

Family Resource Guide

2022-2023



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.

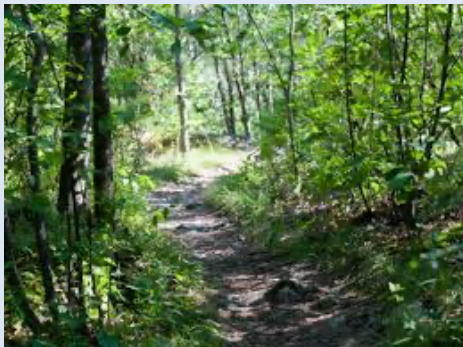


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Please note that inclusion of information in this Resource Guide does not imply endorsement by the North suburban Child and Family Resource Network. The information contained in this guide is for reference only.

Updated Summer 2022

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
- <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

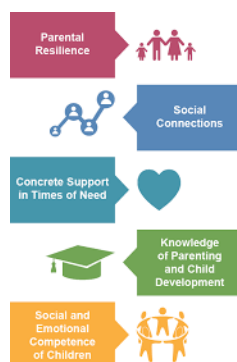
Parents need access to the types of concrete supports and services that can minimize the stress of difficult situations, such as a family crisis, a condition such as substance abuse, or stress associated with lack of resources. Building this Protective Factor is about helping to ensure the basic needs 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

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

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
- <https://www.mass.gov/service-details/postpartum-depression-resources-for-mothers>
- www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Dads-Can-Get-Postpartum-Depression-Too.aspx
- www.thebluedotproject.org
- www.postpartumdepression.org
- www.marchofdimes.org/pregnancy/postpartum-depression.aspx
- 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

Malden Public Library

36 Salem Street, Malden

781.324.0218

maldenpubliclibrary.org

Melrose Public Library

69 West Emerson, Melrose

781.665.2313

www.melrosepubliclibrary.org

Winchester Public Library

80 Washington Street, Winchester

781.721.7171

www.winpublib.org

Lucius Beebe Memorial Library

345 Main Street, Wakefield

781.246.6334

www.wakefieldlibrary.org

Stoneham Public Library

431 Main Street, Stoneham

781.438.1324

stonehamlibrary.org

Lynnfield Public Library

18 Summer Street, Lynnfield

781.334.5411

www.lynnfieldlibrary.org

Reading Public Library

64 Middlesex Avenue, Reading

781.944.0840

www.readingpl.org

Flint Memorial Library

147 Park Street, North Reading

978.664.4942

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

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

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

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

Follow Your Art Community Studios

647 Main Street, Melrose
781.665.4140

Creative classes and community art for all ages.

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

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/

Learning Express Indoor Play

168 Great Road, Bedford
781.243.8697

Indoor play space and classes. Gym area open when classes are not in session. Has a child-sized grocery store, train table, reading room, animal hospital and more.

learningexpressplay.com/bedford-ma/play-area/

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

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

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

Vinkari Safari

10 Micro Drive, Woburn
781.933.1818

Great indoor play space with a variety of activities.

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

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

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

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

Discovery Museums

177 Main Street, Acton
978.264.4200

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

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.

hmnh.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

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

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

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

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

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



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

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



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

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/



Explore Nature

Aberjona

Rifle Range Road, Woburn

Newly developed nature trail that loops around wetlands.

<https://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/get-outdoors/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

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/get-outdoors/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

Hike It Baby

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

www.hikeitbaby.com

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.

https://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/get-outdoors/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

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

www.mass.gov/orgs/departments-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/

Reading Town Forest

Strout Avenue, North Reading

300 acres of woodland and wetlands, with hiking, biking, and cross-country skiing access.

<https://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.

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.

<http://www.thetrustees.org/places-to-visit/northeast/ward-reservation.html>

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

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/

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.
www.medfordma.org/departments/departments-of-public-works/dpw-links/park-division/parks-and-playgrounds/

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

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

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

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/departments/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

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

Hunt Park

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

JJ Round Playground

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

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

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/

Moulton Playground

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

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.bostoncentral.com/activities/north-point-park/p2329.php

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

Robbins Farm Park

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

Round Playground

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

Shannon Beach Playground

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

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

Sturges Park

Pine Ridge Road/South Street, Reading

Enjoy winter ice skating and warm weather play!

