

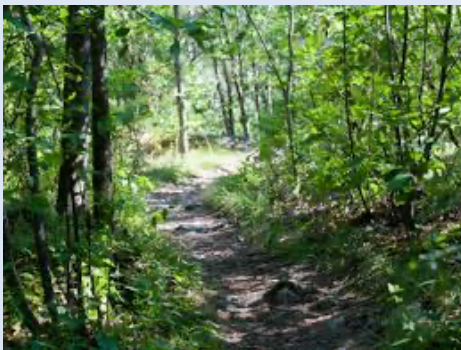
# Family Resource Guide

## 2023-2024



A program of the Wakefield Public Schools & MelroseWakefield Healthcare

Serving Families and Children from the towns of Lynnfield, Malden, Melrose,  
North Reading, Reading, Stoneham, Wakefield, and Winchester.



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Please note that inclusion of information in this Resource Guide does not imply endorsement by the North suburban Child and Family Resource Network. The information contained in this guide is for reference only.

Updated Summer 2023

## Learn more about Coordinated Family and Community Engagement (CFCE)

There are more than 90 CFCEs across the state, providing services to 350 cities and towns in Massachusetts. CFCEs are community-based programs designed to promote and support parent education and family engagement, early literacy and child development, family and community events, and school readiness.

- [www.mass.gov/service-details/coordinated-family-and-community-engagement-cfce-network](http://www.mass.gov/service-details/coordinated-family-and-community-engagement-cfce-network)
- <https://eecweb.eec.state.ma.us/childcaresearch/cfce.aspx>



## North Suburban Child and Family Resource Network

The North Suburban Child & Family Resource Network supports all parents, caregivers and educators of children from birth through entering kindergarten who live in Lynnfield, Malden, Melrose, North Reading, Reading, Stoneham, Wakefield and Winchester, as well as other surrounding communities.

Through education and community support, our goal is to help parents and caregivers create a healthy home environment as well as to promote family well-being. We provide parent education workshops, playgroups, parent education groups, family activities and information on parenting and community resources. Programs and activities are located within our eight-town service area. Resources for services for older children are also available. Funding is provided by a Coordinated Family and Community Engagement grant from the Massachusetts Department of Early Education and Care awarded to the Wakefield Public Schools, in collaboration with Melrose Wakefield Healthcare. Additional funding sources are a variety of grants and generous donations from our families and supporters.



## Ages and Stages Developmental Screenings

Through the Department of Early Education and Care, we have received access to the Ages and Stages developmental and social-emotional growth questionnaire. This screening tool is a great way to learn more about your child's development. After completing a self-paced questionnaire, you and a staff member can review the results and see what we can do together to help your child reach their full potential. You'll get a snapshot of your child's current skills and development, fun and free activities to help your child play and learn, and information about any recommended next steps.

## Strengthening Families - The Five Protective Factors

The Five Protective Factors are the foundation of the Strengthening Families approach. Extensive evidence supports the common-sense notion that, when these Protective Factors are present and robust in a family, the likelihood of abuse and neglect diminish. Research also shows that these factors help build a healthy environment for the optimal development of all children. The North Suburban Child and Family Resource Network follows the Strengthening Families framework.

### Parental Resilience

No one can eliminate stress from parenting, but building parental resilience can affect how a parent deals with stress. Parental resilience is the ability to constructively cope with and bounce back from all types of challenges. It is about creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed.

### Social Connections

Friends, family members, neighbors, and other members of a community provide emotional support and concrete assistance to parents. Social connections help parents build networks of support that serve multiple purposes: they can reinforce positive norms and childrearing, provide assistance in times of need, and serve as a resource for parenting information or help solving problems. Because social isolation, often stemming from domestic violence or other issues, is a common risk factor for abuse and neglect, parents who are isolated need support in building positive friendships.

### Concrete Support in Times of Need

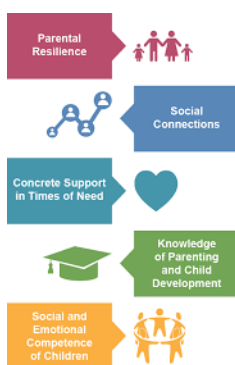
Parents need access to the types of concrete supports and services that can minimize the stress of difficult situations, such as a family crisis, a condition such as substance abuse, or stress associated with lack of resources. Building this Protective Factor is about helping to ensure the basic needs of a family, such as food, clothing, and shelter, are met, as well as connecting parents and children to services, especially those that have stigmas associated with them, like domestic violence or substance abuse counseling, in times of crisis.

### Knowledge of Parenting and Child Development

Having accurate information about raising young children and appropriate expectations for their behavior help parents better understand and care for children. It is important that information is available when parents need it and that it is relevant to their life and their child. Parents whose own families used harsh discipline techniques or parents of children with developmental or behavioral problems or special needs offer require extra information and support.

### Social and Emotional Competence of Children

A child's ability to interact positively with others, to self-regulate, and to effectively communicate his or her emotions has a great impact on the parent-child relationship. Children with challenging behaviors are more likely to be abused, so early identification and work with them helps keep their development on track and keep them safe. Also, children who have experienced or witnessed violence need a safe environment that offers opportunities to develop normally.



Information provided by: Strengthening Families, a project of the Center for the Study of Social Policy: [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)

US Department of Health and Human Services Administration for Children and Families/Strengthening Families and Communities 2009 Resource Guide: [www.acf.hhs.gov/programs/cb](http://www.acf.hhs.gov/programs/cb)

## Postpartum Depression

Throughout your pregnancy, hormones such as estrogen and progesterone are maintained at a high level. After birth, these hormones dramatically decrease and can affect a new mother's emotional well-being. At least 50-80% of new mothers experience what are known as the "Baby Blues". The Baby Blues can present as crying, tearfulness, irritability, exhaustion, anxiety, appetite loss, and headache. Baby Blues typically begin 3 to 5 days postpartum and can last a few weeks, but resolve on their own.

Postpartum depression is distinguished from the Baby Blues by the severity, onset and persistence of symptoms. Postpartum depression typically emerges 6 to 12 weeks postpartum, but can present any time during the first year or after baby weans. Symptoms of postpartum depression include uncontrolled crying, memory loss, lack of interest in baby, feelings of guilt and inadequacy, fear of harming yourself or baby, unrelenting fatigue, and unrelenting anxiety. At least 10 to 20% of new moms experience postpartum depression. It is important to remember that postpartum mood disorders can present as depression, anxiety or even OCD. Fathers can suffer from postpartum depression as well and are at a higher risk if mom is diagnosed with a postpartum mood disorder. Symptoms for fathers include irritability, impulsivity, and feeling unable to find pleasure in anything.

Postpartum psychosis is a rare, but serious, postpartum mood disorder. Occurring in 0.1-0.2% of new moms, postpartum psychosis is marked by strange behavior, hallucinations, delusions, severe insomnia, severe mood swings, intense anxiety, and thoughts of harming self or baby.

You may be at a higher risk for postpartum depression if you:

- have a history of depression
- have recently experienced a stressful life event
- lack adequate social supports
- have stress regarding childcare
- have a stressful relationship with baby's father
- have a child with a difficult temperament

**Postpartum mood disorders are highly treatable. If you are feeling depressed or anxious, please don't suffer alone. Please call 781.979.3642 to speak with a maternal newborn social worker at Melrose Wakefield Hospital.**

### Resources

- [www.cdc.gov/reproductivehealth/vital-signs/identifying-maternal-depression/index.html](http://www.cdc.gov/reproductivehealth/vital-signs/identifying-maternal-depression/index.html)
- <https://www.mass.gov/service-details/postpartum-depression-resources-for-mothers>
- <https://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Dads-Can-Get-Postpartum-Depression-Too.aspx>
- [www.thebluedotproject.org](http://www.thebluedotproject.org)
- [www.postpartumdepression.org](http://www.postpartumdepression.org)
- [www.marchofdimes.org/pregnancy/postpartum-depression.aspx](http://www.marchofdimes.org/pregnancy/postpartum-depression.aspx)
- [www.postpartum.net](http://www.postpartum.net)
- <https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>

## Libraries

Libraries are more than just books! Ask your librarian about museum passes and children's programming. Please confirm library hours ahead of time, especially on weekends and during the summer.

