

**Merrimack Valley**

**January 2023**

# Parent

**Miss Cathy's  
Book Reviews**

**5 Ways Parents can  
Support Children,  
Teachers and Schools  
During Cold and Flu  
Season**

**Things to Do:  
Merrimack Valley  
Community  
Calendar**

**Free**

**[www.merrimackvalleyparent.com](http://www.merrimackvalleyparent.com)**



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Merrimack Valley  
**Parent**

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**Children's Health Care** of Newburyport and Haverhill provides comprehensive pediatric care from birth to young adulthood.

In addition to the excellent care provided by our pediatricians and nurse practitioners, CHC offers a full circle of care for your child and family to address mental and emotional health, nutrition, and special needs.

We are proud to partner with and support a number of organizations serving youth in our community. Our 50th Anniversary Community Partners include **Newburyport Youth Services, Haverhill Boys and Girls Club, Haverhill Recreation Department Summer Camps, and Haverhill Public Schools Backpack Program.**

**Stay healthy this winter!**

Find information important to your child's health and wellbeing on our blog at [chcmass.com/blog](http://chcmass.com/blog)

[www.chcmass.com](http://www.chcmass.com) | [facebook.com/chcmass](https://www.facebook.com/chcmass)



### Two convenient locations

**Haverhill** (978) 373-6557  
600 Primrose St, Suite 200,  
Haverhill, MA 01830

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257 Low Street,  
Newburyport, MA 01950



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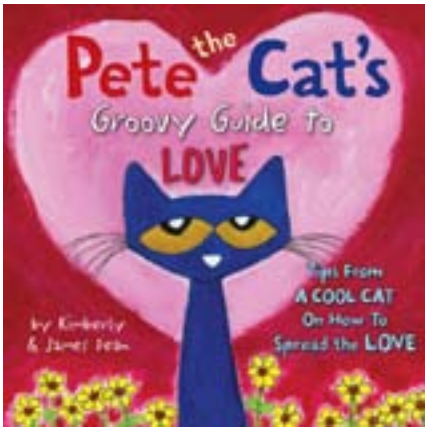
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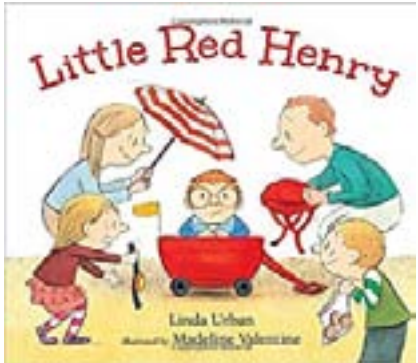




I LOVE BOOKS

Children’s Book Reviews

By Cathy A. Morrow



As a new year begins, there are so many new ideas running through our minds. How can we make our lives better? What improvements should we make that will help us enjoy life to the fullest and help others? This month I have chosen two books that represent some worthwhile ideas to help us accomplish some of those goals.

JABBERWOCKY BOOKSHOP is now OPEN! However, if there is a book you would like, you may still order it from the Jabberwocky Bookshop and have it mailed directly to you.

PETE THE CAT’S GROOVY GUIDE TO LOVE  
Written and Illustrated by Kimberly and James Dean  
Harper, An Imprint of Harper Collins, Publishers  
Best for Ages 4 and up

Pete the cat is a Very smart cat. Pete shares with us some wonderful ideas about love and how to recognize it and share it with others. Pete encourages us to notice the things around us that represent love in our lives. He also guides us with some very wise quotes. For example, “Love yourself and everything else falls into line.” Among the others Pete shares are, “Love is the greatest refreshment of life,” and “Where love is concerned, too much is not even enough.” Pete inspires us to give our love to others

by helping them and being a good friend when they need it.  
  
This is just one of the books of the PETE THE CAT series. Pete is indeed a Cool Cat! His advice is profound for young and old and children will love the illustrations that are colorful and funny.

