

# **Crimson Kids**

## **Unofficial Guide 2011**

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**Welcome to HBS Partners!!!! We are excited to have you here. This packet was put together for you by current HBS Partners. It covers everything from moving to Harvard, to life here with your family. Please do not be shy to ask questions and feel free to email us.**

**Crimson Kids Partners 2011**



## Housing

### *On Campus*

Please see the following website for comments on campus housing

- “We've been very happy with on campus housing. I would recommend it to anyone with young children.”
- There are always families to hang out with on campus. It is easy to find something to do and be very active with the campus life here. We stop by in between classes, walk the tunnels when it is cold, and hang out at the park a lot!
- “My husband was on the lottery website as soon as it opened. Families are in the first group to pick housing. We had a list of 10 apartments ranked in order. We were able to get our first choice.” “I live on-campus and love being so close to all the activities. The other great thing is that utilities are all included in the bill”.

### **SFP (Soldiers Field Park.)**

- Building 1, 2, 6 have elevators, laundry facilities and garbage chutes in the building, which is a nice feature in the winter. Buildings 3, 4, 5, 7 -15 have their own entrances without an elevator, laundry, or garbage in the building. These buildings do offer ground floor apartments with patios. The rest of the SFP apartments have balconies.
- **3 bedroom split level with patio-** We were able to get out first choice. My husband and I were both at different computers. The trick is to not be signed in when the window is open. Wait till the clock turns and then log in. We love our apartment. Ours has an updated kitchen and bathrooms. It is very important that you ask specifically about each apartment. They have not all been renovated. We use the third bedroom (upstairs) as an office so it feels like my husband is around more. It is also nice to have the three levels. It feels more like a house than an apartment. There is also great storage in the crawl space. The patio is nice for storing the stroller and kids outside toys. One negative is no laundry in the building.

### **One Western Ave**

- **These buildings have garbage chutes, laundry facilities, elevators, and direct access to the parking garage.**

**Tips.** Buy a rolling cart from Star (the grocery store), Bed Bath and Beyond, or Trader Joe's. It will save you when it comes time to laundry and carting groceries up to your house! The best time to do laundry is in the mornings or any other time when the students are in classes. Crimson Cash is the best way to go. Be sure to have a few rolls of quarters when you first move in, or at least until you get your partner ID. You can get rolls of quarters at the bank and also at the car wash place across the street from Star Market on Western Ave. I've found a grocery/laundry cart to be extremely helpful, too.

### **Harvard Affiliated Housing**

- **387 Western Ave and 28 Hingham.** These two buildings are directly across the Western Ave bridge from HBS. It takes about 10 minutes walking to reach HBS classrooms. They are brand new. There are 6 three bedroom units in each building. I highly recommend partners and families to look at them. Each unit has a dishwasher and a washer and dryer. Larger and more spacious than One Western and SFP. We've been very happy. I've heard some people say living off campus is hard because they don't feel part of the HBS

community. In these apartments you are still surrounded by HBS families and a few Kennedy School students. If you live on the second or third floor you will have a river view. The park in front of the building will be finished this summer and will include a water component for kids (not sure if it's a sprinkler).

- ***Banks Street.*** These apartments are just a year older than the Western Ave and Hingham buildings but contain two bedrooms instead of three. I don't know of any HBS students living there currently but they are a great option for off campus housing.
- ***Peabody Terrace*** For more information <http://www.hbspartnersclub.org/housing.html>
- ***10 Akron Street*** On Memorial Drive next to 28 Hingham.

### Tips

- Western Ave is a busy street. Hingham is much quieter. I've only woken up a few times from traffic noise on Western Ave but if you're a light sleeper, Hingham might be a better choice. I think it's more expensive but worth the money for some people. I have had my bike stolen, buy a good lock. They cut right through my wire. There is no place for strollers to be stored. I carry mine up a flight of stairs every time I use it.
- There are no elevators for the second and third floor. Keep this in mind when moving in and out. Visitor parking can be tricky. Your property manager will give you details on obtaining a visitor permit for Peabody Terrace (this is the closest visitor parking). You can do this online with a credit card. The other option is HBS. They have parking in front of Spangler for \$10 a day. You must have cash. I have heard Harvard Parking Services (on Blackstone St) will give your visitor a pass to park in the garage. I've never tried this.
- 387 Western, Hingham, and 10 Akron have their own parking garage. The car entrance is located under 10 Akron Street. An elevator and stairwell are located in front of the Western/Hingham complex for the garage. There is a 30 minute driveway in front of the buildings. You can buy an opener from Harvard parking for \$50. This is a must for carrying groceries and other items into your apartment. Beware of street parking around this area. You need a Cambridge resident sticker to park. Your car will be ticketed if parked without the permit. There is meter parking down Blackstone Street. Its 2 hour parking until 5pm.
- You can recycle old batteries and cell phones at your property management office.

### Off Campus

- If you have children who will be in elementary school while you live at HBS, consider your schooling options. You must live in Cambridge (not on campus) to enroll in Cambridge Public Schools. If you live on campus, you fall within Boston Public. There are private schools in the area, but they are expensive. Belmont is known for its public schools, however living there would mean a commute onto campus. There is some Harvard housing on the Cambridge side (Peabody Terrace, Akron, 387 Western Ave and 28 Hingham)
- "We did live off campus our first year. We hired a real estate agent and lived in "Church Corner" in Central Square. It was a nice location, particularly if I had been working downtown, as it is within a block of the central square 'T' stop. Although the actual apartment was okay, I didn't feel comfortable walking alone in the area, particularly at night. Also, some of the units in the building were designated for public housing. I'm not sure if this is a direct correlation, but we frequently had homeless &/or drunk people in front of our building, which made me uncomfortable. After the first year, I actually found a better job in another city and moved out of Boston. He is now living in SFP. It is smaller than our first apartment, but is a LOT cheaper. He actually likes it better due to the decreased walking distance and the fact that he is able to eat lunch at home... which has also saved us a lot of

money. All things considered, I would encourage incoming students/partners to move on campus.”

- **Allston.** “We found our apartment (it's actually a condo that we're subletting) located at Allston/Brighton border on Craigslist and it has worked out great; Allston is also generally cheaper to live in.”
- **Watertown.** “Watertown is great! We got a townhouse, 3 BR, 2.5 Bath, a yard and everything else + a driveway. The community is great too: the policemen transform their station in a haunted police station for Halloween, the firemen open their fire station once a year, there is a fair in September... The community in the school (Hosmer) is very nice and my kid in the middle now goes to pre-K on the same schedule as my 1st grader. We are close from the river path (awesome to learn how to ride a bike or jog with a double stroller) and there is 2 playgrounds at a kid's walking distance). The down side is that I am far from the HBS community and that I've not been able to get involved with them. Also, because I was working on my Ph.D. thesis in my basement, I really felt isolated and this was hard for me.”
- **Cambridge.** “Across the Western Avenue Bridge you can find some decent off-campus housing. It's just a short walk across the bridge for your student to HBS and is close to some great parks for the kids and additionally near Whole Foods, Rite Aide, and Trader Joes. We were able to find a 2 bedroom apartment with washer, dryer, dishwasher, off street parking, and accepted pets for \$1800 a month. We found it during admitted student's weekend on the Partners Club Housing Tour. I highly recommend getting apartments from previous HBS students. They can tell you all about the landlord and the area you live. We are very involved with HBS and Crimson Kids and do not feel isolated from the school.”
- **Harvard Square** We live right in Harvard Square off of Brattle and I love the location. Coming from NYC we wanted the stimulation of busy city life. It is so convenient - we have everything we need at our finger tips. And another great perk for me is that when we go out at night I can meet my husband later or leave early and its usually so close that we don't have to take 2 cabs.

### Tips

- “We lived a few miles off campus during our RC year, and bought a parking pass to park in the HBS garage on Western. That was a huge help because parking is very tricky around HBS. Check HBS classifieds, go through a broker, housing tour during admit weekend. Finding housing with pets is very tricky. There aren't a lot of apartments that allow pets. I know 1008 Mass Ave allows pets, and a complex in Central Sq. Get an evening parking pass for HBS if you live off-campus. For ~\$60 you can park at HBS after 5 PM and all day on the weekends for the entire year (August - August).”
- **Pets.** Pets are not allowed in on-campus housing. For those of you off-campus in Cambridge, you are supposed to register your dog with Cambridge within 30 days of arriving. They require proof of shots and proof of spade / neuter from your vet. I suggest calling before coming here to get the proper documentation from your current vet. Please check out the City of Cambridge website for more details:  
[www.cambridgema.gov/dept/animal.html](http://www.cambridgema.gov/dept/animal.html)
- **Vets.** <http://www.athomevet.net/aboutus/> “He has great customer reviews online and does home visits.”
- PETCO. Watertown does a good job with grooming and they hold occasional shot clinics that are very inexpensive.
- Cambridge street-parking sticker. It was \$8.00 and you need to provide proof of residency (utility bill or lease). You can also get a visitors parking pass here as well. Just be aware of

the street cleaning days, if you don't move your car, you will be towed. Please check out the City of Cambridge website for more details on requirements for an off-street parking sticker:  
[www.cambridgema.gov/traffic/ResidentPermit.cfm](http://www.cambridgema.gov/traffic/ResidentPermit.cfm)