Association for Library Service to Children: Babies Need Words Every Day Booklist  
[http://www.ala.org/alsc/sites/ala.org.alsc/files/content/BabiesNeedWords\\_Booklist\\_FINAL.pdf](http://www.ala.org/alsc/sites/ala.org.alsc/files/content/BabiesNeedWords_Booklist_FINAL.pdf)

**Malden Public Library**  
36 Salem Street, Malden  
781.324.0218  
[maldenpubliclibrary.org](http://maldenpubliclibrary.org)

**Melrose Public Library**  
69 West Emerson, Melrose  
781.665.2313  
[www.melrosepubliclibrary.org](http://www.melrosepubliclibrary.org)

**Winchester Public Library**  
80 Washington Street, Winchester  
781.721.7171  
[www.winpublib.org](http://www.winpublib.org)

**Lucius Beebe Memorial Library**  
345 Main Street, Wakefield  
781.246.6334  
[www.wakefieldlibrary.org](http://www.wakefieldlibrary.org)

**Stoneham Public Library**  
431 Main Street, Stoneham  
781.438.1324  
[stonehamlibrary.org](http://stonehamlibrary.org)

**Lynnfield Public Library**  
18 Summer Street, Lynnfield  
781.334.5411  
[www.lynnfieldlibrary.org](http://www.lynnfieldlibrary.org)

**Reading Public Library**  
64 Middlesex Avenue, Reading  
781.944.0840  
[www.readingpl.org](http://www.readingpl.org)

**Flint Memorial Library**  
147 Park Street, North Reading  
978.664.4942  
[flintmemoriallibrary.org](http://flintmemoriallibrary.org)



## Indoor Play

### **Beanstalk Adventures Ropes Course**

50 Walkers Brook Drive, Reading  
781.942.9816

All ages. There is an area for smaller children on the bottom level. Enjoy ice cream at Richardson's after playing!

<https://it.jordans.com/beantown>

### **Butterfly Place**

120 Tyngsboro Rd, Westford  
978.392.0955

See hundreds of butterflies in a 3,100 sq. ft. glass atrium. Children under 3 MUST be in strollers, backpacks, carried or held by the hand.

[www.butterflyplace-ma.com](http://www.butterflyplace-ma.com)

### **Cedarland**

888 Boston Road, Haverhill  
978.521.7700

Climb, crawl, bounce in a giant indoor maze. Separate toddler area with sand room, chalk table, and pretend store and house. Light concessions available. In the Spring through Fall, enjoy mini-golf, ropes course, rock climbing wall, and swim.

[www.cedarland.net](http://www.cedarland.net)

### **Children's Piazza**

978.817.2809  
83 Pine Street, Unit F, Peabody

Drop-in play, registered classes, and an on-site coffee shop!

[www.thechildrenspiazza.com](http://www.thechildrenspiazza.com)

### **Cowabunga's**

265 Main Street, North Reading  
978.664.0508

Recommended for walkers and older, but is designed to accommodate both young and old children.

[www.mycowabungas.com](http://www.mycowabungas.com)

### **Follow Your Art Community Studios**

647 Main Street, Melrose  
781.665.4140

Creative classes and community art for all ages.

[www.fyamelrose.org](http://www.fyamelrose.org)

### **Kidzfun**

10-V Gill Street, Woburn  
781.558.5084

Offers summer camps, classes, and parties for young children which involve movement, obstacle courses, games, and lots of fun activities.

[kidzfunfitness.com](http://kidzfunfitness.com)

### **Lawrence Airport – North Andover**

492 Sutton St, North Andover  
978.682.8822

Come watch the airplanes and have lunch at Dominic's Diner.

[www.dominicsdiner.com/](http://www.dominicsdiner.com/)

### **Legoland**

598 Assembly Row, Somerville  
866.228.6439

Legoland Discovery Center Boston in an indoor family entertainment center located in Somerville. The popular attraction includes Lego rides, a soft play area, a 4D cinema and a gift shop.

[boston.legolanddiscoverycenter.com](http://boston.legolanddiscoverycenter.com)

### **Roman Music Therapy/Sprouting Melodies**

333 North Avenue, Wakefield  
781-224-3300

Evidence-based music therapy to address a variety of goals, including social-emotional, behavioral, physical, and sensory challenges. Sprouting Melodies provides age-specific music classes and events that help caregivers, infants and toddlers navigate the early childhood years.

[www.romanmusictherapy.com](http://www.romanmusictherapy.com)

### **SkyZone**

100 Independence Way, Danvers  
978.252.3000

69 Norman Street, Everett

617.387.1000

Lots of play spaces including basketball and trampolines. There is a small area for kids 4 and younger.

[www.skyzone.com/locations](http://www.skyzone.com/locations)

### **Vinkari Safari**

10 Micro Drive, Woburn  
781.933.1818

Great indoor play space with a variety of activities.

[www.vinkarisafari.com/wp/](http://www.vinkarisafari.com/wp/)

## Museums

### Bay State Model Railroad Museum

760 South Street, Roslindale  
617.327.4341

No regular visiting hours, but people can request a reservation for an in-person visit. They host an Open House during December and March.

[www.bsmrm.org](http://www.bsmrm.org)

### Boston Children's Museum

308 Congress Street, Boston  
617.426.6500

Exhibits that focus on science, culture, environment, health & fitness, and the arts.

[www.bostonchildrensmuseum.org](http://www.bostonchildrensmuseum.org)

### Boston Fire Museum

344 Congress Street, Boston  
617.338.9700

Learn about fire safety and the history and tradition of the Boston Fire Department.

[www.bostonfiremuseum.com](http://www.bostonfiremuseum.com)

### Decordova Museum and Sculpture Park

51 Sandy Pond Road, Lincoln  
781.259.8355

Whimsical sculptures throughout wooded-park with plenty of running and roaming space. Wildflowers border the park and paths. There is also a quiet pond. A beautiful place to enjoy art and nature.

[www.decordova.org](http://www.decordova.org)

### Discovery Museums

177 Main Street, Acton  
978.264.4200

Museum features hands-on activities that combine science, nature and play.

[www.discoveryacton.org](http://www.discoveryacton.org)

### Harvard Museum of Natural History

26 Oxford Street, Cambridge  
617.495.3045

Rooms and rooms of displayed animals, birds, sea creatures, fossils and plant life.

[hmn.harvard.edu](http://hmn.harvard.edu)

### Isabella Stewart Gardner Museum

25 Evans Way, Boston  
617-566-1401

Museum encourages visitors of all ages to enjoy art, with activities for families to enjoy.

[www.gardnermuseum.org](http://www.gardnermuseum.org)

### JFK Presidential Library

Columbia Point, Boston  
617.514.1600

Best for families with children ages 5 and up. Exhibits and programs about history and culture.

[www.jfklibrary.org](http://www.jfklibrary.org)

### Museum of Fine Arts

465 Huntington Ave, Boston  
617.267.9300

Lots of family friendly activities including an Art Tote and Family Art Cart. The MFA hosts a playdate on the first Monday and third Saturday of the month from 10:15-11:00am.

[www.mfa.org](http://www.mfa.org)

### Museum of Science

1 Science Park, Boston  
617.723.2500

Interactive exhibits for all ages. Learn about dinosaurs, electricity, plants, and more.

[www.mos.org](http://www.mos.org)

### Peabody Essex Museum

East India Square, 161 Essex Street, Salem  
978.745.9500

Come explore art as a family! Weekend programs for your little artist and PEM Pals is offered on Wednesdays from 10:30-11:30am.

