



InfoLines

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WarmLines Magazine

MAY/JUNE 2008

Children's Trust Fund Salutes WarmLines

WarmLines is proud to announce our recognition by the Massachusetts Children's Trust Fund (CTF) for efforts to support parents and strengthen families.

Our New Babies/New Parents groups—offered at no cost, thanks to a generous grant from the CTF—provide new families with opportunities to talk about their experiences and get support from a professional facilitator and from each other.

Warmest Thanks to CTF for recognizing WarmLines services as *"making a real difference in the lives of children and families."*

Children's Trust Fund
www.onetoughjob.org

SPEAKER SERIES PRESENTATION

All About Transitions

Life is full of change—and change can be stressful for children. They must deal with all kinds of transitions, such as starting child care, preschool, kindergarten, or summer camp, or even moving into a new home or community. Examine young children's reactions to transitions, and what adults can do to help them cope effectively. Explore also how adults deal with transitions, and learn how to become better role models for managing changes in positive ways.

Led by Debbie Weinstock-Savoy, Ph.D.
Tuesday, June 10 ■ 7–8:30 P.M.

WarmLines, Newton Cultural Center
225 Nevada Street, Newtonville

Free/WarmLines member ■ \$20/non-member
Pre-registration:
617-244-INFO ext. 123 or warmlines.org



Portrait of parenthood: Members of a recent WarmLines New Babies/New Parents group pose with facilitator Margaret Hannah, M.Ed. (front). These groups will continue to run this year and next, always free of charge, thanks to a generous grant from the Massachusetts Children's Trust Fund.

Top Ten Transition Tips

Parenthood, Preschool, New Sibling, Kindergarten, and Middle School

Ah, transitions. Passages. Getting there from here. WarmLines Speaker Services Presenter Debbie Weinstock-Savoy, Ph.D., reminds us that—long-anticipated or unexpected—"transition is actually a constant part of our lives." And change is very often a sign of growth—people become parents, children transition from one grade to another, families add new members.

In fact, WarmLines was originally created in 1978 in response to societal changes that left many new parents without traditional sources of support, and we have continued to evolve over the years. As our mission statement promises: "We are committed to meeting the changing needs of families"—and change, they do.

For this issue of InfoLines, we asked several WarmLines Group Leaders and Speaker Services Presenters to share their thoughts on some of life's major transitions. Hetti Wohlgenuth, M.Ed., shares her Top Ten Tips for New Parents, while Anastasia Galanopoulos, Ph.D., helps children embrace new siblings. Long-time preschool director Roxy Leeson dis-

cusses the transition to preschool, as Debbie Weinstock-Savoy talks about the next step: kindergarten. And, finally, Margaret Hannah, M.Ed., guides us through the often tumultuous transition to middle school.

Keep these lists handy as you experience some of these life changes. As Roxy Leeson says of transitions in general and the preschool transition in particular, "Whether you are 3 or 33, new beginnings bring a variety of emotions—anxiety, excitement, fatigue, and more. These tried-and-true tips will help these new beginnings go a little more smoothly. Remember—these are transitions for you, as well as for your child!"

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