### Helpful Websites

<http://realestate.boston.com>

<http://www.apartments.com>

<http://euroclub.mit.edu>

<http://classifieds.yahoo.com>

<http://boston.craigslist.com>

<http://studenthousingex.com>

<http://hpre.harvard.edu/RRE/index.html>



## Grocery Stores

- **Market Basket.** Left on Western Ave. Right on Soldiers Field Road. Left across bridge and stay straight on River St. towards Central Square .5 miles. Pass Central Square; continue on Prospect St. 1 mile. Left on Somerville Ave, right on Bow St. and right on Somerville Ave.
- **Russos (Produce):** A small Italian-owned store with great cheeses and fruit and veggies. [www.russos.com](http://www.russos.com) Russo's in Watertown is SO great! It is European Market style--so there are great pastries and wonderful food to-go. They also import lots of cheeses and meats!! If you want to pick up some fresh flowers--this is also the place to get them. If you want wonderful produce and great ambiance (so long as you don't go on Saturdays) while shopping. Left on Western. Right on Soldiers Field. Merge onto 90 W. Go 3.3 mi and take exit 17/Newton/Watertown. Right on Adams st (.5mi). Right on Watertown St (<.1mi). Left on Bridge St (0.5 mi). Right on Pleasant (.3mi). 560 Pleasant St. right wad directions (no toll): Right on Western (becomes Arsenal) 3 miles. Slight right on Main St/US 20 then left on Cross St. and right on Pleasant St. 1 mile down on left.
- **Star Market (Shaws)** is great and convenient. Right on Western Ave. 1 mile down on the left. It is the closest real grocery store. It is a good mile away, so that is a pretty long walk. There is the 70 bus that goes right in front of the grocery store, so if you time it correctly it is very quick. However, in my experiences the bus is never on time and is very unpredictable.
- **Whole Foods.** Left on Western Ave. Right on Soldiers Field. Left across the bridge (1st light). One block down on the right hand side.
- **Trader Joes.** Trader Joe's is also great and has some fun things to get--sort of out-of-the-ordinary items. You can't plan on getting everything there, but it is fun to stop there every once-in-a-while Left on Western Ave. Right on Soldiers Field Rd. Left across the bridge and right at (1<sup>st</sup> light). Less than a mile down on the left. Here is a little tip for going at night. If you go after 7:00PM, you can call the Harvard Shuttle. Tell them you are going to 165 Pleasant Street, and they will drop you off right at the back of Trader Joes. Pretty convenient.
- **Stop and Shop.** Right on Western Ave. Left on Everett St. Go past Shaw's, stay right and go over the bridge. Turn in is directly after the bridge on right.
- **Target.** Right on Western Ave. Attached to the Watertown Mall. Good prices on staple, frozen, and dairy foods. They do not have fruits, veggies, or fresh meats.

- **Wilson Farms** (Best of Boston Farm stand). Right on Western Ave. Right on N. Harvard. Left on Soldiers Field Rd. Follow signs to Fresh Pond Parkway. Left on Concord Ave (Rt. 3N). Bear right on Alewife Parkway (Rt. 3N). Bear left on Concord Turnpike (Rt. 2W). About 3 miles down. Wonderful produce and a great environment.
- **Peapod.com**. Stop and Shop grocery delivery, right to your door. Often worth the delivery charge on a cold Boston day. Used quite a bit throughout HBS community. Not perfect but worth a try.
- **Boston Organics**. [www.bostonorganics.com/](http://www.bostonorganics.com/) **Delivers boxes of organic foods.**
- **Dairy Bar at Kickass Cupcakes** (Davis Square) Fresh local cheese, milk and butter.
- **Pete and Jen** (Concord, Ma) Organic pasture raised chickens, eggs, and much more.  
[www.peteandjensbackyardbirds.com](http://www.peteandjensbackyardbirds.com)
- **River Rock Farm** (Brimfield, Ma) Farm Raised Natural Beef  
<http://www.riverrockfarm.com/>
- **McKinnon's Meat Market** (Davis Square) Butcher Shop
- **Costco** Side note--try to avoid that Costco on Saturday!!! Such a nightmare.
- **Hanscom AFB** For former military members only, HANSCOM Air Force Base is very close by for commissary grocery shopping (20 minute drive). It is a really nice commissary and you will save a lot by shopping here. As usual, show your military ID at the gate to get in and at the commissary check out. The website for the base is the following:  
[www.hanscom.af.mil](http://www.hanscom.af.mil)
- **Roche Brothers**- [Rochebros.com](http://Rochebros.com) Online ordering and \$10 delivery, no minimum purchase required no fuel surcharge. Larger selection than peapod. Call about delivery to HBS.
- **New Deal Fish Market**, Cambridge St, Cambridge. A great place for fresh fish and seafood.
- **Bazaar on Cambridge** - [www.bazaargourmet.com](http://www.bazaargourmet.com) - though it's a bit hard to navigate, but it's another great ethnic shop (Russian food in this case) and it's very near campus. Go here to pick up a dinner from their deli, whether it's for your family or for a party you invited over. Also stock up on frozen pelmini for an instant satisfaction during hell week or anytime you fridge is otherwise empty. Also good for dairy (euro-style cottage cheese & sour cream (more like creme freche), cheeses, yogurts, buttermilk), cold cuts (kosher, too!), desserts (try the cakes in the refrigerated section), produce (average quality, low prices). They also sell imported liquor, but it's not the best value around, unless you must have georgian wine or baltic beer.
- **Armenian grocers on Mt. Auburn: Massis** ([www.massisbakery.com](http://www.massisbakery.com)), **Sevan** ([www.sevanboston.com](http://www.sevanboston.com)) & **Arax**. These are great for nuts, dried goods, spices, olives, baked goods, dairy (yogurts & feta-type cheeses), and COFFEE! The best turkish coffee I could find around here was the house ground one at Massis. They also tend to have a small produce and deli sections for one-stop shopping.
- **Kosher**- grocery stores - I keep Kosher so I have made my way around the local grocery stores to find what I need. For regular groceries I go to Shaw's on Western Ave and Super Stop and Shop on Everett St. I find that Shaw's is cheaper than Stop and Shop, but Stop and Shop has a huge kosher section - you can get fresh chicken, meats and cheeses. Trader Joe's also sells Empire Kosher Chicken. The Boutcherie is the only nearby kosher market and it is in Brookline - its about a 10 minute drive from campus. They have everything you would need – but they are pricey.

**Farmers Markets** Dates, times and locations listed on this website

<http://www.massfarmersmarkets.org/t-allmarkets.aspx>

An additional website recommended by a few HBS moms. Helps with meal planning.  
<http://thescramble.com/>



## Schools

Please see the following website: [www.cambridgema.gov/](http://www.cambridgema.gov/) On the bottom right side of the website is an adobe document called “Cambridge Life Magazine and City Resource Guide Fall / Winter 2008”. Page 23 of the document lists all of the public and private schools in Cambridge. There are 12 public and 11 private schools listed with phone numbers.

### Preschools

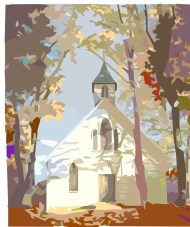
- **Drumlin Farms (Lincoln, MA)** My 3 year old is currently enrolled in Drumlin Farms Preschool. It’s a nature based program. Children participate in farm chores which gives them the opportunity to learn about different animals and nature. My daughter loves it. They spend the first half of class inside doing some typical preschool activities, like stories, play, etc. The second half of class is spent outside. The children go outside in almost all weather so be prepared. It’s wonderful. My daughter comes home exhausted talking about pigs, and cows, and the lettuce they saw in the greenhouse. I feel like it’s a once and a lifetime chance for my daughter to learn firsthand about nature and these animals. She is already enrolled for next year. Next years enrollment has already started but there are openings for the afternoon class still. The cost is \$295 a month, running from September through June.
- **Little Folks Fellowship Preschool (Inman Square)** My daughter goes to "Little Folks Fellowship Preschool" in Cambridge. It's a Christian preschool with very affordable rates. It meets in the basement of a Presbyterian church. I love the teachers there. A lot of us 2nd years have our kids going there. It's \$270 a month for 10 months. The kids meet on M,W,F from 9-12. Applications start in March
- **Cambridge Ellis School (Cambridge, MA)** My husband and I were very impressed with this school during an open house. It’s a bit expensive but they do offer financial aid. We decided not to apply after I heard its extremely competitive and hard to get in. Applications are due in the Fall for the upcoming school year.
- **SFP (HBS) Soldiers Field Park Child Care Center** non-for profit, Harvard-affiliated child care center. They have 2 infant classes, 3 toddler classes, and 2 preschool classes. Option of having a full time spot, or a part day spot (8:00-1:00pm, or 8:00-3:00pm) looks like it's a lot easier to get a spot when you decide on a full day spot. You decide when you want to pick up your child. They encourage drop off before 9:00am, but I think it's not a must. My daughter is in the pre-1 class, which takes children 2.9-4 years old. She loves going to class every day. There are 3-4 teachers for 17-18 children. Snacks and a warm lunch are included

in the fee. The lunch is cooked right there in the school, and I am quite happy with their meal choices.

- **Cambridge Montessori School** (*Cambridge, Ma*) I have heard good things from local parents. No current HBS students' children attend this year but I do know of one family who will be sending their children next year. Its one of the more expensive schools in the area. You must do an interview so applications should be done early. Applications are due in the Fall for the following school year.

### Elementary

I used the website [www.greatschools.net](http://www.greatschools.net) to find which neighborhoods/cities had good/not so good schools. We chose Watertown. The schools good enough, and the commute to HBS is feasible on bike (weather permits) or by bus, it's about 3.5 miles and we are "far" in Watertown. Belmont is another popular choice amongst families with school aged children.