[www.pem.org](http://www.pem.org)

### Wenham Museum

132 Main Street, Wenham  
917.468.2377

A museum of family life, with an interactive gallery for hands-on creative learning. Thousands of dolls, games, toys, and model trains on exhibit.

[www.wenhammuseum.org](http://www.wenhammuseum.org)





## Water Play

### Beaver Brook Reservation

North Lot - 66 Mill Street, Belmont  
South Lot - 531 Waverly Oaks Rd, Waltham  
617.727.5290

Kids can romp in the playground and play with the dozens of fountains in the spray pool. Wear bathing suits and water shoes. There are restrooms, first aid stations, a ball field, bicycle path, fishing, picnic area, and tot lot.  
[www.mass.gov/locations/beaver-brook-reservation](http://www.mass.gov/locations/beaver-brook-reservation)

### Bradley Palmer State Park

40 Asbury St, Topsfield, MA  
978.887.5931

This 721-acre former estate is ideal for walking, hiking, and cycling. It includes a man-made wading pool with a fountain and a fenced-in playground. Adult supervision and swim diapers are required in the pool. Recommend calling before visiting to ensure the pool is open.  
[www.mass.gov/locations/bradley-palmer-state-park](http://www.mass.gov/locations/bradley-palmer-state-park)



**DCR Pools** - Find a DCR pool or spray deck near you

[www.mass.gov/swimming-pools-wading-pools-and-spray-decks](http://www.mass.gov/swimming-pools-wading-pools-and-spray-decks)

### Allied Veterans Memorial Swimming and Wading Pool

65 Elm Street, Everett

### Lt. Dennis C. Holland Memorial Swimming and Wading Pool

108 Mountain Avenue, Malden

### Lawrence W. Lloyd Memorial Swimming Pool

49 Tremont Street, Melrose

### Hall Memorial Pool

4 North Border Road, Stoneham

Operated with the Boys & Girls Club. Large swimming pool and spray pad.

[www.bgcstoneham.org/hall-memorial-pool/](http://www.bgcstoneham.org/hall-memorial-pool/)



## Explore Nature

### **Aberjona**

Rifle Range Road, Woburn  
Newly developed nature trail that loops around wetlands.

[www.woburnma.gov/government/conservation/aberjona-nature-trail/](http://www.woburnma.gov/government/conservation/aberjona-nature-trail/)

### **Blue Hills Trailside Museum**

1904 Canton Ave, Milton  
Indoor exhibits feature wildlife you may see while exploring the Reservation. Outside exhibits feature white-tailed deer, otters, red foxes, and bobcats. For a challenge, climb to the top of Great Blue Hill for a panoramic view of surrounding Boston.

[www.massaudubon.org/places-to-explore/wildlife-sanctuaries/blue-hills-trailside-museum](http://www.massaudubon.org/places-to-explore/wildlife-sanctuaries/blue-hills-trailside-museum)

### **Boston Harbor Islands**

191 West Atlantic Avenue, Boston  
Visit 34 islands and peninsulas just minutes from Boston. Hop on a ferry and spend the day exploring!

<https://www.bostonharborislands.org>

### **Breakheart Reservation**

177 Forest Street, Saugus  
Great for family hiking, with trails and a wide, paved path perfect for strollers. In the summer, you can swim at Pearce Lake, which is about a mile walk from the parking lot.

[www.mass.gov/locations/breakheart-reservation](http://www.mass.gov/locations/breakheart-reservation)

### **Drumlin Farm**

208 South Great Road, Lincoln  
A large demonstration farm and headquarters for the Mass Audubon Society with a farm garden, animals and exhibits.

[www.massaudubon.org/places-to-explore/wildlife-sanctuaries/drumlin-farm](http://www.massaudubon.org/places-to-explore/wildlife-sanctuaries/drumlin-farm)

### **Halibut Point State Park**

4 Gott Avenue, Rockport  
Woodland trails, rock quarry, stunning ocean views, and a small visitor's center.

[www.mass.gov/locations/halibut-point-state-park](http://www.mass.gov/locations/halibut-point-state-park)

### **Out Grown**

Resource for finding family-friendly hikes. Hike alone or connect with a community.

[weareoutgrown.org](http://weareoutgrown.org)

### **Horn Pond**

48 Lake Avenue, Woburn  
Beautiful pond with a paved walking path and hiking trails. There are granite markers around the pond that correspond to the planets at a scale relative to their position in the solar system.

[woburnma.myrec.com/forms/6048\\_walking\\_woburn\\_horn\\_pond\\_map\\_final.pdf](http://woburnma.myrec.com/forms/6048_walking_woburn_horn_pond_map_final.pdf)

### **Ipswich River Wildlife Sanctuary**

87 Perkins Row, Topsfield  
More than 12 miles of trails that allow you to explore a variety of habitats, from meadow to forest. Canoe rentals for paddling down the Ipswich River. Year-round family educational programming and summer camps.

[www.massaudubon.org/places-to-explore/wildlife-sanctuaries/ipswich-river](http://www.massaudubon.org/places-to-explore/wildlife-sanctuaries/ipswich-river)

### **Maudslay State Park**

74 Curzon Mill Road, Newburyport  
Paved bike paths, hiking trails, and educational programming offered in the summer months. Visit beautiful cultivated gardens and a large stand of native mountain laurel.

[www.mass.gov/locations/maudslay-state-park](http://www.mass.gov/locations/maudslay-state-park)

### **Middlesex Fells**

A public recreation area, spanning more than 2,200 acres, in Malden, Medford, Melrose, Stoneham, and Winchester. The Fells are perfect for hiking, biking, boating and exploring nature. Nature programming offered through the Friends of the Fells.

[www.fells.org](http://www.fells.org)

[www.mass.gov/orgs/department-of-conservation-recreation](http://www.mass.gov/orgs/department-of-conservation-recreation)

### **Parker River National Wildlife Refuge**

6 Plum Island Turnpike, Newburyport  
Walking trails and beach access. A sanctuary for breeding and migratory birds.

[www.fws.gov/refuge/parker\\_river/](http://www.fws.gov/refuge/parker_river/)

### **Reading Town Forest**

Strout Avenue, North Reading  
300 acres of woodland and wetlands, with hiking, biking, and cross-county skiing access.

[www.readingma.gov/DocumentCenter/View/597/Town-Forest-Trail-Map-PDF?bidId=](http://www.readingma.gov/DocumentCenter/View/597/Town-Forest-Trail-Map-PDF?bidId=)

### **Walden Pond**

915 Walden Street, Concord  
Hiking and walking trails, swimming and boating, and the history of Henry David Thoreau.

<https://www.mass.gov/locations/walden-pond-state-reservation>

### **Ward Reservation**

Prospect Road, Andover and North Andover  
Explore more than 10 miles of trails that lead you over a quaking bog or up one of 3 major hills that offer spectacular views.

[thetrustees.org/place/charles-w-ward-reservation/](http://thetrustees.org/place/charles-w-ward-reservation/)

# Playgrounds

## Alexander Kemp Playground

8 Waterhouse Street, Cambridge  
Large, unique play space with nature-inspired structures.

<https://www.cambridgema.gov/CDD/parks/parksinfo/Parks/commonkemp>

## Amerige Park

Fellsway East and Highland Avenue, Malden  
Tennis courts, soccer fields, and a playground.

[www.cityofmalden.org/Facilities/Facility/Details/Amerige-Park-4](http://www.cityofmalden.org/Facilities/Facility/Details/Amerige-Park-4)

## Arthur Nelson Playground

79 Lynn Street, Everett  
Fun playground with a sprinkler pad in the summer.

## Bancroft Tot Lot

Bancroft Ave, Reading  
Perfect for the five and under crowd!