Terry Teddy and I give this book -- -- four paws up



LITTLE RED HENRY  
Written by Linda Urban  
Illustrations by Madeline Valentine  
Schwartz & Wade Books, Publisher  
Best for Ages 6 and up

From the very beginning of his life, Henry’s family, Mama, Papa, his sister and brother, Mem and Sven, did everything they could to make him feel loved and cared for each day. They cuddled him, made and fed him his breakfast and picked out his clothes and dressed him. Henry decided that enough was enough. He was a big boy now and wanted to be able to do things for himself. His family was so happy and used to taking care of Henry’s every need that they did not want to stop. Henry said over and over again, “No Thank you, I can do it myself.” ...”And he did.” Henry fed himself, brushed his teeth and

picked out his own clothes. Henry’s family did not know what to do with all the extra time they had now. Will they eventually get used to this new lifestyle? Will Henry suddenly discover there is something that he still needs from his family?

This is a delightful story that illuminates some very valuable facts about families and the importance of letting go, but still being there for your family. Each of the illustrations are whimsical and bright.

Terry Teddy and I give this book -- -- four paws up.



These books were generously provided by  
Jabberwocky Bookshop , Newburyport  
Jabberwockybookshop.com



Don’t Ignore the Signs

By Maria Luisa Salcines

Behavior problems and learning disabilities are never easy to deal with, but when parents deny they exist, they can worsen the problem.

We want the best for our children and accepting that they might be different from other children hurts.

The violence in our society today proves that ignoring warning signs can have dire results.

The sooner you deal with a behavior problem, the more likely you will be able to find a positive solution.

Behavior problems do not improve by themselves; when you allow or ignore certain behavior problems, you set your child up for failure. When you see your child doing something wrong, tell him. When your child changes the way he dresses or acts or brings home a friend you don’t think is a good influence. Don’t look the other way.

The world has changed, and the negative aspects of it are now more than ever accessible to your children.

The best way to protect your children is by having a good relationship with them and being a part of their life.

Don’t leave your kids to chance, thinking everything will be OK. Take control of your family. Do what is best for your children until they are old enough to take care of themselves.

Some parents of children with learning disabilities struggle to understand why their child doesn’t think, learn, or act as they do.

Understanding what your child needs and readjusting your parenting style to meet those needs will help your child succeed. Ignoring the signs or denying a child’s problem will only worsen things.

I have never liked that children who learn differently than their peers are labeled with a disorder. A disorder, to me, is an illness, and a child’s brain functioning differently from what is considered the norm does not imply that they are ill.

Many behavior problems stem from the frustration children feel when they can sense that they are different.

Different, however, is not bad. Different means that your child has a unique way of learning.

Finding the reason why the child is having difficulties can avoid the child feeling lost. When diagnosed, some children are relieved to know that they are not stupid and that there is a reason for how they think.

There are many things parents can do to help their children manage learning disabilities and behavior problems.

The most important is recognizing and identifying what is going on with your child. What are the problems the child is having?

Speak to everyone who works with your child – his teacher, daycare provider, or coach. They can give you an insight into your child’s behavior when they are not with you.

Have your child tested by a medical doctor and a learning or behavior specialist. And always get a second opinion. Do your homework. Read as much as you can about the difficulties your child is having. What do researchers say about it? What are some of the ways other parents are dealing with it?

Find out what changes you can make at home to help your child. Changing his nutrition, for example, can

help some children, as well as setting limits and a schedule for your child.

The more you understand what your child is going through, the better choices you will be able to make for him.

Become pro-active. Visit your child’s school and meet with his teachers. Find out about tutoring and other programs your school might provide.

Most importantly, let your children know that you love them and that nothing is wrong with them. Let them know they can always count on your support when they get discouraged.