### Church

- **Catholic.**
  - \* St. Paul's Parish in Cambridge. They also bring a service onto campus on Sundays at 8 pm in the Chapel.
  - \* St. Bernards, 1523 Washington St., West Newton, MA 02465 (A 10 minute drive from campus out I-90) Offers religious education for Pre K – 8<sup>th</sup> grade.
- **LDS:**
  - \* **Temple:** Address: 86 Frontage Road, Belmont, Massachusetts. Phone number: 617-993-9993. Directions: Head east on Western Ave towards Soldiers Field Park. Turn right onto Soldiers Field Road. Turn Left onto Cambridge Street. Turn left onto Memorial Drive. Slight right onto Fresh Pond Parkway. At traffic circle, take 3rd exit onto Concord Ave. At traffic circle, take first exit onto Alewife Brook Pkwy. Slight left onto MA-2 W/Concord Turnpike. Take exit 57 toward Dow Ave/Arlington/Belmont. Merge onto Concord Turnpike. Turn left at Dow Ave. Take first left onto Frontage Road. Destination will be on the right.
  - \* **Ward/Stake Center:** 65 Binney St, CAMBRIDGE, MASSACHUSETTS. Bishop Genzale: 978-804-6719 & 781-233-1896. Head east on Western Ave towards Soldiers Field Park. Turn Right on Soldiers Field Road. Turn Left onto Cambridge Street. Turn right onto Memorial Drive. (Road name will change from River Street to Memorial Drive to Commercial Ave) Turn left onto Binney Street. Turn right onto 2nd Street. Destination on Right. Church meetings are 9am and 1pm every Sunday.
- **Reunion Christian Church** – Boston [www.reunionboston.com](http://www.reunionboston.com) A few current HBS students attend this church. I've heard they have a great Sunday school.

\***Grace Fellowship** evangelical, non-denominational church in Lexington. It's a larger, suburban church. 3 different types of services are offered. Biggest church of its kind in the vicinity; people travel from NH to attend. Wonderful children's program.

- **Jewish.** The Jewish Advocate (local Jewish newspaper) publishes "The Jewish Guide to Boston and New England" every year. It is packed full of useful information about everything from synagogues, candle-lighting times and eruvs, to kosher food, schools, summer camps, and Judaica/bookstores. [617-367-9100](tel:617-367-9100) [www.thejewishadvocate.com](http://www.thejewishadvocate.com)

\***Harvard Hillel.** [www.hillel.harvard.edu](http://www.hillel.harvard.edu) 52 Mt. Auburn St., Cambridge, MA 02138 [617-495-4696](tel:617-495-4696) Shabbat & holiday services (Orthodox, Conservative & Reform), daily prayer groups, kosher dining hall.

\***The Chabad House at Harvard.** [www.hcs.harvard.edu/~chabad/](http://www.hcs.harvard.edu/~chabad/) 38-40 Banks St., Cambridge, MA 02138 [617-547-6124](tel:617-547-6124) Shabbat & holiday services (Orthodox), kosher meals on Shabbat & holidays, learning groups, social events.

\***Minyan Tehillah.** [www.minyantehillah.org](http://www.minyantehillah.org) Modern Orthodox, egalitarian minyan that meets 3 times a month, and for holidays. Lots of families with kids. Visit their website for more information about where and when they meet. The "Resources" section of their website has a great list for "Jewish Cambridge and Somerville".

\***Alef-Bet Child Care.** [www.alefbet-childcare.org](http://www.alefbet-childcare.org) 8 Tremont Street, Cambridge, MA 02139 [617-547-3651](tel:617-547-3651)

\***The PJ Library.** [www.pjlibrary.org](http://www.pjlibrary.org) Free Jewish book club for kids. Each child gets a new book or CD each month. (There's no catch, it's privately funded.) Signing up for this club also adds you to an email list this sends out information about upcoming Jewish events for kids in the Boston area.



## Healthcare

Please read the pamphlet “What you absolutely, positively need to know about your student health insurance” for a full understanding of the system. The pamphlet breaks it down by type of health care and coverage available for each service. The easiest way to explain Harvard University Health Services (HUHS) is this...if you do not want to pay anything out of pocket, you will use Harvard for most doctor’s visits either at Cumnock Hall right on the HBS campus or at the Holyoke Center in Harvard Square. Blue Cross / Blue Shield is used to cover anything above and beyond like emergency and other hospital care. It is possible to use other doctors outside of HUHS, but generally speaking there are co-pays involved and the cost will vary if the doctor is “in-network” or “out-of- network”. Once again, PLEASE pick up the pamphlet while you are here. It is much easier to understand then going online ([www.huhs.harvard.edu](http://www.huhs.harvard.edu)).

- The start date is August 1<sup>st</sup> and your student will be automatically enrolled unless a waiver is provided. In order for a partner and/or family to be added, fill out a request form and turn it in at the Holyoke Center (copies of legal documents will be required such as marriage certificates and birth certificates for children).
- Just as a side note, Harvard does have fantastic coverage for maternity care. Just please be aware that for some reason Gynecology exams and routine pap smears are covered in full at HUHS but *are not covered in or out of the network*. Maternity care is covered in full at HUHS and also covered in full in-network. There is a 20% co-insurance for out-of-network maternity care.
- **Health Care ID Cards.** After signing up at the Holyoke Center, your health care ID card and your prescription card will be mailed to you in September. If you need to fill a prescription prior, call and they will give you the information you need in order to fill the prescription.



## Physicians



### OB

- **Dr. Amy McGaraghan.** Mount Auburn Hospital, Center for Women. I highly recommend Dr. McGaraghan. She was my OB during my second pregnancy. She was caring, compassionate, and knowledgeable, She is one of the oncall physicians for the midwives at Mount Auburn. She also accepts Tricare Reserve Select. Her office is a mile from Harvard Square, very easy to walk to.
- **Dr. Dawn Anderson.** Mount Auburn Hospital. Dr Anderson was oncall for Dr McGaraghan when I delivered. She stayed by my side the entire delivery. She was supportive of my requests, explained everything and talked me through the delivery. I was just as impressed with her as I was with Dr McGaraghan. I would also highly recommend her. I did meet a third female physician in the practice. I can't remember her name but she was very sweet. I'd feel comfortable having any of them at my delivery.
- **Dr. Lisa Lampert.** New England OB/GYN. Dr. Lampert was especially fabulous.
- **The Midwives at Mount Auburn.** I am pregnant with my 2nd child am using a midwife practice called: The Midwives at Mount Auburn ([www.mamah.org](http://www.mamah.org)). It's at Mount Auburn Hospital (close to campus), and all ob appointments are covered in full by HBS insurance. I've enjoyed my experience very much so far with them (although I haven't actually delivered with them yet).
- **Holyoke Center.** 617-495-2068 (5th floor). If you're pregnant, Dr, Lieberman is really great. I'd recommend seeing all of the practicing doctors in the clinic. I had a really great experience with the staff at Holyoke and Brigham and Women's Hospital. They are really attentive and willing to help. Frances Dilks was great and down-to-earth. Harriet, the nurse would promptly call back with any question I had. One thing I loved was the appointment reminders via email from Holyoke. As a pregnant lady, I was prone to forget SO many

things! I ended up using my husband's (student) insurance as a dependant and was amazed at just how much it covered—including multiple ultrasounds. You are certainly in good hands if you are planning to have a baby.

- **Dr Beth Hardiman.** She is one of the most requested OB in Cambridge. She only accepts 16 patients each month depending on your due date. Call as soon as you are pregnant if you want to get in. She delivers 98% of her pts. She only delivers at Mount Auburn Hospital. She comes highly recommended.



## Pediatricians

- **Dr Deborah James,** Garden Pediatrics. I am very happy with this pediatrician. She takes time to talk to you (I've spent half an hour with her before for a well baby checkup). She is down to earth. She doesn't have a nurse so she handles everything, including shots. She's well read and up to date on current research. I'll be very sad when we move and have to switch doctors, my 3 year old loves going to see her. She has a small practice making it easy to get in with a sick child, same day. She accepts tricare reserve select.
- **Dr Kristin Sleeper.** Centre Pediatrics in Brookline. They are excellent and have done a great job.
- **Dr Naomi Priver.** Holyoke Center. I love Dr. Naomi Priver.
- **Dr Lynch** Holyoke Center. She's been wonderful to us.



## Primary Care

- **Dr. Golding** (617-661-4600). I haven't been in to see her yet but I've heard great things. It did take about 3 months to get a new pt appt so plan ahead.
- **Dr Barna** Cumnock Hall. She's always been very attentive and available for appointments.
- **Dr Bruce Biller.** Cumnock Hall



## Hospitals

- **Mount Auburn Hospital** (Cambridge, Ma). My only experience with the hospital was the delivery of my baby. It's a small hospital with an older type L&D style unit. You labor and deliver in one side and then are wheeled into another part for postpartum. I had a wonderful L&D nurse. I couldn't have asked for better. Some of the postpartum nurses weren't as attentive as I would have like, but you are going to get that anywhere you go. I can't comment on the food, we ate out mostly. It's an easy walk from HBS, about 20 minutes if your 8 months pregnant. I chose this hospital mostly because of my insurance (tricare reserve select) and my physician.
- **Mount Auburn ER** My 3 year old had an ear infection on a Friday night. We were able to get in and out within an hour. They do not take children in their urgent care center! I was not happy with the physician. He told me the wrong ear was inflamed and when I questioned him he took another look and changed his opinion saying he couldn't see in the ear that was

bothering her. He had previously stated it looked fine. I would not go to this ER for anything major.

- **Brigham and Women's:** I was referred here for a cardiology appointment and was superbly pleased with the level of care I received. I ended up being admitted through the ER, kept for a couple of night and had a surgical procedure done – the care at each step was thorough and excellent. I will now be delivering my baby there this spring.
- **Children's Hospital:** Know to be a top of the line pediatric hospital.