[www.readingrec.com/info/facilities/](http://www.readingrec.com/info/facilities/)

## Carr Park

Winslow Ave & Fulton Street, Medford  
Enjoy this park with several play areas for different age children. There is a shaded picnic area with several tables. Jim's Market across the street has slush.

[medfordma.myrec.com/info/facilities/details.aspx?FacilityID=14697](http://medfordma.myrec.com/info/facilities/details.aspx?FacilityID=14697)

## Colonel Connely Playground

Quannapowitt Pkwy/Lowell St, Wakefield  
Fenced-in playground on the North side of Lake Quannapowitt. Across the street from Honey Dew donuts and Gingerbread Construction Company.

[www.wakefield.ma.us/park-division](http://www.wakefield.ma.us/park-division)

## Common Park, Melrose

Between Laurel and East Foster Street  
This fenced playground features a wide range of playground equipment, a sandbox and swings, ball fields, and fenced paved area with shared riding- and push-toys. Some shade. Within walking distance to a small store that serves ice cream and slush.

[www.cityofmelrose.org/parks-department](http://www.cityofmelrose.org/parks-department)

## Conant Park

Baxter Street and Conant Road, Melrose  
Some shade. Within walking distance to a small store. New playground equipment, big open field and a baseball diamond.

[www.cityofmelrose.org/parks-department](http://www.cityofmelrose.org/parks-department)

## Coytemore Lea Park

Mountain Avenue, Malden  
All-inclusive playground, accessible to all kids!

<https://cityofmalden.org/Facilities/Facility/Details/Coytemore-Lea-Park-9>

## Devir Park

Fellsway and Malden Street, Malden  
Playground and athletic fields.

## Endicott Park

57 Forest Street, Danvers  
A large enclosed play space with slides, swings, seesaws, etc. Good for various ages and abilities. Also, a picnic area, open field, small barn with animals, and bathrooms. Perfect for a picnic lunch.

[www.danversma.gov/277/Endicott-Park](http://www.danversma.gov/277/Endicott-Park)

## Ginn Field

35 Waterfield Road, Winchester  
Athletic fields and a large wooden playground structure.

## Glen Meadow Park

24 Trickett Road, Lynnfield  
A new playground has two areas: one for toddlers and one for older children. There are slides, climbing structures, a sand box with digging cranes, picnic tables and a baseball field.

## Greenwood Park

Pond Street, Stoneham, across from Stone Zoo  
617.727.1199, ext 406  
MDC playground with sandbox, swings, large climbing structure, picnic tables, and a large playing field. Located at the Crystal Springs trailhead.

[www.explorestoneham.com/playgrounds.html](http://www.explorestoneham.com/playgrounds.html)

## Hesseltine Playground

Hesseltine St, Melrose  
This playground, located at the Horace Mann School, features a range of playground equipment and offers picnic tables, shade and a parking lot.

[www.cityofmelrose.org/parks-department](http://www.cityofmelrose.org/parks-department)

## Hunt Park

Eaton/Pleasant Street, Reading  
Nice playing fields and a small tot lot.

[www.readingrec.com/info/facilities/](http://www.readingrec.com/info/facilities/)

## Ipswich River Park

15 Central Street, North Reading  
A beautiful playground, wooded area and paved trail excellent for bikes, trikes, and scooters. Also, a skating park for older kids.

[www.northreadingma.gov/parks-recreation](http://www.northreadingma.gov/parks-recreation)

**JJ Round Playground**

Main Street, Wakefield  
New playground equipment as well as a basketball court and soccer fields.

[www.wakefield.ma.us/park-division](http://www.wakefield.ma.us/park-division)

**Kidspot Playground**

148 Chestnut Street, North Reading  
This playground is shady, with a wide array of play structures available from the sandbox to a basketball court so that children of all ages can have fun.

[www.northreadingma.gov/parks-recreation/pages/parks-fields](http://www.northreadingma.gov/parks-recreation/pages/parks-fields)

**Lincoln Commons**

Cross & Bryant Street, Malden  
Ball fields, playground and garden space, and a splash pad in the summer.

<https://maldenma.myrec.com/info/facilities/details.aspx?FacilityID=14737>

**Lincoln School Park**

80 West Wyoming Ave, Melrose  
Fenced and gated, good for young children of all ages. Not for use during the school day.

**Lynch Park**

55 Ober Street, Beverly  
Lynch Park offers beautiful rose gardens, lots of green grass, shady trees, playgrounds, and beaches. Open Memorial Day to Labor Day from 8am to 10pm.

<https://www.bevrec.com/the-park>

**MacArthur Playground**

Wadsworth & Madison Street, Malden  
Lovely gated playground, perfect for toddlers.

**Mapleway Park**

Maple Way, off of Oak Street, Wakefield  
Playground, basketball court, and playing fields.

[www.wakefield.ma.us/park-division](http://www.wakefield.ma.us/park-division)

**Mary Livermore Park**

26 Felton Place, Melrose  
New playground equipment, swings, a sandbox and benches. A short walk to downtown Melrose.

**McDonald Field Playground**

76 Loring Avenue, Winchester  
Playground and athletic fields.

**Memorial Park**

Charles/Harrison Street, Reading  
Playground space, ball fields, and a small, shallow pond that attracts ice skaters in the winter.

[www.readingrec.com/info/facilities/](http://www.readingrec.com/info/facilities/)

**Moulton Playground**

Gould Street/Harrington Court, Wakefield  
Recently renovated playground for all ages.

[www.wakefield.ma.us/park-division](http://www.wakefield.ma.us/park-division)

**Mt. Hood Park**

Slayton Road, Melrose  
Quiet and shady playground. Plenty of walking trails and even space to bike ride.

[www.cityofmelrose.org/mount-hood-memorial-park-golf-course](http://www.cityofmelrose.org/mount-hood-memorial-park-golf-course)

**North Point Park**

6 Museum Way, Cambridge  
Modern playground with a variety of play structures. Large spray deck in the summer. Close to the Museum of Science.

[www.mass.gov/locations/north-point-park-spray-deck](http://www.mass.gov/locations/north-point-park-spray-deck)

**Pine Banks Park**

1087 Main Street, Malden  
Sprawling park, with hiking trails, athletic fields, running track, and a playground nestled in the woods.

[www.pinebanks.org](http://www.pinebanks.org)

**Robbins Farm Park**

51 Eastern Ave, Arlington  
Wonderful playground with a large slide built into a hillside.

[www.robbsfarmpark.org](http://www.robbsfarmpark.org)

**Round Playground**

Broadway and McArthur Streets, Stoneham  
Newly renovated park that is good for all ages.

[www.explorestoneham.com/playgrounds.html](http://www.explorestoneham.com/playgrounds.html)

**Sacarmone Playground**

Santilli Highway, Everett  
Playground, basketball courts, spray deck.

[http://www.maldenhistory.org/grass/NESRA/Sacramone%20Park\\_updated.pdf](http://www.maldenhistory.org/grass/NESRA/Sacramone%20Park_updated.pdf)

**Shannon Beach Playground**

Mystic River Path, Winchester  
Located along the Mystic Lakes, nice playground and beach.

[www.mass.gov/locations/mystic-lakes-state-park](http://www.mass.gov/locations/mystic-lakes-state-park)

**Spaulding Playground-Wakefield Common**

Lake Avenue, Wakefield  
781.246.6301

Fun playground right next to Lake Quannapowitt. Be forewarned that the playground is not fenced in. Boat access during the summer months.

[www.wakefield.ma.us/park-division](http://www.wakefield.ma.us/park-division)

### **Steele Playground**

35 Central Street, Stoneham

Located behind Stoneham Town Hall, this is a great shady park for all ages!

[www.explorestoneham.com/playgrounds.html](http://www.explorestoneham.com/playgrounds.html)

### **Sturges Park**

Pine Ridge Road/South Street, Reading

Enjoy winter ice skating and warm weather play!