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

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.

<https://maldenma.myrec.com/info/facilities/details.aspx?FacilityID=14791>

Farms

From strawberries in June to picking in October, Massachusetts is home to many pick-your-own farms. Visit 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.

www.thetrustees.org/places-to-visit/northeast/appleton-farms.html

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

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

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

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

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

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

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

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

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

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

Wright Locke Farm

78 Ridge Street, Winchester
Hiking trails, ponds, beautiful farmstead, and educational programming.

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.

www.thetrustees.org/places-to-visit/northeast/crane-beach.html

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

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

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

Salisbury State Beach

Beach Road, 1A, Salisbury

Swimming, camping, bathrooms, playground.

www.salisbury-beach.org/salisbury-beach.html

Wingaersheek Beach

Atlantic Street, Gloucester

978.281.9790

Beautiful, flat beach with both sand and rocks.

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

Capron Park Zoo

201 Country Street, Attleboro
508.222.3047

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

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

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

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

Stone Zoo

149 Pond Street, Stoneham
617.541.LION

Come visit flamingos, bears, wolves, and more!

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

Ice Cream Shops

Big Dipper

325 Main Street, North Reading
978.664.5111

www.thebigdippernr.com

Colleen's Ice Cream

61 High Street, Medford
781.395.8100

colleensmedford.com

Cravings Ice Cream

400 Main Street, Wakefield
781.245.7665

www.cravingsatcolonialspa.com

Dairy Delight

766 Main Street, Malden
781.397.9580

mooolicious.com

Dandi-Lyons Ice Cream

1331 Main Street, Reading
781.942.2049

Down River Ice Cream

241 John Wise Avenue, Essex

www.downrivericecream.com

JP Licks

800 Market Street, Lynnfield
781.587.2674

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

Meletharb Ice Cream

393 Lowell Street, Wakefield
781.245.4946

www.meletharbicecream.com

Putnam Pantry

255 Newbury Street, Danvers
978.774.2383

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

Soc's Ice Cream

67 Lynn Fells Parkway, Saugus
781.233.0009

www.socsicecream.net

The Daily Scoop

232 Main Street, Stoneham
781.438.9831

www.thedailyscoop.biz

Treadwell's

46 Margin Street, Peabody
978.531.7010

www.mytreadwells.com

North Suburban WIC Program

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 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

Everett WIC Office

Everett City Hall
484 Broadway, Room #1A
617.387.2097

Medford WIC Office

101 Main Street, Suite #111, Medford
339.368.1196

Reading WIC Office

30 New Crossing Road, Reading
339.224.2141

Woburn WIC Office

600 West Cummings Park, Woburn
781.938.5161

Other Local Offices

Andover/North Andover WIC Program

165 Haverhill Street, Andover
978.989.2836

Chelsea WIC Program

151 Everett Avenue, 3rd floor, Chelsea
617.887.4340

North Shore WIC

20 Central Avenue, Lynn
781.599.7290

Peabody WIC Program

85 Main Street, Suite 4, Peabody
978.531.0871

Revere WIC Program

300 Ocean Avenue, Revere
781.485.6040

Local parenting resources/groups

100 Ways to Play

www.bostonchildrensmuseum.org/learning-resources/100-ways-play

One hundred ways to play with your child!

Adoption Community of NE

www.rfkchildren.org/acone/

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

Baby Café

www.babycafeusa.org

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

Bay State Babywearers

www.baystatebabywearers.org

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

Bay State Parent

www.baystateparent.com

Massachusetts parenting magazine, providing activity listings and resources.

Boston Central

www.bostoncentral.com

Boston area events and resources.

Boston Parents Paper

www.bostonparentspaper.com

Boston area events and resources.

Catholic Charities North

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.

Child Care Circuit

www.childcarecircuit.org

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

Children's Trust

www.childrenstrustma.org

www.onetoughjob.org

Parenting education and support programs across Massachusetts.