## Dentists

- “Signing up for the Harvard Dental Plan does not include dentists at Holyoke.”
- **Mark Thomases.** 1247A BEACON ST BROOKLINE, MA 02446 (617) 566-0103  
There is parking available right on Beacon Street. He's really thorough and friendly. It seems as though people have gone to him for years--I think he's in his early 50's. I'm using DELTA Dental as a dependant on my husband's (student) insurance.
- **Joseph M Smith Center** is really hard to get into—even though it is right on Western Ave.
- **Peter Tian** 842 Mass Ave 617-864-1600. I haven't been there personally, but got recommended to us.
- **The Harvard School of Dental Medicine** is an option to use if you are looking for inexpensive dental care and do not mind taking the extra time for procedures. Call to get on the wait list for an exam. The first appointment is an exam and various x-rays, the second appointment is a long exam and set up of your treatment plan. They also do pediatric dental appointments. Meghan was great with my daughter and she also does work on my teeth as well. The phone number is 617-432-1434 and the website for more information is the following: [www.harvarddentalcenter.harvard.edu/asp-html/teaching-practice.html](http://www.harvarddentalcenter.harvard.edu/asp-html/teaching-practice.html)
- **John Wozny** 12 Post Office Square (Congress St. and Water St.) Boston MA 02109 617.542.8808  
[http://www.hirshbergdental.com/docs/ab\\_john.htm](http://www.hirshbergdental.com/docs/ab_john.htm)
- **Dr. Russell Foreman** - 972 Mass Ave. He's the man.
- **Andrew Kurban-** I used to go to a great dentist in Back Bay. A ton of people from Bain Boston go there. It's a little out of the way, and I'm not sure how he fits into the HBS health care policy, if you're on it, but he's really good. The one downside is that, if it's your first time, he does a one-time check-up, separate from a cleaning. Not sure if that's covered or if it's cash.
- **Cambridge Dental Associates** (on Mass Ave.) I had a terrible experience there when I had a cavity. Luckily, I had one of the nicer dentists. After looking at an X-ray, the head dentist lady came in and told my dentist that he should be doing a root canal on me. After the head dentist left, my dentist told me that she likes to run up the bill, and that all I really needed was a filling. Not good! Also, when I arrived, there was only one guy in the office, and he didn't seem to know anything about the practice. When I talked to him, he told me he was a temp and this was his first day. The dentists and staff left him alone so they could take a long lunch break. I've also been there. I didn't have a horrible experience but I wouldn't go back.
- **Hirshberg Group** downtown. The Dentist I see is John Wozney. Here is their website: <http://www.hirshbergdental.com/index.htm> I have Blue Cross Blue Shield through work and they take that insurance. I am not sure what other insurance carriers they use.
- **Dr. Adrienne Kilar,** (1696 Massachusetts Ave Cambridge, MA 02138) (617) 492-1040:  
**Wife of a HBS Alum.** [dentalservicespc.com](http://dentalservicespc.com) Accepted the insurance HBS offered.

- **Drs. Coppe.** Pediatric Dentists in Lexington. <http://www.drcoppe.com/> They do not currently accept the insurance offered through Harvard, but they have been amazing! Well worth the 20 minute drive out there. My son has had 5 fillings and has no clue they use a shot to numb his mouth and walks in and out of each appointment happy. Great communication with parents, too!



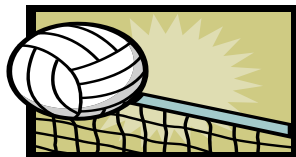
## Eye Care

- **Harvard Square Eye Care** [www.harvardsquareeyecare.com](http://www.harvardsquareeyecare.com)
- **Vizio Optic** in Brookline [www.VizioOptic.com](http://www.VizioOptic.com)



## Prescriptions

- **Rite Aid.** Located next to Whole Foods on River Street. Filling a prescription here takes over half an hour. The staff is not friendly. When asked questions they were unable to give me an answer, referring me to my physician for further questions.
- **CVS.** Harvard Square on Mass Ave and Central Square on Mass Ave.
- **Walgreens.** Central Square on Mass Ave.
- **Holyoke (HUHS)** Located on the bottom floor of the Holyoke Center. They will deliver refill prescriptions to Cumnock on campus as well.



## Gyms

- **Shad.** No child care, but very convenient.
- **Newton YMCA.** Right off 90 with free child care. I use the YMCA in Brighton (Oak Square YMCA). Very affordable and it's been so wonderful during the winter months. Child care is free (although they aren't very interactive with the kids). The classes and equipment are great. The best part for me has been having a place on a *daily* basis to take my (20 month old) son to get out of the house. We go swimming in the heated kiddy pool at least once a week, there are toddler play hours in the gym with mats/hula hoops/etc., and family gym time where we go play basketball. Perks: Very affordable, free child care, able to work out while not being dependant on when my partner is home, something to do with my son every single day while cooped up in the winter months! Downsides: Daycare is not super interactive with the kids (I know Boston Sports Club's child care is really great, but you have to pay for it, and they don't have all the things for kids to do, so it really just depends on what you are looking for).

- **Gold's Gym, South Boston.** Also free child care.
- **Wellbridge Athletic Club.** Charles Hotel at Harvard Square. Have given discounts in past for HBS partners.
- **Healthworks Fitness for Women.** Great childcare. Located in Porter Square. All women's gym, great child care, rates are about \$90 plus childcare at \$3 for 30 min. Have to make childcare reservation 24hours in advance
- **Super Fitness.** Watertown, near Target. They have an in-house daycare available for \$6 an hour. The gym membership rates are reasonably cheap for the area and they have a women's only section in the gym. Just know before checking it out, it isn't exactly the newest gym around. Make sure you shop around first. 617-923-4441
- **Boston Sports Club.** Boston Sports Club - Central Sq. I think the rates are around \$60-\$70/month plus childcare. However, the childcare in Central sq is unreliable. Boston Sports Club - Watertown. - Great club, great childcare. Rates \$60/month plus childcare. They have a package of \$30/month unlimited childcare.
- **Athletic Centers of Harvard** Register at the swimming pool across North Harvard St., it gives you access to all the athletic centers of Harvard, and you just need your student's ID and your partner's ID. Not only you can swim and do gym but they have yoga classes and things like that not expensive at all. Just near the campus!
- **Bikram Yoga Harvard Square.** Its \$130 for 10 classes with your Harvard ID.



## Moving to Boston

- Carry a little sack of quarters in your car at all times for meter parking.
- Get an EZ pass!!! <http://www.masspike.com/travel/fastlane/index.html>
- Read the signs carefully before parking. You will get a ticket.
- A good walking stroller, it doesn't have to be expensive but you will walk A LOT here. "I bought a Phil and Teds and love it. I highly recommend this stroller if you have two children." "Most of my friends swear by the Phil and Ted Stroller for easy pushing since you will be doing lots of walking" "I know a couple girls with Bob strollers and they seem happy with them." "Because I walk 1 mile to campus regularly, I bought a sports/jog stroller to maneuver the sidewalks. Boston is an old city, and many times the sidewalks can be hard on strollers. with the jog stroller I haven't had a problem." "If you have more than one child, Phil &Teds is the way to go. I have a Combi model that is fantastic. It is lightweight and folds up nicely. I know lots of people love their McLaren strollers, too.
- "A bundle-me type stroller blanket is fantastic for the winters. Check the internet for toddler sizes." "The JJ Cole Bundle Me's are great for the winter to cover up your baby in their stroller or baby carrier"
- A baby carrier is a must (because in the winter the sidewalks aren't convenient for walking because of snow and ice) Many moms here use the Ergo, but there are tons on the market right now. Ergo Baby Carrier If you're considering a new baby carrier for your infant or toddler, you may want to check out this one - [www.ergobabycarrier.com](http://www.ergobabycarrier.com) . Many HBS and Boston moms have found this to be a staple of city living with all the walking. It's a great alternative to the stroller.
- I use yelp.com all the time. It's a great resource for anything you need. People review stores, restaurants, doctors etc.
- Boston Magazine, I recommend subscribing. Lots of neat articles about the area.

- **Moving Vans.** Cambridge residents can reserve a space in front of their building for moving vans. This is highly recommended; ask your moving company if you need to do this or if they take care of it. The online permit application must be submitted 4 days prior to the move date. 617-349-4721. For getting to Boston, we rented a Penske truck. They have the best prices because they have unlimited mileage. Two of my friends have used them as well to move and have not had any complaints. Oh, and if you live on campus, you can borrow a dolly from the housing office to unload your truck. And if you need some help moving things, a friend of ours recommended Boston Small Haul. Basically I couldn't lift my TV and couch without help, so we arranged for them to help us for like 20 or 30 minutes. The prices are pretty reasonable. The guy that helped us was named Matt. You can email them at [bostonsmallhaul@gmail.com](mailto:bostonsmallhaul@gmail.com) or call at (617) 877-4945.
- I would say also that it is very helpful to register on the cambridgefamilies and harvardparents email lists (to subscribe to this one : <http://lists.hcs.harvard.edu:80/mailman/listinfo/parentsgroup-list>) so you can buy and sell things for children in the area, exchange ideas and tips with other parents by email.
- There is also a cambridge center for families that organizes free activities and parties for children, I appreciate their newsletter too. <http://www.cambridgema.gov/DHSP2/families.cfm>
- One thing that I wish I had brought with me was my bike. I donated it to charity before I left California thinking that I would never ride it out here because of the weather. I would have used it so much that I am thinking about buying one. There are tons of places to lock your bike on campus, and there are even storage garages on campus to lock your bikes up during the winter months. The streets aren't that wide for bikes, but there is the bike path along the Charles that is great.
- I wish I had known about when I first got here is that Harvard Sq has a lot of fairs and events so keep an eye out for what's going on - they are really entertaining.
- Get a public library card. You can then reserve passes to local museums, such as the Aquarium and Children's museum for extreme discounts.



## Tips for HBS

### Typical Week

**M/W/F-** Students meet with their learning team around 7:30am. Classes start at 8:40 and finish at 11:40 they have a lunch break until 1:10 and finish the final class at 2:30pm. They have 3 classes and 3 cases on these days. Cases usually take about 2 hours each to prepare.