[www.readingrec.com/info/facilities/](http://www.readingrec.com/info/facilities/)

### **Sullivan Playground**

Salem Street/Rugato Way, Wakefield

781.246.6301

Small playground with lots of swings. The highlight for older kids is a BMX bike course.

[www.wakefield.ma.us/park-division](http://www.wakefield.ma.us/park-division)

### **Waitt's Mount Park**

Leonard Street, Malden

A unique urban park, with an elevation of 210 feet above Malden. Paved walking path, rock outcroppings, city skyline views, and a small nature-based playground.

[maldenma.myrec.com/info/facilities/details.aspx?FacilityID=14791](http://maldenma.myrec.com/info/facilities/details.aspx?FacilityID=14791)

## **Farms**

From strawberries in June to apple picking in October, Massachusetts is home to many pick-your-own farms. Visit [www.mass.gov/guides/pick-your-own-farms](http://www.mass.gov/guides/pick-your-own-farms) to explore.

### **Appleton Farms**

Route 1A, Hamilton & Ipswich

978-356-5728

Take advantage of 6 miles of trails and explore this working farm that offers glimpses of nature and grazing livestock. Fully stocked farm store.

[thetrustees.org/place/appleton-farms/](http://thetrustees.org/place/appleton-farms/)

### **Brooksby Farm**

54 Felton Street, Peabody

978.531.7456

Pick your own fruits, a variety of farm animals, and a small farm stand.

[www.brooksbyfarm.org](http://www.brooksbyfarm.org)

### **Cider Hill Farm**

45 Fern Avenue, Amesbury

978.388.5525

Gorgeous farm, with scenic orchard-lined hills. Pick-your-own fruits, farm animals, and a well-stocked farm stand with the best cider donuts around!

[www.ciderhill.com](http://www.ciderhill.com)

### **Connors Farm**

30 Valley Road (Rte 35), Danvers

978.777.1245

The farm has an ever-expanding list of amenities, including a petting zoo, ice cream, hayrides and pick-your-own fruits.

[www.connorsfarm.com](http://www.connorsfarm.com)

### **Davis Farmland**

145 Redstone Hill Road, Sterling

978.422.6666

Children can walk through the farm, petting and feeding many of the animals. There are pony rides, hayrides, spray park, playground, ice cream and cafe.

[www.davisfarmland.com](http://www.davisfarmland.com)

### **Great Brook Farm**

984 Lowell Street, Carlisle

978-369-6312

Wonderful state park boasting 20 miles of trails. There is also a working dairy farm that offers tours on the weekends. In the winter, cross-country ski rentals and trails are available.

[www.mass.gov/locations/great-brook-farm-state-park](http://www.mass.gov/locations/great-brook-farm-state-park)

### **Harbor Sweets**

85 Leavitt Street, Salem

978.745.7648

Not exactly a farm, but a fun place to visit to see how chocolate candies are made. Call ahead for candy production tour information.

[www.harborsweets.com](http://www.harborsweets.com)

### **Ingaldsby Farm**

14 Washington Street, Boxford

978.352.2813

Pick your own fruits, playground, petting zoo, farm stand, and small garden center.

### **Long Hill Orchards**

520 Main Street (Rt. 113), West Newbury

978.363.2170

Pick-your-own fruits, ice cream stand, petting zoo, scenic picnic area, and hayrides.

[www.longhillorchard.com](http://www.longhillorchard.com)

### **Lookout Farm**

89 Pleasant Street, South Natick

508.653.0653

Farm with lots of animals, pick-your-own fruits and farm stand. Oldest continuously working farm in the country.

[www.lookoutfarm.com](http://www.lookoutfarm.com)

**Russell Orchards**

143 Argilla Road, Ipswich  
978.356.5366

Lovely farm just down the road from Crane Beach. Pick your own fruits, farm animals, and a well-stocked farm stand.

[www.russellorchards.com](http://www.russellorchards.com)

**Smolak Farms**

315 Bradford Street, North Andover  
978.682.6332

Active farm with pick-your-own fruits, educational programs, and special events. Walking trails, playground, and a farm stand with prepared foods and ice cream.

[www.smolakfarms.com](http://www.smolakfarms.com)

**Wright Locke Farm**

78 Ridge Street, Winchester

Hiking trails, ponds, beautiful farmstead, and educational programming.

[www.wlfarm.org](http://www.wlfarm.org)



## Beaches

**Crane Beach**

Argilla Road, Ipswich  
978.356.4354

Beautiful beach managed by the Trustees of Reservations. More than 5 miles of trails through the dunes. There is a bathhouse and snack shack. Parking and Greenhead Fly conditions posted regularly on Twitter.

[thetrustees.org/place/crane-beach-on-the-crane-estate/](http://thetrustees.org/place/crane-beach-on-the-crane-estate/)

**Devereaux Beach**

155 Ocean Avenue, Marblehead  
781.631.3350

Sandy beach with restrooms, playground, and concessions available.

[www.marblehead.org/recreation-parks-department/parks-department/pages/devereux-beach-information](http://www.marblehead.org/recreation-parks-department/parks-department/pages/devereux-beach-information)

**Good Harbor Beach**

99 Thatcher Road, Gloucester  
978.281.9790

Beautiful beach with lifeguards, restrooms, showers, and concession stand. Parking is limited, so it is best to arrive early.

[www.gloucester-ma.gov/index.aspx?nid=299](http://www.gloucester-ma.gov/index.aspx?nid=299)

**Lynn Shore & Nahant Beach Reservation**

1 Nahant Beach, Nahant

Swimming and kite flying, open year round, dawn to dusk.

[www.mass.gov/locations/lynn-shore-nahant-beach-reservation](http://www.mass.gov/locations/lynn-shore-nahant-beach-reservation)

**Salisbury State Beach**

Beach Road, 1A, Salisbury

Swimming, camping, bathrooms, playground.

[www.salisbury-beach.org/salisbury-beach.html](http://www.salisbury-beach.org/salisbury-beach.html)

**Wingersheek Beach**

Atlantic Street, Gloucester

978.281.9790

Beautiful, flat beach with both sand and rocks.

[www.gloucester-ma.gov/index.aspx?nid=299](http://www.gloucester-ma.gov/index.aspx?nid=299)



## Zoos

### Buttonwood Park Zoo

425 Hawthorn Street, New Bedford  
508.991.6178

An AZA accredited zoo, with the distinction of being named one of the finest small zoos in the US.

[www.bpzoo.org](http://www.bpzoo.org)

### Capron Park Zoo

201 Country Street, Attleboro  
508.222.3047

Asian wildlife, Australian animals, and a rare white lion.

[www.capronparkzoo.com](http://www.capronparkzoo.com)

### Franklin Park Zoo

1 Franklin Park Road, Boston  
617.541.LION

Great zoo with a 3-acre African Tropical Rainforest, Australian Outlook Trail, tigers, lions, gorillas, giraffes, and more!

[www.zoonewengland.org/franklin-park-zoo](http://www.zoonewengland.org/franklin-park-zoo)

### Roger Williams Zoo

1000 Elmwood Ave, Providence, Rhode Island  
401.785.3510

Zoo features animals from around the globe, with more than 160 species represented.

[www.rwpzoo.org](http://www.rwpzoo.org)

### Southwick's Zoo

2 Southwick Street, Mendon  
800.258.9182

New England's largest zoo, spanning 200 acres and featuring more than 850 animals including lions, tigers, rhinos, and chimpanzees.

[www.southwickszoo.com](http://www.southwickszoo.com)

### Stone Zoo

149 Pond Street, Stoneham  
617.541.LION

Come visit flamingos, bears, wolves, and more!

[www.zoonewengland.org/stone-zoo/](http://www.zoonewengland.org/stone-zoo/)

### Wolf Hollow

114 Essex Road (Rt 133), Ipswich  
978.356.0216

Educational programming that allows visitors to view wolves in a natural setting. Best for kids aged 5 and up.