Maria Luisa Salcines is a freelance writer, author, and certified parent coach with The Academy of Parenting Education and Coaching in Redirecting Children’s Behavior and Redirecting for a Cooperative Classroom. She is the co-author of You Can Do It, Chickadee, an award-winning children’s book about depression. Follow her on Instagram @mlsalcinespoweroffamily, @youcandoitbooks @littlethingsremembered, or contact her on her website FamilyLifeAndFinding-Happy.com.



January

**Tuesday, January 3**  
FAMILY STORYTIME: HAPPY NEW YEAR!  
(AGES 3-8)  
TUESDAY, JANUARY 3 6:30—7:15 PM  
Garden Room Nevins Library 305 Broad-  
way, Methuen, MA, 01844  
Let's celebrate the new year by reading  
some stories and making a craft that you  
can use all year long!  
If your plans change after you register and  
you won't be able to come to the program,  
please cancel your registration so that  
children on the waiting list can take your  
place. You can find a link to cancel your  
plans on your registration confirmation  
email, or you can call us at 978-686-4080  
x26. Nevins Library, Methuen

to 5 years old.  
Date: Wednesday Jan 4, 2023  
Time: 10:00 AM - 10:45 AM Contact:  
Youth Services 978-373-1586 ext626  
kids@haverhillpl.org  
Location: Cavallaro Room  
Haverhill Public Library

KIDS' CRAFT PICKUP  
WEDNESDAY, JANUARY 4 ALL DAY  
Children's Room Newburyport Public  
Library, 94 State Street, Newburyport, MA  
Kids' Craft Pickup  
We are taking a break from our normal  
Wednesday activities for a few weeks,  
but Wednesdays can still be a special  
Library day! Stop by at any time of day on  
a Wednesday between December 14 and  
January 11 to pick up a simple craft to do  
at home.  
We do our best to find crafts that kids of  
lots of different ages can enjoy, but please  
be aware that some crafts may have small  
pieces. No Registration Required

**Friday, January 6**  
BOOKS & BUBBLES (AGES INFANT-2)  
FRIDAY, JANUARY 6 9:30—10:00 AM  
Garden Room Nevins Library 305 Broad-  
way, Methuen, MA, 01844  
program name above circle with bubbles  
inside  
What do little ones love? Books! What else  
do they love? Bubbles! This language-  
enrichment program features fun songs  
and fingerplays, stories, and everyone's  
favorite finale: bubbles! No registration is

required, and big brothers and sisters can  
also attend.  
No Registration Required

**Monday, January 9**  
STORYTIME TAKE OUT KITS  
This program is intended as a "take-out"  
version of our storytimes for ages 2 to 6  
years old. Each week we will provide you  
with a storytime packet. In it will be books,  
an activity, and a science experiment or  
craft to explore! You get to keep all the  
items and only need to return the books  
You can pick your kit up anytime during  
the week and makes for a great projects at  
your own pace for the winter months!  
Registration is required and will be for a 6  
week session for weekly pick-ups starting  
on Mondays: January 9th - February 13th  
PLEASE REGISTER ON THE JANUARY 9th  
DATE FOR THE WHOLE SESSION  
Date: Monday Jan 9, 2023 Contact:  
Clare Dombrowski 978-388-8148  
ys@amesburylibrary.org  
Location: Library Pick up  
Amesbury Public Library

**Thursday, January 12**  
STUFFED ANIMAL SLEEPOVER

Location: Cavallaro Room  
Haverhill Public Library

**Tuesday, January 10**  
ANIME CLUB (AGES 13-18)  
TUESDAY, JANUARY 10 4:00—5:30 PM  
Study Room Nevins Library 305 Broadway,  
Methuen, MA, 01844  
If you are a fan of anime, or just curious  
about it, this is the club for you. Come to  
watch and discuss your favorite anime,  
draw manga, or just hang out!  
Please use a personal email address, not a  
school-issued email, when registering. Due  
to your school's network security settings,  
we are unable to contact people who use  
school-issued email addresses.  
NOTE: Registering more attendees than  
spaces available will automatically place  
your attendees on this event's wait list.  
Registration is required for this event