**T/TH-** Students meet with their learning teams around 8am. Classes start at 8:40 and finish at 11:40am. They have two classes and two cases on these days.

- “We found it really helpful for me to leave the house for a few hours every weekend so that he could focus on homework... and I can always kill 4 or 5 hours walking around a mall.”
- My husband would spend every afternoon in the library and come home at dinnertime. Saturday was our day. Sunday he would spend a few hours in the library mid-afternoon.
- We struggled at first because my husband wanted to do everything and be everywhere. It takes most of the first month to get into a rhythm that works for both of you.

- Advice for working partners: Don't worry about all of the events you are missing during the day. There are plenty of things that will come up on nights & weekends to meet people.
- Live close to campus. We lived a few miles away and always had to drive in to school. We missed out on a lot the first year. Moving closer to school for our EC year was a great decision.
- Your students will be very busy, and in the beginning there is an adjustment period while your student learns how to study via case method and you learn how to be a mom and an HBS partner. Build relationships with other moms; get involved, that will be your saving grace! HBS is a great place to meet people, enjoy being in a new city and all that it has to offer.
- [www.hsspa.harvard.edu](http://www.hsspa.harvard.edu), useful website for all Harvard students and partners.
- Don't get too worked up or too stressed out about the overwhelming amount of things going on that first month. Just know you can't do it all, so don't even try. There will be so much going on, so you've just got to pick and choose what is the most important.
- There is a post office and fed ex in the basement of Spangler. They notarize too. I think the post office closes at 3 or 4.
- You get a 15% discount at the HBS co-op (pronounced coop or co-op) but not at the Harvard Square co-op.
- **Harvard ID Cards.** If your student is in Analytics, you will both get your ID cards during Analytics registration in August; everyone else gets their Harvard ID card during registration in September. One thing that is kind of a gripe about HBS is that if you get here early, they won't let you use the gym or give you access to the buildings like Spangler or the Baker Library. I was able to talk my way into Baker Library without a card because I wanted to use their databases to do a job search. They have good references for companies that you are interviewing at. And they won't let you use Shad until classes start, which is a bummer because that is one thing I would have definitely used a lot when I got here because I had a lot of free time.



- I think this is really hard w/a baby - I wouldn't recommend coming without a car, although I live in Allston instead of Cambridge. The T is so crowded and I find that I'm always picking up colds when I ride it that I wouldn't want to expose my little one to.
- We moved here without our car. Public transportation was okay but plan for extra time. With one child I felt comfortable riding the T. With the birth of our second daughter I felt I needed my car again. Bring hand sanitizer. My daughter got a cold after every trip on the T even during the summer months. There are plenty of taxis around town in case a T stop isn't nearby. Lots of people belong to zipcar although I haven't had any experience with them. If you are traveling with strollers on the T you need to plan your stops carefully. Not all stops have elevator access. Read the map ahead of time. This saves you carrying a stroller and a child up the stairs.
- I found Zipcar [www.zipcar.com](http://www.zipcar.com) a great way to get around for someone who has no car. It is good and works also for internationals who do not have a US drivers license.
- [Mbtta.com](http://Mbtta.com) is the website for all of Boston transit. The T is the subway, and goes to a lot of locations. There is a redline stop in Harvard Square and in Central Sq, both within walking

distance of campus. Bus lines are easy to access and run by school and throughout Cambridge. Can also use [zipcar.com](http://zipcar.com) to rent a car when you need it.

- We have a car and are SO happy that we do. My advice is that if you have the option to bring a car, bring it. We did not register our car to MA, but we might in the Spring when the weather gets better. It only costs \$8 and then you can park on the street but ONLY in the town that you register the car to. Since we did not register our car to MA, we park our car in the University Garage across the street from Charles Hotel. It is \$105 per month for over night parking (out by 9 in after 5) and weekends. It is the best \$100 we spend - when it snows it is the most amazing thing!!!!!! We never have to dig out our car and never have trouble finding a place to park it.

### Registering Your Car in Boston

- “Your insurance broker can take care of the car registration details with you to keep you from running downtown”.
- “Our insurance did the paperwork but still required us going to the DMV. Make sure you take the correct paperwork. They need proof of residency and partners’ names are not on the lease. You can’t print a bill off the internet either.”
- “Massachusetts requires all Graduate students to have their car registered in state and to have a Massachusetts driving license. You have 30 days to obtain these.”
- Please refer to the MA Registry of Motor Vehicles (RMV) website for more details: <http://www.mass.gov/rmv/regs/reg2.htm>
- It is not easy and if you are missing a single document, you are turned away. Read the website and be well prepared!

### Licensure

- The DMV is located in the Watertown Mall (by Carter's next to Target). Check out the website before going! <http://www.mass.gov/rmv/>
- You will need your Social Security Card: A document proving your date of birth; A document proving you are a resident of Massachusetts (remember your name is not on the lease if you are a partner); A pre-existing document containing your signature (your current license).

**Shuttle Bus.** <http://www.uos.harvard.edu/transportation/shu.shtml> Call 617-495-0400 for schedule information, or pick up a copy of the current schedule at the Information Center in Holyoke Center. Taking the SFP shuttle bus in the morning is great if you live on campus and need to get to the Harvard Square T station. It leaves every 20 minutes in the morning. The biggest problem that I have with the shuttle is that sometimes during the week they go on "holiday or weekend" schedule and run only every 40 minutes. They don't do a good job of communicating when those days are. But I guess a good rule of thumb is if the business school is off, you better check to see what schedule the bus runs. Also, in between Christmas and New Years, the bus doesn't run. If you have a Blackberry, Iphone, or other web-enabled phone, you can see exactly where the bus is on the route. Go to [shuttle.harvard.edu/m](http://shuttle.harvard.edu/m) You can also get some info on their website. It generally takes me about 40 minutes door to door to get from the taxi cab stand on campus, to my office downtown which is on Atlantic (7 minute walk from South Station).

**Harvard Evening Van Service.** 617-495-0400. Will operate from 7:00 p.m. to 3:00 a.m. nightly. Last call received at 2:30 a.m.

**Mechanics.** We used the Shell station over by Trader Joe’s. The guy seemed honest and didn’t charge us to look at the car. We would go back there again.

# Shopping



## Furniture

- **Ikea.** Stoughton, MA 02072
- **Crate and Barrel.** (Central Square) Mass Ave
- **BedWorks.** (Western Ave in Central Square) Futons and cheap bedding.
- **Basic Carpet and Furniture.** (Mass Ave near Central Square) Great deals on furniture and area carpets! In the basement so it's easy to miss. No elevator, must walk down a flight of stairs.

## Hardware

- **Dickson Brothers True Value.** (Harvard Square) Brattle St.
- **Economy True Value.** (Central Square) Mass Ave.
- **Pills Hardware.** (Central Square) Mass Ave.
- **Home Depot.** Watertown.

## Others

- **Target.** Located in Watertown.
- **Downtown Crossing.** Bigger department stores. Huge H&M with kids clothes.
- **Everett Mall.** (Target, Costco, Home Depot, Babies R Us, Michael's)
- **Arsenal Mall.** on Arsenal st. in Watertown. It's right across from Target and the Carter's outlet. I know it's not anyone's first choice for malls, but it has an Old Navy, a Marshalls, a Filene's Basement and a Gap Outlet in it. And they just opened a HUGE forever 21 in there. It's rarely crowded and the parking is free. True it's not the most glam mall, but they have those four stores all together and it's smaller so you don't have to walk as much and it's never crowded like Cambridgeside. It's probably walkable from campus too. And it's right by the Carter's outlet that has the best deals ever! Plus Stride Rite children's shoes is located in there.
- **The Barn.** Great choice and they measure the feet. Service could be better.  
[www.thebarnfamilyshoestore.com](http://www.thebarnfamilyshoestore.com)
- **TJ Maxx.** In Fresh Pond Mall is closest but a larger store is near the Christmas Tree Shop in Everett.
- **Sam's Club.** Located in Worcester and Plymouth.

## Malls

- **Natick Mall.** (about 20 miles away). Plain and simple, I LOVE this place! They have everything covered between the mall and Shoppers World right behind it. 20 minute drive on 90 West to a Natick exit. A mix of regular mall stores plus higher end stores, they have a great indoor play area for kids near the food court, it has a Nordstrom, and they recently opened an American Girl Doll store. the Natick Mall - its not that much further than Chestnut Hill and it is WAAAAAY bigger!
- **Burlington Mall.** (about 25 minutes away). Nice shopping. Great play space for kids and great stores.

- **Cambridgeside Galleria.** Cambridgeside Galleria is probably closest to campus, no play space, and only one main Elevator, so can be tricky for strollers. But they have a cheap parking garage, and some kid stores
- **The Atrium.** (Higher end) Chestnut Hill Atrium is fabulous. They have a children's/parents' room on the top floor to play, feed, change etc. They have Janie & Jack, Gap Kids, Pottery Barn Kids and I think a few other kid stores. Parking is free.
- **Chestnut Hill Mall.** Across the street from the Atrium. Bloomingdales is the reason to go, but it has some other high end stores.
- **Prudential Mall/Shops at Copley.** (Downtown. The Lord and Taylor usually has a large selection of dresses for occasions)

### Outlet Malls

- **Kittery Outlets.** In Maine and visit Bob's Clam Hut while you are there.
- **Wrentham Outlets.** 45 minute drive. A great outlet!