[www.wolfhollowipswich.org](http://www.wolfhollowipswich.org)

## Ice Cream Shops

### Big Dipper

325 Main Street, North Reading  
978.664.5111

[www.thebigdippernr.com](http://www.thebigdippernr.com)

### Colleen's Ice Cream

61 High Street, Medford  
781.395.8100

[colleensmedford.com](http://colleensmedford.com)

### Cravings Ice Cream

400 Main Street, Wakefield  
781.245.7665

[www.cravingsatcolonialspa.com](http://www.cravingsatcolonialspa.com)

### Dairy Delight

766 Main Street, Malden  
781.397.9580

[moolicious.com](http://moolicious.com)

### Dandi-Lyons Ice Cream

1331 Main Street, Reading  
781.942.2049

### Down River Ice Cream

241 John Wise Avenue, Essex  
781.587.2674

[www.downrivericecream.com](http://www.downrivericecream.com)

### JP Licks

800 Market Street, Lynnfield  
781.587.2674

[www.jplicks.com](http://www.jplicks.com)

### Kennedy's Ice Cream

888 Main Street, Melrose  
781.662.1770

### Kimball Farm

400 Littleton Road, Westford  
978.486.3891

[www.kimballfarm.com](http://www.kimballfarm.com)

### Meletharb Ice Cream

393 Lowell Street, Wakefield  
781.245.4946

[www.meletharbicecream.com](http://www.meletharbicecream.com)

### Putnam Pantry

255 Newbury Street, Danvers  
978.774.2383

[www.putnampantry.com](http://www.putnampantry.com)

### Richardson's Ice Cream

156 S Main Street, Middleton  
978.774.5450

50 Walker's Brook Drive, Reading  
781.944.9121

[www.richardsonsiccream.com](http://www.richardsonsiccream.com)

### Soc's Ice Cream

67 Lynn Fells Parkway, Saugus  
781.233.0009

[www.socsicecream.net](http://www.socsicecream.net)

### The Daily Scoop

232 Main Street, Stoneham  
781.438.9831

[www.thedailyscoop.biz](http://www.thedailyscoop.biz)

### Treadwell's

46 Margin Street, Peabody  
978.531.7010

[www.mytreadwells.com](http://www.mytreadwells.com)

# North Suburban WIC Program

[www.mass.gov/orgs/women-infants-children-nutrition-program](http://www.mass.gov/orgs/women-infants-children-nutrition-program)

WIC offers qualifying families personalized nutrition consultations, healthy food, breastfeeding support, and referrals to healthcare and other services. To find out if you are eligible for WIC, visit [www.mass.gov/forms/apply-for-wic-online](http://www.mass.gov/forms/apply-for-wic-online) to fill out an application. WIC participants also receive discounts for heating bills, Internet connections, and museums and other cultural institutions.

## **Malden WIC Office – Main Office**

239 Commercial Street, Malden  
781.338.7578

## **Reading WIC Office**

30 New Crossing Road, Reading  
339.224.2141

## **Everett WIC Office**

Everett City Hall  
484 Broadway, Room #1A  
617.387.2097

## **Woburn WIC Office**

600 West Cummings Park, Woburn  
781.938.5161

## **Medford WIC Office**

101 Main Street, Suite #111, Medford  
339.368.1196

## **Other Local Offices**

### **Andover/North Andover WIC Program**

165 Haverhill Street, Andover  
978.989.2836

### **Peabody WIC Program**

85 Main Street, Suite 4, Peabody  
978.531.0871

### **Chelsea WIC Program**

151 Everett Avenue, 3<sup>rd</sup> floor, Chelsea  
617.887.4340

### **Revere WIC Program**

300 Ocean Avenue, Revere  
781.485.6040

### **North Shore WIC**

20 Central Avenue, Lynn  
781.599.7290

## **Local parenting resources/groups**

### **100 Ways to Play**

[bostonchildrensmuseum.org/museum-at-home/100-ways-to-play/](http://bostonchildrensmuseum.org/museum-at-home/100-ways-to-play/)

One hundred ways to play with your child!

### **Boston Central**

[www.bostoncentral.com](http://www.bostoncentral.com)

Boston area events and resources.

### **Adoption Community of NE**

[www.rfkcommunity.org/our-services/adoption-community-of-new-england#](http://www.rfkcommunity.org/our-services/adoption-community-of-new-england#)

Education, support, and advocacy on behalf of all members of the adoption triad: birth parents, adoptive parents, and adoptees.

### **Boston Parents Paper**

[www.bostonparentspaper.com](http://www.bostonparentspaper.com)

Boston area events and resources.

### **Baby Café**

[www.babycafeusa.org](http://www.babycafeusa.org)

High-quality, free, drop-in breastfeeding support.

### **Catholic Charities North**

[www.ccab.org/location-north-boston](http://www.ccab.org/location-north-boston)

Works to prevent hunger and homelessness for local families in a financial emergency; engage youth in education and employment programs focused on long term solutions to poverty; and support families in their effort to build safe, nurturing environments for children.

### **Bay State Babywearers**

[www.baystatebabywearers.org](http://www.baystatebabywearers.org)

Supportive parent group centered around babywearing. Monthly meetings provide the ability to rent baby carriers for a nominal fee.



**Child Care Circuit**

[www.childcarecircuit.org](http://www.childcarecircuit.org)

A non-profit organization providing child care referrals, training and parent and provider services.

**Children's Trust**

[www.childrenstrustma.org](http://www.childrenstrustma.org)

[www.onetoughjob.org](http://www.onetoughjob.org)

Parenting education and support programs across Massachusetts.

**Connect the Tots**

[www.connectthetots.org](http://www.connectthetots.org)

Connects families in Reading and surround towns through organized playgroups, member outings, and informative events.

**Criterion Medford Early Intervention**

[www.criterionchild.com/index.php/program-locations/23](http://www.criterionchild.com/index.php/program-locations/23)

Serves children and families in Malden, Medford, and Everett.

**Criterion Stoneham Early Intervention**

[www.criterionchild.com/index.php/programs/early-intervention/22](http://www.criterionchild.com/index.php/programs/early-intervention/22)

Serves children and families in Stoneham, Melrose, Reading, North Reading, and Wakefield.

**Diaper Lab**

[www.diaperlab.com](http://www.diaperlab.com)

Online shop specializing in cloth diapers and other baby needs. Offer classes and support groups.

**Eliot Counseling and Psychiatry Services**

[www.eliotchs.org/cyf-behavioral-health/](http://www.eliotchs.org/cyf-behavioral-health/)

Offers a full spectrum of mental health and substance use recovery services to children, adults, and families. Locations in Everett, Lynn, Concord, and Danvers.

**Eliot Early Intervention**

[www.eliotchs.org/early-intervention/](http://www.eliotchs.org/early-intervention/)

Serves children and families in the communities of Everett, Malden, Medford, Melrose, Reading, North Reading, Stoneham, and Wakefield.

**Everett Family Resource Center**

[www.frcma.org/locations/everett-family-resource-center](http://www.frcma.org/locations/everett-family-resource-center)

Community-based family support, providing parenting groups and resources.

**Family Resource Center: Lynn**

[lifescene.org/services/family-services/the-family-resource-center/](http://lifescene.org/services/family-services/the-family-resource-center/)

Parent groups, play-and-learn groups, resources for parents and children residing in Lynn.

**Family Ties of Massachusetts**

[www.massfamilyties.org](http://www.massfamilyties.org)

Information and referral services, emotional support, and training to parents of children and youth with special needs. Call 1.800.905.8437 for information.

**Federation for Children with Special Needs**

[www.fcsn.org](http://www.fcsn.org)

Advocacy for children with special needs and their parents or guardians.