Connect the Tots

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

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

Criterion Stoneham Early Intervention

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

Retail 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/

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/

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

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

Family Resource Center: Lynn

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

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

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

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

Healthy Families

www.healthyfamiliesma.org

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

Hula Frog

www.hulafrog.com/melrose-somerville-ma

Great resource for finding family activities.

Jewish Family and Children's Service

www.jfcsboston.org

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

Justice Resource Institute

www.jri.org/community-services/childrens-friend-and-family-services

Family support through counseling, mentoring, and parent education.

Macaroni Kids

www.burlingtonma.macaronikid.com

www.wakefield.macaronikid.com

Resource for finding family-friendly activities.

Mass 2-1-1

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

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

**Massachusetts Department of Public Health
Case Management**

www.mass.gov/service-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

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

Melrose Alliance Against Violence

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 Healthcare Community
Health Education**

781.338.7561

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/

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

Weekly free playgroup, all are welcome.

Stork Ready

www.storkready.com

Prenatal education, postpartum support and play groups.

The Mother Connection

www.themotherconnection.org

A fun, supportive, and educational community resource for mothers and families in the Merrimack Valley.

TipSpoke

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

Information about product recalls and safety.

Parents Helping Parents

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

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

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

American Academy of Pediatrics

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

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

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

Massachusetts Dental Society

Database that matches patients to dental providers.

www.massdental.org/Public

Mass Health

Health insurance for eligible families.

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

Poison Control Center

Addressing poison emergencies 24-hours a day.

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

Childcare Resources

Care.com

www.care.com

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

Department of Early Education and Care

www.mass.gov/resources-for-early-education-programs

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

Massachusetts Child Care Resource and Referral

machildcareresourcesonline.org

Agency devoted to helping families access affordable, quality childcare.

Sitter City

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

Find a car seat inspection location near you

www.mass.gov/service-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

For Melrose residents only
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

Saugus Police Department

27 Hamilton Street
781-941-1190 to schedule an appointment

Wakefield Police Department

1 Union Street
781-245-1212 or 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
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/
1-800-799-SAFE (7233)

The Baker Center for Children and Families

MA Child Abuse Emergency Line
www.bakercenter.org/emergency-line
1-800-792-5200

Child Witness to Violence Project

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

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

Dove MA

dovema.org
Support for survivors and educational and outreach programs.

Elizabeth Stone House

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

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

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

REACH

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

The Massachusetts coalition against sexual assault and domestic violence.

Portal to Hope

www.portaltohope.org

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

Food Resources

Bread of Life Malden

www.breadoflifemalden.org

54 Eastern Avenue, 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

Malden YMCA

99 Dartmouth Street, Malden
781.324.7680

Massachusetts Department of Transitional Assistance

www.mass.gov/dta

1.866.950.FOOD

Mobile Food Market

239 Commercial Street, Malden
Every second Saturday of the month. Please call 781-338-7568.

Mystic Community Market

291 Mystic Avenue, Medford
www.ymcamalden.org/food-programs

North Reading Food Pantry

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

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

United Parish Food Pantry

50 Essex Street, Saugus
781.233.2663

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

Low Income Home Energy Assistance Program

www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap

Good Neighbor Energy Fund

www.magoodneighbor.org/assistance.html

Mass Save

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

www.masssave.com

Housing

Foreclosure Prevention Hotline

995hope.org/the-call/

Heading Home

www.headinghomeinc.org

Habitat for Humanity

www.habitat.org/local/affiliate?zip=02176

Housing Families

housingfamilies.org

Massachusetts Affordable Housing Alliance

mahahome.org

Massachusetts Housing Consumer Education Centers

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

Salvation Army

www.salvationarmyusa.org

Legal assistance

Children's Law Center of Massachusetts

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

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

Lawyer of the Day

www.mass.gov/service-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.

Massachusetts Advocates for Children

www.massadvocates.org

Advocacy for children needing special education services.

Massachusetts Child Support Enforcement

www.mass.gov/orgs/child-support-enforcement-division

Services to parents that pay and receive child support.

Massachusetts Legal Assistance Corporation

mlac.org

Largest funding source for civil legal aid programs.

Mass Legal Help

www.masslegalhelp.org

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

National Consumer Law Center

www.nclc.org