### Must See and Shop

- **Newbury Street.** Really fun shopping, not super stroller friendly (lots of stairs). A fun place to shop when its nice outside but can be miserable in the cold.
- **Faneuil Hall.** This is really fun on nice weekend nights. There are often street performers. Watch for news of festivals
- **Charles Street.** Quaint boutiques & bakeries in an old Boston neighborhood. NW corner of Boston Common. Fun to stroll along and window shop.
- **Brookline @ Coolidge Corner** is great. Check out Magic Beans - great kids stuff and supplies

### Maternity Stores

- **Wild Child.** (Mass Ave in Arlington) Mother and Child clothing.
- **Helena's.** (Arlington Center) Maternity clothing.
- **Isa Maternity.** (Brookline) is a great resource if you are expecting a baby or have a new baby. They offer lots of prenatal and postnatal classes. I love Isis Maternity for developmental classes and for shopping. There's a new one at the prudential center (and if you spend \$5 at the Prudential center, you can get a huge discount on parking if you get your ticket stamped). I also like the Isis Maternity in Brookline. You can also validate parking there for \$5 off the garage rates. Both locations are right off the green line.

### Children's Stores

- **Kid to Kid.** (Natick) Used children's store.
- **Carters** (Next to Target in Watertown Mall) Children's clothing
- **Children's Orchard.** (Brookline) Used children's store.
- **Wild Child.** (Arlington) cute clothing.
- **Magic Beans.** (mbeans.com) Great for gear. Toys are fun, but pricey. Also have toys in the back of the store if you need somewhere to play on a cold day.
- **Stella Bella.** (Inman Square and Porter Square) Also offers play area, music classes, story hours.
- **Red Wagon.** (Beacon Hill).
- **Lester Harrys.** (Newbury Street) Pricey but so cute.
- **Curious George Book Store.** (Harvard Square).
- **Concord Toy Shop.** Concord MA.
- **The Construction Site.** Waltham MA.

- **Henry Bear's Park**, a couple locations. Very Cute. Friendly staff.

## Spa/Hair/Nails



- **Avanti Salon** 11 Newbury Street, Boston, MA 02116-3151, (617) 267-4027  
*www.avantisalonboston.com*
- **Bella Sante.** (Newbury)
- **Athena Aveda Salon.** (Copley Square; Olga is fabulous for a haircut or color, but be prepared to pay \$60+. Kim is also good.)
- **My Nails.** (2 spots, one across from Prudential Mall and one in South End – best and longest lasting pedicure I have had in Boston).
- **Giacomo & Rondi.** at Kenmore.
- **Beaucage on Newbury.** I know a lot of girls who use this place. We all go to Vivienne. It's expensive, but she does a great blonde highlight.
- **Aveda Salon.** Harvard Square. I get my hair cut there. I've heard they do a nice job for nails. Pyara in Harvard Sq is an Aveda Salon that people really seem to like.
- **Snip-It's.** in Shoppers World in Natick. Just walk-in while you are out shopping for the day. It's a great place just for kids.
- **Salon Cu.** A little off the beaten path in Sommerville, but very reasonable for women's cuts & color.
- **Sasha's Salon.** (Arrow Street, Cambridge)
- **W Salon** 169 W. Springfield Street # A, Boston 02118. Ask for Will. It's a great African American hair salon.
- **Carriage House** On Church Street for a wax. They are amazing!
- **Diego's** ask for Renee, she is great and has been there 15 years.
- **Perfect Tan** located in Allston. Recommended for spray tans!

## Dry Cleaners and Tailors



- **Flint Dry Cleaners.** Overpriced, but I keep going back to b/c they are the closest ones.
- **Bush Dry Cleaners** 617-492-2874 **Free Pick up and Delivery. Very easy to work with!**
- **On Campus Dry Cleaners (SFP 1, near daycare)**
- **Zoots Dry Cleaners.** Porter Sq, they've always been great and give out good coupons
- **Erin's Cleaners on Ellery & Mass in Harvard Square.**

- **Dry Cleaner (Cambridge cleaners).** on campus: SFP Building 1 (next to the preschool playground) open Tuesdays & Thursdays 7:30pm-9:30pm, and Saturdays 2:00-4:00pm drop off Tuesday night - pick up Thursday night.
- **Rizzo** for my tailoring - he is pricey but really excellent. He custom makes suits so he really knows what he is doing and takes care in his work. He also sews the original hem back on jeans.
- **Hillside Cleaner** - they do same day dry cleaning for no additional charge (a life saver during recruiting season) and I think they are the cheapest in Harvard Sq.

## Babysitters



- There are various ways to find a good babysitter in the area. I recommend using the Harvard Employment Website, where Harvard students only (both undergrad and graduate students) have access. You post a “babysitter wanted” job listing and the students will contact you. Some students looking for jobs will post their own bio’s and you can contact them. I have a great packet that helps you out in the process of hiring a babysitter including specific questions to ask. There are babysitter websites you can look at online and word of mouth once you get here is also a great way to find a sitter.
- Try to find babysitters through your church. Do swaps with friends who live on campus with you. I know people who love using the online site City Sitter
- Sittercity.com can be a good resource, but may take some interviewing to find the right person. Many people found sitters through their church, then usually by word of mouth around campus. Sometime other section mates are willing to babysit too...
- Care.com and sittercity.com. You want to check with the references and do your own testing, these websites are not agencies, so anyone can offer services in there
- [www.personallypaired.com](http://www.personallypaired.com)

## Cleaning Ladies.



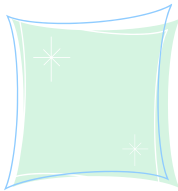
We love our cleaning lady, Reina Carvajal. She was recommended to me by another Harvard mom. She works with her husband and they're quick and thorough. We have a 3 br/2 ba apartment and they charge us \$90 to clean it. She speaks English and Spanish.

## Parks



- **Bergin Playground.** Haskell Street. I've heard good things, but haven't been.
- **Cambridge Common playground.** Mass Ave. and Garden Street, north of Harvard Square.
- **Copper Playground.** Hancock Street. Spray pool in summer.
- **Corporal Burns Playground.** near Peabody Terrace. Sprinkler in the summer for kids.
- **Trapelo Road Playground.** Belmont. Spray pool in summer.
- There is a great little park over by the Honan Allston Library. It's just down one of the side streets right next to the library. It's a hidden gem. When it's warm my kids and I like to pick up donuts from Dunkin Donuts and then head over there to eat them and play.
- New park on the corner of Western Ave and Memorial. Should be completed by summer
- **Southwest Corridor Park.** Lots of playgrounds, 2 spray pools.  
<http://www.mass.gov/dcr/parks/metroboston/southwestCorr.htm>
- **Hoyt Field** at the end of Gilmore St, on western Ave, lot of sand, quiet and sunny, far from the street, I love it.
- **Dana Park,** very famous, need to be mentioned.
- Map of all Parks in Cambridge. <http://www.cambridgema.gov/cdd/cp/parks/osmap.pdf>

## Pools



### *Outdoor*

- **McCrehan Memorial Swimming and Wading Pool,** Cambridge
- **Tufts Pool, Medford**  
[http://www.medford.org/Pages/MedfordMA\\_DPW/parks/2008poolpass](http://www.medford.org/Pages/MedfordMA_DPW/parks/2008poolpass)  
This is last years information. Check for 2009 pool hours.
- **Veterans Memorial Swimming and Wading Pool, Cambridge**  
<http://www.mass.gov/dcr/recreate/pools.htm>
- **Magazine Beach outdoor pool.** Free public outdoor pool off Memorial Drive.

### *Indoor*

- **War Memorial**  
<http://www.cambridgema.gov/DHSP2/war.cfm?tnltext=War%20Memorial%20Recreation%20Center%20Home%20Page>
- **Wellbridge Athletic Club**
- **YMCA.** Central Square. They offer child and adult swim lessons for non-members.

# Restaurants

Boston Magazine publishes a list of the top 50 every January

## Dessert ■

\* **Figs** (Charlestown): The best dessert in Boston. It is heaven in your mouth – White chocolate caramel bread pudding

\* **Olives** (Charlestown): The second best dessert is 1 block from Figs. There is actually a tie for second -- Fallen chocolate cake and the Vanilla bean soufflé \*Both restaurants also have good food, but I have been known to go just for dessert (and sometimes have dessert at one place and then walk down and have dessert at the next place). Figs is a pizza/pasta place, child-friendly, and decently priced (with dessert, about \$15/person if you do pizza). Olive's is fancier and probably less child-friendly, kind of American gourmet, entrees in the \$20-30 range. Parking is somewhat hard to find, but still doable, and Olive's has valet.

\* **Finale** (Harvard Square) Great dessert place in Harvard Square.

\* **The 4 Season's Dessert Buffet** (with a view of the Boston Public Gardens): A must-do while in Boston (not really child-friendly). Friday and Saturday nights from 9 pm-midnight. Cost is around \$25/person but totally worth it. This is a really fun thing to do with a group.

\* **The Langham chocolate buffet** (downtown Boston): Child-friendly, and is Saturdays from noon-3pm; cost: \$35/adult, \$17.50 kids 5-12, free for 4 and under. Not as good as the 4 Season's, but still nice.

\* **Burdick's Chocolate** (Harvard Square) Great hot chocolate and treats.

\* **When Pigs Fly Bakery** (Davis Square) Great Bread.

\* **Peaches Bakery** [www.peachesbakery.com](http://www.peachesbakery.com) Gluten Free Bakery.

\* **BerryLine Frozen Yogurt (Harvard Sq)** <http://www.theberryline.com/> 1 Arrow Street, Cambridge. BerryLine proves that science is the profitable way to go (ha!) as it was started by two Harvard/MIT Biology postdocs. BerryLine opened in September 2007 on the corner of Arrow Street and Mass Ave. This little, unassuming place offers “the real deal” – *real frozen yogurt*, not the tasteless fro-yo dished out by most places as a “healthy dessert alternative” (though BerryLine's is low in fat). BerryLine's fro-yo is refreshing, creamy, and has the true tangy flavor of yogurt. There are always two or three different options for fro-yo flavors, with one being original (pure and unadulterated) and the others being fruit- or candy-flavored. Numerous fresh fruit toppings are available from classic raspberries and mangos to more exotic fruits such as gold kiwi. BerryLine also offers many other toppings including various candies and crushed cookies. The original yogurt flavor paired with gold kiwi and graham crackers is sweet, heavenly-tasting, and a perfect way to end your day. And unlike in the Seinfeld episode, BerryLine's fro-yo actually has no fat and very few calories.

