



# Quincy Braintree Family Network-CFCE April 2017

## Step Into Spring: Houghs Neck Community Center, 1193 Sea St., Quincy

Houghs Neck Community Center and Quincy Braintree Family Network will be celebrating Community Development Block Grant week. Join us for stepping into Spring with a make and take planting activity, a science project to observe at home, and a beautiful flower craft. No registration required. Appropriate for children 2-4 years old accompanied by an adult. For more information contact Joan at jrodeck@qcap.org.

**Every child will go home with a book.**

**Thursday, April 20th from 10:00-11:15 a.m.**



## SAVE the DATE: Brain Building in Progress Week

Quincy Braintree Family Network-CFCE program along with the other CFCE programs in the state, will be celebrating Brain Building in Progress Week, from April 23rd to 29th. We have a week full of special activities for families with young children. We'll start the week with Fun with Numbers at our Learning Links Family Engagement Center in Quincy and end the week with Jeff Jam at the Thayer Library, in Braintree. Of course our highlighted event will focus on kids getting up and moving at **Building Bodies, Building Brains** at Fore River Clubhouse, 16 Nevada Rd, Quincy on Thursday, April 27th from 10:00 a.m.-12:00 p.m. Be on the lookout for our schedule of events!!!!

No registration required for Brain Building in Progress Week.

**Book giveaways all week!!**



## What is Brain Building in Progress?

Whenever you see children interacting and learning in enriching environments you're seeing "brain building in progress". Science shows that these early experiences actually build the architecture of the developing brain; much like a house is built from the bottom up. Each sequential step lays the groundwork for the next set of skills (such as in reading, and math) for a lifetime of learning success.

Learn the science of brain building and why our future depends on it at [BrainBuildingInProgress.org](http://BrainBuildingInProgress.org).

Brain Building in Progress is an initiative put forth by the MA Dept of Early Education and Care and the United Way of Massachusetts Bay and Merrimack Valley to raise awareness that all positive interactions from caring adults create Brain Building in Progress moments.

## Are you a Brain Builder?

Do you have back and forth conversations with your child?

**Then you are a brain builder.**

Do you read to your child, or go to the library?

**Then you are a brain builder.**

Brain Building is easy and it's fun! All those teachable moments you have with your child are making important connections in their brains.

Try some of these activities at home:

- Show that numbers are a part of everyday life. Notice numbers when you see them in addresses, keyboards, phones, etc.
- Go on an alphabet hunt. For example, find 3 As. How many times can you find the first letter in your name?
- Encourage writing. Have paper, pencils, crayons or markers readily available.