**Fit4Mom**

<https://northshore.fit4mom.com>

Exercise and build connections with your baby.

**Head Start**

[www.mass.gov/guides/head-start-early-head-start](http://www.mass.gov/guides/head-start-early-head-start)

Early education and care for children birth to five from low-income families.

**Healthy Families**

[www.healthyfamiliesma.org](http://www.healthyfamiliesma.org)

Program that provides free education and support to first-time young parents.

**Jewish Family and Children's Service**

[www.jfcsboston.org](http://www.jfcsboston.org)

Offer a wide variety of family supports, including home visits, support groups, and sleep consultations.

**Justice Resource Institute**

[jri.org/services/community/childrens-friend-and-family-services](http://jri.org/services/community/childrens-friend-and-family-services)

Family support through counseling, mentoring, and parent education.

**Macaroni Kids**

[www.burlingtonma.macaronikid.com](http://www.burlingtonma.macaronikid.com)

[www.wakefield.macaronikid.com](http://www.wakefield.macaronikid.com)

Resource for finding family-friendly activities.

**Mass 2-1-1**

[www.mass211.org](http://www.mass211.org)

Dial 2-1-1 for access to information and referrals for health and human services. Information about food banks, shelters, physical and mental health resources, work initiatives, support of children, youth, and families, support for seniors, and much more.

**Massachusetts Department of Early Education and Care**

[www.mass.gov/orgs/departments-of-early-education-and-care](http://www.mass.gov/orgs/departments-of-early-education-and-care)

Resources and programming for families with young children. Monitors and licenses child care programs.

**Massachusetts Department of Public Health  
Case Management**

[www.mass.gov/info-details/about-dph-care-coordination](http://www.mass.gov/info-details/about-dph-care-coordination)

Case management, support and technical assistance to help parents of children with special health care needs.

**Medford Family Network**

[www.themedfordfamilynetwork.org](http://www.themedfordfamilynetwork.org)

Parenting support and play-and-learn groups for families that live in Medford.

**Melrose Alliance Against Violence**

[www.maav.org/](http://www.maav.org/)

Community-based organization that focuses on outreach, education, and community collaboration in order to raise awareness of the problems of bullying, teen dating, and domestic violence.

**Melrose Family Room**

<https://melrosefamilyroom.org>

Community playroom center. Membership is required.

**Melrose Wakefield Hospital Community Health  
Education**

781.338.7561

[CHE@melrosewakefield.org](mailto:CHE@melrosewakefield.org)

Prenatal education and CPR/First Aid classes.

**Melrose-Wakefield Hospital Breastfeeding  
Support Center**

781.979.MILK (6455)

[www.melrosewakefield.org/services/maternal-newborn-services/](http://www.melrosewakefield.org/services/maternal-newborn-services/)

Outpatient lactation care by appointment.

**Mothers Helping Mothers Clothing Store**

239 Commercial Street, Malden

781-338-7579

Whether you need clothes or need a place to donate clothes, the Mothers Helping Mothers Store is a great resource!

**North Shore Postpartum Depression Task  
Force**

<https://northshorepostpartumhelp.com>

Postpartum depression resources for women on the North Shore.

**Seven Mile Road Playgroup**

[www.sevenmilemelrose.com/playgroup](http://www.sevenmilemelrose.com/playgroup)

Weekly free playgroup, all are welcome.

**Stork Ready**

[www.storkready.com](http://www.storkready.com)

Prenatal education, postpartum support and play groups.

**TipSpoke**

[www.tipspoke.com/things-to-do-in-boston](http://www.tipspoke.com/things-to-do-in-boston)

Activity listings and recommendations for Boston and beyond.

## National and Regional Parenting Resources

**Consumer Product Safety Commission**

[www.cpsc.gov](http://www.cpsc.gov)

Information about product recalls and safety.

**Parents Helping Parents**

[www.parentshelpingparents.org](http://www.parentshelpingparents.org)

Parental stress line and parent support groups. Support is available 24 hours a day, 7 days a week.

1.800.632.8188

**Parent Talk**

[www.parenttalk.org](http://www.parenttalk.org)

Parent Talk is a community-based organization helping families with young children connect, learn, play, and grow together.

**National Center for Infants, Toddlers, and  
Families**

[www.zerotothree.org](http://www.zerotothree.org)

Zero to Three provides information on early learning and healthy development.

**American Academy of Pediatrics**

[www.healthychildren.org](http://www.healthychildren.org)

A trusted source of information about child development, health and safety, nutrition, and family life for parents of kids of all ages.

**Asthma & Allergy Foundation of America**

[www.aafa.org](http://www.aafa.org)

Educational programming, advocacy, and support for those living with asthma and allergies.

**Massachusetts Center for Sudden Infant Death Syndrome**

Support for families, communities, and professionals after an unexpected death during pregnancy, infancy, or early childhood.

[www.magriefcenter.org](http://www.magriefcenter.org)

**Massachusetts Immunization Program**

Resources regarding vaccines, health benefits, and FAQs.

<https://www.mass.gov/topics/immunization>

**Massachusetts League of Community Health Centers**

Resources for finding local health centers and health insurance.

[www.massleague.org](http://www.massleague.org)

**Massachusetts Dental Society**

Database that matches patients to dental providers.

[www.massdental.org/Public](http://www.massdental.org/Public)

**Mass Health**

Health insurance for eligible families.

[www.mass.gov/topics/masshealth](http://www.mass.gov/topics/masshealth)

**Mental Health America**

Community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

[www.mhanational.org](http://www.mhanational.org)

**Poison Control Center**

Addressing poison emergencies 24-hours a day.

[www.poison.org](http://www.poison.org)

1.800.222.1222

**Text4baby**

Free service that will send text messages with health tips for you and your baby. Text BABY to 511411 to enroll.

[www.text4baby.org](http://www.text4baby.org)

## Childcare Resources

**Care.com**

[www.care.com](http://www.care.com)

Digital platform for finding caregivers, pet care, and house cleaning.

**Department of Early Education and Care**

[www.mass.gov/topics/early-education-care-providers](http://www.mass.gov/topics/early-education-care-providers)

Access early learning standards and guidelines. View childcare center licensing requirements and reports.

**Massachusetts Child Care Resource and Referral**

[machildcareresourcesonline.org](http://machildcareresourcesonline.org)

Agency devoted to helping families access affordable, quality childcare.

**Sitter City**

[www.sittercity.com](http://www.sittercity.com)

On-line community for finding babysitters and nannies.

**Winnie**

Local childcare database, with up-to-date enrollment information.

<https://winnie.com>

## Car Seat Safety

[www.mass.gov/car-seat-safety](http://www.mass.gov/car-seat-safety)

Find a car seat inspection location near you

<https://www.mass.gov/info-details/find-a-car-seat-inspection-site-near-you>

As a public service, the following police departments perform car seat installations and checks:

### **Burlington Police Department**

45 Center Street  
781-279-1940 to schedule an appointment

### **Lexington Police Department**

For Lexington residents only  
1575 Massachusetts Avenue  
781-862-1212 to schedule an appointment

### **Lynnfield Police Department**

59 Summer Street  
781-334-5152 to schedule an appointment

### **Malden Police Department**

200 Pleasant Street  
781-397-7171 to schedule an appointment

### **Melrose Police Department**

56 West Foster Street  
781-665-1212 to schedule an appointment

### **North Reading Police Department**

150 Park Street  
978-357-5087 to schedule an appointment

### **Revere Police Department**

400 Revere Beach Parkway  
781-284-1212 to schedule an appointment. Spanish translator available.

### **Saugus Police Department**

27 Hamilton Street  
781-941-1190 to schedule an appointment. Technician for children with special needs available. Spanish translator available.

