

## Upper Valley Parenting Resource List

### Infant Playgroups & Activities

- ❖ Mother Goose Playgroup (meets **Mondays** from 10:30-11:30 at Lebanon library) for infants-age 2 with toys, rhymes, and music.
- ❖ The Family Place Baby Playgroup (meets **Mondays** from 1:00-2:30 at The Family Place in Norwich) for infants and young toddlers.
- ❖ Storytime (meets **Tuesdays** from 10:00-11:00 at Wilder library)
- ❖ Storytime (meets alternating **Tuesdays** from 10:00-11:00 at Canaan library)
- ❖ Word Play (meets **Wednesdays** at 10:30 at Norwich library) for infants-age 3.
- ❖ Storytime (meets **Wednesdays** from 10:00-11:00 at Quechee library)
- ❖ 4<sup>th</sup> Trimester (meets **Thursdays** from 10:00-11:30 at the Women's Health Resource Center in Lebanon) for pre-crawling infants.
- ❖ Songs, Rhymes, Books & Crafts (meets **Fridays** at 10:00 at Etna library) for ages 0-3.
- ❖ Storytime (meets **Mondays** call for times at West Hartford library) 802-295-7992.
- ❖ Mommy & Me Yoga (contact Kathy Frorer at 603-643-0150 for more information on class times and availability)
- ❖ Purple Crayon in Woodstock offers art and music classes for ages 0-5. Call (802) 457-3500 for information on class times.

### Toddler / Preschooler Playgroups & Activities

- ❖ Stories & Art: Books, Songs, & Art Activities (meets **Tuesdays** at 10:00 at Etna library) for ages 3-6.
- ❖ Preschool Storytime, Crafts & Games (meets **Tuesday** from 10:15-11:00 a.m. at Lebanon library) for ages 3-6.
- ❖ Preschool Storytime (meets **Tuesdays** from 10:30-11:30 at Norman Williams Library in Woodstock) for ages 3-6.
- ❖ Tot Lot (meets **Tuesday & Fridays** from 9:30-11:30 at CCBA in Lebanon) with balls, mats, hoops, tunnels & other play equipment.
- ❖ Time for Twos: Stories & Activities (meets **Wednesdays** from 10:15-11:00 at Lebanon library) for ages 2-3.
- ❖ Story Hour (meets **Thursdays** at 10:00 at Hartford Village library) 802-296-2568
- ❖ Splashin' Tots (meets **Thursdays** from 10:30-11:30 at CCBA in Lebanon) offers water play for preschoolers.
- ❖ Playgroup (meets **Thursdays** at the Methodist Church in Canaan). Registration required; call 603-448-1597 for further information.
- ❖ Thursdays in the Park (meets **Thursdays** during the summer from 12:00-1:00 at Colburn Park in Lebanon) has a different performer each week offering music, magic, juggling, clowning, and much more.
- ❖ Words & Pictures Story Hour (meets **Fridays** at 10:30 at Hartland library) for ages 3-8.
- ❖ Preschool Story Hour (meets **Fridays** at 11:30 at Norwich library).
- ❖ Hands on Books: Songs & Arts and Crafts (meets **Fridays** at 10:00 at Etna library) for ages 0-3.
- ❖ Storytime (meets **Mondays** from 10:00 at West Hartford library).
- ❖ Romp & Stomp (stories, music, activities, movement exploration, games, and more) for ages 2-4 at Hanover Community Center. Contact Hanover Recreation Dept. at (603) 643-5315 for more information about class times.
- ❖ Northern Lights Gymnastics in White River Junction. Call (802) 295-2070 for more information on class times.
- ❖ Purple Crayon in Woodstock offers art and music classes for ages 0-5. Call (802) 457-3500 for information on class times.

- ❖ Playhouse for ages 0-6 (meets **Monday-Friday** from 10:00-noon at the Community Center in Hanover) with developmental gymnastic equipment, fit-balls, soft mat flooring, various sporting equipment. Super Playhouse Blow-Up Bouncer on Thursdays. OPEN SEPT – JUNE

### **Family Activities**

- ❖ Montshire Museum of Science (open every day from 10:00-5:00 in Norwich)
- ❖ Billings Farm & Museum (open every day from 10:00-5:00 in Woodstock)
- ❖ VINS Nature Center (open every day from 10:00-4:00 in Quechee)