**Saturday, January 14**  
LEGO BLOCK PARTY  
SATURDAY, JANUARY 14 1:00—2:00 PM  
Garden Room Nevins Library 305 Broad-  
way, Methuen, MA, 01844  
color photo of LEGOs with program name  
Bring your imagination and use the  
library's LEGOs to make fun creations!  
If your plans change after you register and  
you won't be able to come to the program,  
please cancel your registration so that chil-  
dren on the waiting list can take your place.  
You can find a link to cancel your plans on  
your registration confirmation email, or  
you can call us at 978-686-4080 x26.  
NOTE: Registering more attendees than  
spaces available will automatically place  
your attendees on this event's wait list.  
Registration is required for this event

**Thursday, January 17**  
TEEN CREATIVE WRITING CLUB  
(IN PERSON)  
TUESDAY, JANUARY 17 3:30—4:45 PM  
Program Room Newburyport Public Li-  
brary, 94 State Street, Newburyport, MA  
Graphic says Teen Creative Writing Club for  
twens and teens in grades 6-12.  
This program is for tweens and teens  
grades 6-12.  
Are you a lover of stories? A creator of

**ORIGAMI**  
Join us as we practice making traditional  
Japanese Origami patterns. Paper and  
guidance will be provided, just drop in and  
join the folding fun!  
Ages 6-11 Drop-in  
Date: Tuesday Jan 10, 2023 Time:  
5:00 PM - 6:00 PM Contact:  
Youth Services 978-373-1586 ext626  
kids@haverhillpl.org  
Location: Cavallaro Room  
Haverhill Public Library

**LITTLE EXPLORERS**  
Bring your little one in to explore some  
new types of activities and materials with  
other little ones.  
Program is geared towards ages 0-2 (older  
siblings welcome).  
Date: Monday Jan 9, 2023  
Time: 10:00 AM - 11:00 AM Contact:  
Youth Services 978-373-1586 x626  
kids@haverhillpl.org

Bring your stuffie to sleepover! This fun  
event allows your stuffie to spend the night  
at the library and get into all kinds of fun  
(or mischief!) No advanced registration is  
required by all stuffies participants must be  
dropped off by 5pm on Thursday. Pick up  
starts at 10am the next morning!  
Snow date is January 19 - 20th  
Date: Thursday Jan 12, 2023  
Amesbury Public Library

**ELECTRONICS PLAY!**  
Come once again to play with our magnifi-  
cent STEM toys! Build circuits with the Little  
Bits, drive around our Sphero robots, and  
try your hand at writing directions for the  
Dash robot!  
Ages 6-11 Drop-in  
Date: Thursday Jan 12, 2023 Time:  
5:00 PM - 6:00 PM Contact:  
Youth Services 978-373-1586 ext626  
kids@haverhillpl.org  
Location: Cavallaro Room  
Haverhill Public Library

**Saturday, January 14**  
LEGO BLOCK PARTY  
SATURDAY, JANUARY 14 1:00—2:00 PM  
Garden Room Nevins Library 305 Broad-  
way, Methuen, MA, 01844  
color photo of LEGOs with program name  
Bring your imagination and use the  
library's LEGOs to make fun creations!  
If your plans change after you register and  
you won't be able to come to the program,  
please cancel your registration so that chil-  
dren on the waiting list can take your place.  
You can find a link to cancel your plans on  
your registration confirmation email, or  
you can call us at 978-686-4080 x26.  
NOTE: Registering more attendees than  
spaces available will automatically place  
your attendees on this event's wait list.  
Registration is required for this event