\* **Christina's Ice Cream (Inman Sq)** <http://www.christinasicecream.com/> 1255 Cambridge St. There is a plethora of ice cream stores in Boston, so it can be overwhelming to find the most delicious ice cream place. Christina's ice cream store is an excellent choice for fine ice cream dining in the city. What you will find here is fresh homemade goodness that bursts with authentic flavors. The chocolate mousse ice cream has the same rich and chocolatey flavor of the confection, and the pink grapefruit sorbet tastes like a frozen, juicy grapefruit. The many flavors available range from the ubiquitous choc chip cookie dough (which is pretty amazing) to herbal chai spice to wild turkey & walnut (let me know if you try this one...). The quality of Christina's ice cream is well-known, so there is often a long line even in the middle of winter. Don't worry, though, because the attendants at the store provide fast scooping service. Remember to bring cash; credit cards are not accepted.

## Pizza ■

\* **Emma's** (MIT/Kendall Square): Favorite "upscale" pizza. The staff is fantastic, and the food is delicious. I highly recommend #16.

\* **Figs** (Charlestown): Also really good.

\* **Galleria Umberto** (North End): Another must do. This place is only open for lunch. I think it opens at 11am and closes when the food runs out (seriously). Definitely show up by 12:30pm, otherwise some of the best stuff may be gone. This place is super cheap. The pizza and arancini are so tasty (as is the football shaped thing I can't recall the name of). The line will look long, but it moves quickly. Definitely child-friendly. You can take the T, but parking isn't too bad. The signage for the place is almost non-existent, so if you can't find it (it's near Mike's pastries on Hanover St), just ask around.

\* **Pizzeria Regina** (May locations all over Boston): Great Pizza, free parking in Everett

\* **Upper Crust** (Coolidge Corner, Newbury St, Beacon Hill, Cambridge): Delivery!

\* **Zing Pizza** (Porter Square) Offer gluten free pizza

## Thai ■

\* **Chili Duck** (Boylston, right across from the Prudential Mall): Far and away my favorite. Their yellow curry and mango sticky rice is oh-so-good. Prices are very reasonable, and parking isn't too bad. Definitely child-friendly. Also does take-out.

\* **Rod Dee's** (one near Fenway, one is Brookline): Good and cheap, but not so child-friendly due to the lack of seating. The Fenway location has just one or two tables inside, and then a bunch of picnic tables inside. This little place is about as close to Thai street vendor food as you will get in Boston (and if you didn't know, most of the best food in Thailand is sold by street vendors). The Pad-See-Ew is definitely authentic with wide rice noodles that are slightly browned on the outside yet tender on the inside, and the Rad-Nar has a rich, flavorful sauce that gives the dish its signature style and name. Rod Dee also has tasty snacks and desserts in little containers at the counter that can be hard to find elsewhere. The dishes are generously portioned and low in price – Rod Dee is definitely the best value for *good* Thai food in the area. Another nice attribute of Rod Dee is that it is right across the street from Trilogy and offers delivery for those people further out. There are very few tables at this place, so plan to take-out or get delivery. \*Note: I don't recommend the 1430 Beacon Street location. My husband and I were disappointed by the authenticity of the food when we went there.

\* **Brown Sugar Café** (BU, Fenway): Good Thai, delivery.

\* **9 Tastes** (Harvard Square): \$2 Delivery

\* **Spice** (Next to Holyoke Center) Delivers. Good Thai.

\* **Montien (Theatre District)** <http://www.montien-boston.com/Findex.htm>

63 Stuart Street, Boston (3 minute walk from the Boylston T stop). This Thai restaurant provides authentic food, generous portions, and excellent variety. Montien offers what they call the "traditional" or "Thai" menu, which consists of a number of flavorful and intriguing dishes that are difficult to find in the U.S. Make sure to ask for it when you go (as it is a separate menu from their regular menu). Here are some highlights from the Thai menu: Kra-thong-Tong (Golden cups) appetizer, a tasty chicken, vegetable, and herb filling in a crispy pastry shell; Cow-Moo-Dang, a classic roast pork and rice dish with a sweet and tangy red sauce; and Yum-Pla-Duke-Foo, a savory salad topped with delicately crispy minced catfish. And for the really adventurous, try the Goong-Cha-Nam-Pla (raw shrimp served in lemon juice, Thai hot peppers, garlic, ginger, and fish sauce); it is *extremely* spicy and showcases the number one rule of Thai cooking: perfect balance of sour, salty, spicy, and sweet flavors. \*Note: The Thai menu is *not* offered at the Inman Square location.

## *Mexican* ■

\* **Anna's Taqueria** (Porter Square, Brookline, Brighton): Cheap, child-friendly Mexican. The Porter Square location has parking (behind the restaurant).

\* **Casa Romero** (Newbury Street): More expensive, fancier Mexican. It has a really cool atmosphere and good food.

\* **Ole Mexican Grill** (Inman Square): Heard good things, but have not been there.

\* **Zocalo Cocina Mexicana** (Brighton and Arlington). Not as casual as Ana's or as fancy as Casa Romero but good food, reasonably priced, and child friendly.

\* **Picante** (Central Square) Child friendly, good Mexican

\* **Rudy's** (Somerville) Recommended by a local family.

\* **Taqueria la Mexicana (Union Sq)** <http://www.cantinalamexicana.com/>, Somerville. Most people do not think of Mexican food when talking about the Northeast. However, they will be surprised to find that there is decent Mexican food in Boston. Taqueria la Mexicana serves up some respectable south-of-the-border fare for an affordable price. Their homemade tortilla shells are flour-based, fluffy, and fresh; and they are coupled with authentically spiced meats, crisp vegetables, and tasty sides such as rice, beans, and pico de gallo. You can get any combination of your favorite Mexican foods so don't feel overwhelmed by the large menu; the Mexican Combo Plate is great since it comes with two tacos, two enchiladas, and 2 tamales in your choice of vegetable or various meats. Go for the burrito if you're really hungry since they are very large and quite filling. Additionally, the homemade horchata and other drinks are refreshing and go nicely with your meal. Tacqueria offers both an informal dining area for a quick bite to eat and a fancier cantina for more leisurely meals.

## *Tapas* ■

\* **Dali** (Inman Square): My favorite. I would say it is so-so on the child-friendly front. Good food, really fun, eclectic atmosphere.

\* **Cuchi Cuchi** (a few blocks from Central Square): Also tasty. Not really child-friendly. Italian (of the non-pizza variety)

\* **Taranta** (North End): Italian-Peruvian, but has plenty of plain-old Italian dishes. You could take kids, but it wouldn't be the easiest thing you've ever done.

\* **Sage** (South End): So delicious. Also expensive, and not child-friendly. I would try to work this in at least once before you leave Boston.

\* **Jojo Taipei (Allston)** <http://www.jojotaipeiboston.com/> Allston

This restaurant opened recently in June 2008 and has caused quite a stir among Boston foodies. Be prepared to wait in line for a table as news has spread like wildfire about this place! Jojo Taipei's soup dumplings (mini steamed buns) arrive at the table piping hot and smelling yummy; make sure to eat them quickly since they are best when hot (and here's a trick to eating soup dumplings: bite a little hole in one side of the dumpling and suck out the soup so that you won't burn your mouth eating the dumpling). At Jojo Taipei, the servers begin the meal with small dish appetizer offerings; don't worry about the names of the dishes, just point at what looks good and take it from the tray (the beef tendon has excellent flavor and texture, and the shitake mushroom and mock duck is quite tasty). However, please be aware that you do still pay for these appetizers. From the menu, the braised pork with steamed bun appetizer has a savory pork filling inside a delicate and fluffy bun wrap, and the three cup dishes have a very authentic flavor. As with most Asian cuisines, family style dining is the way to go here. The restaurant can be loud at times, but it's a small price to pay for amazing food.

\***Small Plates** Another favorite for tapas.

### *Italian* ■

- \* **Basta Pasta** (Western Ave, about a block across the bridge): Hole in the wall, but great home made fusilli.
- \* **Giacomos** (South End, North End): Great pasta, very busy. Weeknights are better than weekends, but just be sure to arrive early.
- \* **Lola** (Natick) Frozen entrees to go. Great gluten free pasta dishes.
- \* **Carlo's Cucina Italiana (Allston)** <http://carloscucinaitaliana.com/> 131 Brighton Ave, Allston  
Looking for good Italian food at a decent price? Well, it's not easy to come by in the North End, but you can find it in Allston. Carlo's Cucina Italiana has a solid array of pasta courses with vibrant, homemade sauces and even some homemade pastas (their fusilli is very fresh and flavorful). Their entrées are classics and competently executed. Sadly, the bread leaves something to be desired, but overall the quality of the meal is high and the value is unbeatable for Italian food in Boston. Save the trek to the North End, and dine at Carlo's if you're in the mood for good Italian.

### *Seafood* ■

- \* **The Naked Fish**. A few locations to choose from, all out in the suburbs, and thus have plenty of parking and are child-friendly.
- \* **Atlantic Fish Co** (Boylston). A bit on the fancy side, such that kids would be fine at lunch, so-so at dinner.
- \* **KingFish Hall** (Faneuil Hall): Child-friendly.
- \* **B&G Oysters** (South End). Parking is difficult, so be willing to valet. So-so on the childfriendliness.
  