### **Stoneham Police Department**

47 Central Street  
Email Laura at [Lengle@stoneham-ma.gov](mailto:Lengle@stoneham-ma.gov) to schedule an appointment.

### **Wakefield Police Department**

1 Union Street  
Email [carseats@wakefieldpd.org](mailto:carseats@wakefieldpd.org) to schedule an appointment

### **Wilmington Police Department**

1 Adelaide Street  
978-658-5071 to schedule an appointment

### **Woburn Police Department**

25 Harrison Avenue  
781-933-1212 to schedule an appointment

## Family Violence and Abuse

### **Alternative House**

[www.alternative-house.org](http://www.alternative-house.org)

Shelter, support, counseling, and advocacy for survivors of domestic violence. 24-hour hotline available at 1-888-291-6228.

### **National Domestic Violence Hotline**

[www.thehotline.org/help/](http://www.thehotline.org/help/)

1-800-799-SAFE (7233)

### **The Baker Center for Children and Families**

#### **MA Child Abuse Emergency Line**

[www.bakercenter.org/emergency-line](http://www.bakercenter.org/emergency-line)

1-800-792-5200

### **Child Witness to Violence Project**

[www.childwitnessstoviolence.org](http://www.childwitnessstoviolence.org)

Therapeutic, advocacy, and outreach project that focuses on the growing number of young children who are hidden victims of domestic and community violence.

### **Department of Children and Families**

[www.mass.gov/orgs/massachusetts-department-of-children-families](http://www.mass.gov/orgs/massachusetts-department-of-children-families)

Partnering with families and communities, DCF works to prevent child abuse and neglect by providing services, support, and care.

### **Dove MA**

[dovema.org](http://dovema.org)

Support for survivors and educational and outreach programs.

**Elizabeth Stone House**

[www.elizabethstonehouse.org](http://www.elizabethstonehouse.org)

Partners with adult and child survivors of domestic violence and related trauma to achieve safety, stability, and overall wellbeing.

**Healing Abuse, Working for Change**

<https://hawcdv.org>

Providing free services for victims of domestic violence on the North Shore. Offers advocacy and education programs for the community. Call 1-800-547-1649.

**Jeanne Geiger Crisis Center**

[jeannegeigercrisiscenter.org](http://jeannegeigercrisiscenter.org)

Empowering individuals and engaging communities to end domestic violence. Call 1-800-439-0183.

**Massachusetts Society for the Prevention of Cruelty to Children**

[www.mspcc.org](http://www.mspcc.org)

A private, non-profit society dedicated to leadership in protecting and promoting the rights and well-being of children and families.

**Food Resources****Bread of Life Malden**

[www.breadoflifemalden.org](http://www.breadoflifemalden.org)

109 Madison Street, Malden

**Eliot Family Resource Center**

548 Broadway Street, Everett  
781.581.4750

**Everett Grace Food Pantry**

50 Church Street, Everett  
617.799.9440

**Friends of Francis Food Pantry**

441 Fellsway West, Medford  
781.396.0423

**Greater Boston Food Bank**

[www.gbfb.org](http://www.gbfb.org)

**Malden YMCA**

99 Dartmouth Street, Malden  
781.324.7680

**Massachusetts Department of Transitional Assistance**

[www.mass.gov/dta](http://www.mass.gov/dta)

1.866.950.FOOD

**Mystic Community Market**

291 Mystic Avenue, Medford  
[www.ymcamalden.org/food-programs](http://www.ymcamalden.org/food-programs)

**REACH**

[reachma.org](http://reachma.org)

A non-profit organization providing safety and support to survivors of abuse while engaging communities to promote healthy relationships and prevent domestic violence.

**Jane Doe Institute**

[janedoe.org](http://janedoe.org)

The Massachusetts coalition against sexual assault and domestic violence.

**Portal to Hope**

[www.portaltohope.org](http://www.portaltohope.org)

Non-profit organization committed to helping victims of domestic violence, sexual assault, and stalking crimes

**North Reading Food Pantry**

[nrfoodpantry.org](http://nrfoodpantry.org)

North Reading Town Hall, 235 North Street

**Pantry of Hope at the First Baptist Church**

561 Main Street, Melrose  
781.665.4470

**Project Bread**

[www.projectbread.org](http://www.projectbread.org)

**Reading Food Pantry**

6 Salem Street, Reading  
781.942.8486

**Stoneham Food Pantry**

1 Church Street, Stoneham  
781.438.0097

**St. Vincent de Paul – St. Raphael’s Food Pantry**

38 Boston Ave, Medford  
781.488.5444

**Unitarian Universalist Church Pantry**

147 High Street, Medford  
781.396.4549

**Wakefield Food Pantry**

467 Main Street, Wakefield  
781.245.2510

## Fuel Assistance

### Citizens Energy Assistance Programs

Works in partnership with fuel assistance agencies to provide low-cost heating oil. Initiatives for providing discounted solar-generated electricity.

[citizensenergy.com/assistance-programs](http://citizensenergy.com/assistance-programs)

### Low Income Home Energy Assistance Program

<https://www.mass.gov/info-details/learn-about-home-energy-assistance-liheap>

### Good Neighbor Energy Fund

[www.magoodneighbor.org/assistance.html](http://www.magoodneighbor.org/assistance.html)

### Mass Save

Rebates and incentives, free energy assessments, and income eligible programs.

[www.masssave.com](http://www.masssave.com)

## Housing

### Foreclosure Prevention Hotline

[995hope.org/the-call/](http://995hope.org/the-call/)

### Heading Home

[www.headinghomeinc.org](http://www.headinghomeinc.org)

### Habitat for Humanity

[www.habitat.org/local/affiliate?zip=02176](http://www.habitat.org/local/affiliate?zip=02176)

### Housing Families

[housingfamilies.org](http://housingfamilies.org)

### Massachusetts Affordable Housing Alliance

[mahahome.org](http://mahahome.org)

### Massachusetts Housing Consumer Education Centers

[www.masshousinginfo.org](http://www.masshousinginfo.org)

### Mission of Deeds

Provides furniture, household goods and other items free of charge to families and individuals in need. Must live in Essex or Middlesex county to receive assistance.

[www.missionofdeeds.org](http://www.missionofdeeds.org)

### Salvation Army

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

## Legal assistance

### Children's Law Center of Massachusetts

[www.clcm.org](http://www.clcm.org)

Provides direct legal representation for children in cases involving special education, early intervention, school issues, and children in state custody.

### Dial-A-Lawyer

[www.massbar.org/public/dial-a-lawyer](http://www.massbar.org/public/dial-a-lawyer)

Free legal advice available on the 1<sup>st</sup> Wednesday of every month from 5:30-7:30pm. Sponsored by the Massachusetts Bar Association.

### Lawyer of the Day

[www.mass.gov/info-details/lawyer-for-the-day-programs](http://www.mass.gov/info-details/lawyer-for-the-day-programs)

Lawyer for the Day programs across various courts provide basic legal advice, help you understand relevant laws and your rights, and assist you in filling out court forms. They do not go with you into the courtroom, but can equip you to better represent yourself in court.

### The Women's Bar Foundation

[www.wbawbf.org](http://www.wbawbf.org)

Provides legal representation in family law and restraining order matters for people who have experienced intimate partner violence and cannot afford to hire an attorney.

### Massachusetts Advocates for Children

[www.massadvocates.org](http://www.massadvocates.org)

Advocacy for children needing special education services.

### Massachusetts Child Support Enforcement

[www.mass.gov/orgs/child-support-enforcement-division](http://www.mass.gov/orgs/child-support-enforcement-division)

Services to parents that pay and receive child support.

### Massachusetts Legal Assistance Corporation

[mlac.org](http://mlac.org)

Largest funding source for civil legal aid programs.

### Mass Legal Help

[www.masslegalhelp.org](http://www.masslegalhelp.org)

Improving access to justice for low-income and disadvantaged people.

### National Consumer Law Center

[www.nclc.org](http://www.nclc.org)