**CRYSTAL SNOWFLAKES**  
Channel your inner ice powers to grow  
your own snowflake! We will use super-  
secret ingredients, and lots of science, to  
prep your snowflake. Take it home, and  
watch it grow and sparkle!  
Date: Saturday Jan 14, 2023  
Time: 2:00 PM - 3:00 PM Contact:  
Youth Services 978-373-1586 ext626  
kids@haverhillpl.org  
Location: Cavallaro Room  
Haverhill Public Library

**Tuesday, January 17**  
TEEN CREATIVE WRITING CLUB  
(IN PERSON)  
TUESDAY, JANUARY 17 3:30—4:45 PM  
Program Room Newburyport Public Li-  
brary, 94 State Street, Newburyport, MA  
Graphic says Teen Creative Writing Club for  
twens and teens in grades 6-12.  
This program is for tweens and teens  
grades 6-12.  
Are you a lover of stories? A creator of

worlds? Or are you a poet and you didn't  
even know it? Then come meet your  
people at the creative writing club! We  
meet the third Thursday of every month.  
This month we'll be meeting in the  
programming room. No registration is  
required.  
No Registration Required

**Wednesday, January 18**  
7TH-9TH GRADE ACTIVITY TIME  
Join us for an hour of hanging out and  
creating or doing activities for grades 7th -  
9th. Each week will be different and if teens  
have ideas, we'll try to do those ideas!  
Can't make it right at 3pm, no worries,  
drop-in when you can during the hour  
even just to say hi!  
THIS WEEK: Make a vision box. Much like a  
vision board, you can decorate a box and  
then put words, pictures, ideas into the box  
of what you'd like your year or beyond to  
include! A great way to start off the year!  
Date: Wednesday Jan 18, 2023  
Time: 3:00 PM - 4:00 PM Contact:  
Clare Dombrowski 978-388-8148 x4  
ys@amesburylibrary.org  
Location: Amesbury Room  
Amesbury Public Library

**Saturday, January 21**  
STORIES WITH DOTTIE  
Cuddle up and read with a very special  
therapy dog and their handler! Choose  
your own books, relax with Dottie, and  
practice your reading skills. Children must  
be able to read independently.

Registration is required. There  
are (4) 15 minute time slots.  
Date: Saturday Jan 21, 2023  
Time: 10:00 AM - 11:00 AM  
Contact:  
Youth Services 978-373-1586  
ext626 kids@haverhillpl.org  
Location: Cavallaro Room  
Haverhill Public Library

**Wednesday, January 25**  
7TH-9TH GRADE ACTIVITY  
TIME  
Join us for an hour of hang-  
ing out and creating or doing  
activities for grades 7th - 9th.  
Each week will be different and  
if teens have ideas, we'll try to  
do those ideas!  
Can't make it right at 3pm, no  
worries, drop-in when you can  
during the hour even just to  
say hi!  
Date: Wednesday Jan 25, 2023  
Time: 3:00 PM - 4:00 PM  
Contact:  
Clare Dombrowski 978-388-  
8148 x4  
ys@amesburylibrary.org  
Location: Amesbury Room  
Amesbury Public Library

**Thursday, January 26**  
TABLE TOP RPG: DUNGEONS & DRAGONS  
THURSDAY, JANUARY 26 3:30—5:00 PM  
Third Floor Conference Room Newburyport  
Public Library, 94 State Street, Newbury-  
port, MA  
For grades 6-9. This program is registration  
only. If you are new to D&D and need help  
making a character sheet, please put so in  
your comments.  
Join the adventure guild and explore the  
Roaming Realms! All you need is your wit  
and a level 3 character sheet.  
This is a new club that will meet twice a  
month and is for new players as well as  
experienced ones.  
NOTE: Registering more attendees than  
spaces available will automatically place  
your attendees on this event's wait list.  
Registration is required for this event.  
Newburyport Public Library

**Saturday, January 28**  
DONUTS WITH DAD: BREAKFAST BOOKS  
(AGES 3-8)  
SATURDAY, JANUARY 28 10:00—10:45 AM  
Garden Room Nevins Library 305 Broad-  
way, Methuen, MA, 01844  
Children and their fathers, grandfathers,  
or uncles are invited to this tasty storytime  
— not only to listen to stories and make a  
craft, but also to enjoy donuts!  
If your plans change after you register and  
you won't be able to come to the program,  
please cancel your registration so that chil-  
dren on the waiting list can take your place.  
You can find a link to cancel your plans on

your registration confirmation email, or  
you can call us at 978-686-4080 x26.  
NOTE: Registering more attendees than  
spaces available will automatically place  
your attendees on this event's wait list.  
Registration is required for this event.