### **Resources**

- ❖ La Leche League of the Upper Valley (meets 2<sup>nd</sup> Monday at 7:00 p.m. and 2<sup>nd</sup> Wednesday at 10:00 a.m. in Lebanon; for questions or information, contact leaders Mardrey Swenson 603-643-1451 or Karen Plomp 603-448-0791)
- ❖ Women's Health Resource Center in Lebanon offers parenting and baby classes including:
  - Breastfeeding, the Best Start
  - Adventures in Fatherhood
  - Taking Care of Baby
- ❖ The Family Place in Norwich offers parenting and baby programs including:
  - Infant Massage
  - Confident Parent, Cooperative Child
  - Beth's Books
- ❖ Good Beginnings of the Upper Valley offers a home-visitor program for new parents. Call Ann Bradley at (603) 448-6826 for more information.
- ❖ The Child Care Project in Hanover offers information and assistance in locating child care providers in the Upper Valley. Call (603) 643-3233 for more information.
- ❖ Family Health Program at the Visiting Nurse Alliance offers programs for pregnancy and new babies (nurse visits & support), fatherhood (activities & support groups), and family support (playgroups, parenting skills, resources). Contact Mary King at (603) 448-1597 for more information.
- ❖ Naturally NH Kids offers a parenting and natural living newsletter. For a free subscription, call (603) 448-0226 or visit [www.naturallynhkids.com](http://www.naturallynhkids.com).
- ❖ The Parents Paper publication offers articles and a calendar of events for parenting activities. Subscribe by calling (603) 643-1441 or visit [www.uvpp.com](http://www.uvpp.com). Free copies available in various locations around the Upper Valley.
- ❖ Upper Valley Homeschool meets every Wednesday (from Sept-June) from 9:30-1:00 at the Lebanon Congregational Church. Parent support meetings on 1<sup>st</sup> and 3<sup>rd</sup> Mondays from 10:00-12:00 in Lebanon. For more information, contact Dale at (603) 632-5290.

### **Car Seat Safety Checks**

- ❖ DHMC Injury Prevention Center Colburn Hill, Lebanon (877) 783-0432
- ❖ Windsor County Sheriff 62 Pleasant Street, Woodstock (802) 457-5212
- ❖ Hartford Police Dept 812 VA Cutoff Road, White River Junction (802) 295-9425

Billings Farm & Museum	(802) 457-2355	<a href="http://www.billingsfarm.org">www.billingsfarm.org</a>
CCBA	(603) 448-6477	<a href="http://www.cbba-leb.com">www.cbba-leb.com</a>
Child Care Project	(603) 646-3233	<a href="http://www.dartmouth.edu/~ccp/about.html">www.dartmouth.edu/~ccp/about.html</a>
The Family Place	(802) 649-3268	<a href="http://www.the-family-place.org">www.the-family-place.org</a>
Good Beginnings	(603) 448-6826	<a href="http://www.goodbeginnings.net">www.goodbeginnings.net</a>
Hanover Community Center	(603) 643-5315	<a href="http://www.hanovernh.org">www.hanovernh.org</a>
Mommy & Me Yoga	(603) 643-0150	<a href="http://www.uppervalleyyoga.com">www.uppervalleyyoga.com</a>
Montshire Museum of Science	(802) 649-2200	<a href="http://www.montshire.org">www.montshire.org</a>
Naturally NH Kids	(603) 448-0226	<a href="http://www.naturallynhkids.com">www.naturallynhkids.com</a>
Northern Lights Gymnastics	(802) 295-2070	
Parents Paper	(603) 643-1441	<a href="http://www.uvpp.com">www.uvpp.com</a>
Purple Crayon	(802) 457-3500	
VINS Nature Center	(802) 359-5000	<a href="http://www.vinsweb.org">www.vinsweb.org</a>
Women's Health Resource Center	(603) 650-2600	<a href="http://www.dhmc.org/dept/whrc">www.dhmc.org/dept/whrc</a>

Bradford Library	(802) 222-4536
Canaan Library	(603) 523-9650
East Corinth Library	(802) 439-5338
Etna Library	(603) 643-3116
Hanover Library	(603) 643-4120
Hartford Village Library	(802) 296-2568
Hartland Library	(802) 436-2473
Lebanon Library	(603) 448-2459
New London Library	(603) 526-4656
Norwich Library	(802) 649-1184
Pomfret Library	(802) 457-2236
Sharon Library	(802) 763-2875
Thetford Library	(802) 785-4361
West Hartford Library	(802) 295-7992
West Lebanon Library	(603) 298-8544
Wilder Library	(802) 295-6341
Woodstock Library	(802) 457-2295