

To register, contact Dolly Cheney



dolly@capecodchildrensplace.org

for more info, visit capecodchildrensplace.org

Cape Cod Children's Place Helps Families Grow Strong

Find out more about your child's development. Are they on track, need some help? This trusted tool helps families understand how your child is learning, moving, and connecting. We offer no-cost one-on-one time with our ASQ Coordinator to complete the Ages and Stages Questionnaire (ASQ).

The ASQ can:

- Celebrate milestones
- Know what's coming next in their development
- Identify if your child needs extra support

Contact: Kathe Medwin, Developmental Specialist



kmedwin@capecodchildrensplace.org



Has someone you love been impacted by substance use challenges?

Cape Cod Children's Place Recovery Services Team can help! We help parents and family members on a recovery journey through home visiting, support services, and a dedicated support specialist with lived experience. If you or someone you love has been impacted by substance use – our Team can provide support so you can build the strength, skills and resilience to thrive!

Contact: Christina Russell, LICSW Project Director



774-722-3305



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Our Mission

We support families and community partners to increase their resilience, strengths, and skills so children can thrive.



cape cod children's place

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