**Tuesday, January 31**  
FAMILY STORYTIME: HORSE TALES  
(AGES 3-8)  
TUESDAY, JANUARY 31 6:30—7:15 PM  
Garden Room Nevins Library 305 Broad-  
way, Methuen, MA, 01844  
This week's stories and craft will be all  
about horses – of all kinds!  
If your plans change after you register and  
you won't be able to come to the program,  
please cancel your registration so that chil-  
dren on the waiting list can take your place.  
You can find a link to cancel your plans on  
your registration confirmation email, or  
you can call us at 978-686-4080 x26.  
NOTE: Registering more attendees than  
spaces available will automatically place  
your attendees on this event's wait list.  
Registration is required for this event.

Please send any events you would like  
considered for the Calendar of Events to  
Editor@merrimackvalleyparent.com



Don't Miss Our  
Summer Camps  
&  
Schools Section  
Starting in the February Issue  
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# 5 Ways Parents can Support Children, Teachers and Schools During Cold and Flu Season

(BPT) - Kids of all ages are enjoying their time in the classroom, learning and socializing in person again. While the focus is on making friends and growing their skills, they also might be picking up a few less desirable things, like germs. Cold and flu season is upon us, but parents can take steps so kids can feel their best and don't have to miss school due to illness.

"It's so important to my husband Sean and me that our children are in the classroom to learn, grow and thrive," said Catherine Giudici Lowe, graphic designer, reality show star and mom of three. "We are still learning how to best support them during this exciting life chapter and we're practicing different tips to help our children stay healthy and have a successful school year."

Her top tips for helping keep children, educators and schools thriving throughout cold and flu season include:

## Encourage healthy habits every day

Through the peak of the pandemic, your family probably focused on healthy habits like washing their hands, covering their coughs and sneezes, and throwing out used tissues. These tips are ingrained in your household, but continue to remind your children that they still need to follow these best practices while in school. Teachers and classmates will appreciate it during peak cold and flu season!

## Make handwashing a set routine

If your son or daughter takes the bus to and from school, they are exposed to a host of germs on public transportation. Encourage your children to wash their hands as soon as they get to school. Additionally, to help prevent the spread of illness-causing germs in

the home, make handwashing with soap after school a house rule.

## Help teachers

It is no surprise that teachers often use their own money and resources when schools cannot meet classroom needs. While at the start of the year classrooms may be stocked with tissues, paper towels and sanitary supplies, these items run out quickly. Be proactive and show your teacher a little love by checking in to see how you can help refresh classroom supplies throughout the year.

## Disinfect surfaces around the house

To help prevent the spread of illness-causing germs in school and at home, clean and disinfect kids' school supplies like backpacks and lunchboxes, as well as surfaces the kids touch

after they return from school. Lysol Disinfecting Wipes and Disinfecting Spray are a convenient way to disinfect school items and surfaces. Check out [Lysol.com/HERE](https://www.lysol.com/HERE) for more resources and tips for parents during cold and flu season.

## Apply for free wipes for your school

Of course, disinfecting supplies are also great for teachers to use in the classroom. Lysol partners with Frontline Impact Project, which allows teachers who apply to receive free disinfecting supplies for their classroom. Teachers can learn more at [FrontlineImpact.org/Request-Wipes](https://frontlineimpact.org/Request-Wipes).



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