- \* **The Black Pearl**: (Newport, RI) It is SO GOOD but is out in Newport, RI. The restaurant has 2 sections; one which is average on the child-friendliness, the other requires nicer clothes and doesn't allow children. They also have a patio, which is super casual.
- \* **Legal Seafood** (Kenmore Square) Gluten free menu. Good seafood.
- \* **Alive and Kicking: Louie's Seafood** (Putnam Ave, near Whole Foods) Live lobsters. Will cook them on premise if you order ahead. Take away only, no seating available. Great when family is in town but you don't want to go out.
- \* **Woodman of Essex** (Essex, Ma) clamshack. Great food. Kid friendly

### *Sushi* ■

- \* **Kotobukiya** (Porter Square): Cheap, quick sushi. Does take-out. There are no tables, just a few seats at the bar, but it is good bang for your buck. It is located in the mall with the City Sports and Bally's.
- \* **Oiishi** (South End and Chestnut Hill): More expensive
- \* **FuGaKyu** (Brookline)
- \* **Jae's** (South End and Back Bay)
- \* **Super Fusion Cuisine (Washington Sq)**, Brookline. Sushi is always on the higher end of the price spectrum, but Super Fusion Cuisine offers excellent quality sushi that's even affordable for grad students. The fish is always fresh, and, if you ask, the servers will tell you what fish is freshest (and tastiest) that day. The combinations of flavors offered in the maki (rolled sushi) are very creative, so be sure to try some. For example, the Double Plus maki is rolled shrimp tempura topped with torched chu toro, which results in a scrumptious taste and a nice crispy texture; and the Baked Yellowtail maki is a mouth-watering blend of snow crab, tobiko, yellowtail, and avocado.

Don't forget to save room for dessert: the fried tempura ice cream is amazing here. This confection is ice cream wrapped in a layer of Japanese-style sponge cake, dipped in a tempura batter, lightly fried, and then topped with whipped cream, cherries, and cherry sauce. Even if you don't like sushi, go to Super Fusion Cuisine just for this dessert.

\* **Takemura**

*Indian* ■

- \* **Tanjor** (Harvard Square): Free Delivery
- \* **Punjabi Daba** (Innman): Great take out
- \* **Café of India** (Harvard Square) Highly recommended

*American-ish* ■

\* **Stephanie's on Newbury**: I love this place. Great location, fun atmosphere, good food. A great place to take visitors. Lunch and dinner, and home of very tasty crab cakes and lobster pot pie.

\* **Abe & Louie's** (Boylston): Same owners as Atlantic Fish Co. Great spot for brunch. On the expensive, fancy side for dinner. I've taken kids there for lunch with no problems.

\* **Mr. Bartley's** (Harvard Square): This place makes great hamburgers. Very casual (you sit at picnic-like tables next to everybody else) and sometimes crowded, but tasty and within walking distance. If you're going to get a burger, Bartley's is the place to go. Their beef is ground fresh daily, shaped into plump 7oz patties, and offered with a wide range of topping combinations and humorous names (try the "Viagra burger", served with blue cheese and bacon). Their fries and onion rings aren't bad, but they can be a little greasy sometimes. If you don't care about fries, you can save a couple bucks by asking for chips instead. The atmosphere is unique with an incredible collection of bumper stickers, posters, and other knick-knacks, that will keep you occupied while you wait for your burger and frappe. Frappe? That's right, frappe. Bartley's frappes (a.k.a. milk shakes) are extra creamy, thick, and wonderfully delicious. They are also gigantic and could be a meal in itself. Come hungry.

\* **Grill 23**: Very pricey, but many believe the Kobe beef is the best in the region.

\* **Darwin's Ltd (Harvard Sq)** <http://www.darwinltd.com/> 1629 Cambridge Street, Cambridge  
There are actually several good sandwich shops in Harvard Square (Oxford Spa and Hi-Rise Bread Company are good, too), but Darwin's is the cream of the crop. Darwin's expertly combines high quality ingredients to form their delicious sandwiches – fresh vegetables, excellent cheeses and meats, and the oft-overlooked but never underappreciated good bread (sadly, even restaurants that share the name, albeit in French, overlook this ingredient). Darwin's also offers a wide selection of mouthwatering desserts and treats, some homemade and others from local confection artisans (try Taza chocolate which has a tantalizing taste and a distinctive texture since it is stone ground). This sandwich shop comes with a coffee shop atmosphere, with young professionals and their laptops or books lining the windows.

\* **High Rise Bread Company** A favorite for sandwiches

\* **The Market** Another favorite for sandwiches.

*Breakfast/Brunch* ■

\* **The Breakfast Club**: Western Ave, left side of the street about two blocks before Star Market.

\* **Zaftigs** (Coolidge Corner): Great breakfast. Also has fabulous Chili.

\* **SanDrines** (Harvard Square) Not child friendly but strong recommend by a local friend.

\* **Upstairs on the Square** (Harvard Square) Not child friendly but good food.

\* **Henrietta's Kitchen**

\* **Zoe's** A shabby diner but cheap and you get lots of food.

### Other ■

- \* **Elephant Walk** (Porter Square, Fenway, and Waltham locations): French-Cambodian. The Nataing appetizer is delicious.
- \* **Aquitaine** (in South End)/**Aquitaine Bis** (Chestnut Hill): Both good, French, and expensive.
- \* **Koreana** (Cambridge): Great Korean food.
- \* **Craigie St. Bistro** (Harvard Square). Very expensive
- \* **Oleana** (Inman Square), also expensive
- \* **Rialto** (Harvard Square), expensive
- \* **Salts** (Central Square), expensive
- \* **Rendezvous** (Central Square), expensive
- \* **East Coast Grill** (Inman Square), moderately expensive (good BBQ & seafood).
- \* **SummerShake** (Allewife) Recommend by local friend. Child friendly.
- \* **Deluxe Town Diner** (Watertown) Child Friendly.
- \* **Bertucci's** (Harvard Square and many other locations) Child Friendly
- \* **Not Your Average Joe's** Child friendly
- \* **Rosie's Bakery** (Cambridge)
- \* **Fore St** (Portland, Maine) Highly recommended.
- \* **Zoe's** (Harvard Square) Child friendly
- \* **Asmara (Central Sq)** <http://cambridge.zami.com/asmara> 739 Massachusetts Avenue, Cambridge. It's easy to miss this place as you're walking through Central Square, but if you look closely, you'll find a wonderful Ethiopian/Eritrean restaurant. Asmara serves its food on traditional woven basket tables, and offers a wide selection of traditional East African dishes. The Injera (a flat pancake-like bread) is homemade and has the characteristic tangy taste of this type of bread. The traditional style entrées (or "wot" as they are called) are served on top of the Injera and are prepared with a distinctive combination of spices and herbs. The Kitfo is particularly tasty if you're ok with eating raw (or very rare) beef. Be prepared to use your hands here; this meal is eaten without utensils.
- \* A great Korean Barbeque place in Davis Square. Lots of fun with a group.
- \* **Dim Sum** in Chinatown. Lots of fun and yummy.

*Lunch spots* ■ The places listed below are great for lunch, and are child-friendly although low on tables. They'd be a fun place to go with a friend if you could pack the kids in a stroller and then go for a walk around the South End before or after.

- \* **Appleton's** (South End): As an FYI (from Laura), they have a big Halloween party with trick-or-treating. Very Fun.
- \* **NaShoba Bakery** (South End)
- \* **Flour Bakery** (South End)
- \* **The Creperie** (Harvard Square): You have to go up quite a few stairs to get in, and the service is slow, but the crepes are good.
- \* **Cheddars** (Fresh Pond Parkway): Try the Chicken Kabob.
- \* **Full Moon** (Cambridge) A great place to take kids. Lots of locals recommend it. Full Moon Restaurant [www.fullmoonrestaurant.com](http://www.fullmoonrestaurant.com) is a great kid friendly place with good food. A play area for kids is provided as are toys and crayons at the table.
- \* **O'Natural Café** (Somerville) A great place to take kids.
- \* **The Neighborhood** (Somerville) A great child friendly place.
- \* **Viga** (there are a few locations, but the one I go to is 133 Pearl St, #1, Boston, MA). Their website is: <http://www.vigaeatery.com/> They are really fast, the sandwiches and pasta are good, and they aren't too expensive. The only thing is, they kind of have a "Soup Nazi" mentality. You

have to know exactly what you want before you approach the counter. They are constantly yelling "Who's next?"

\***Mediterranean Grill** (281 Franklin St (at Battery March St) Boston, MA 02110). I have tried a few things there, like the Philly Cheese Steak, but my favorite is the Chicken Kabob Wrap. They also have a "Soup Nazi" mentality.

\***Sebastian's** (126 High Street, Boston, MA 02228). Again, there are a few locations, but that is the one that I go to. They have a huge salad bar and can put anything in your salad that you want. It is a little pricey for a salad (like about \$9.00), but they have a pretty good selection and the salads are pretty big. They will also give you a little bit of free pita if you ask.

### Tips

- If you have a car, Brookline is really great and has lots of family friendly restaurants, and they're used to kids/baby strollers there.
- **Spangler.** I love eating lunch occasionally at Spangler. Their menus are online which is nice so you can see if you want to go ahead of time. Spangler is really good with kids--they always have high chairs and you can choose anything from milks and juices, to packaged cereals, fruits, and breads. I've heard they have a great Sunday Brunch and a great Sushi night on Tuesday.
- Spangler has two dining facilities. On the main floor is a food court. They offer Breakfast, Lunch and Dinner. You can find a large variety of food options including a sandwich bar, an Asian station, and hot entrees. The Grille is located in the basement. They offer pre – packaged foods and burgers. They also serve beer and wine in the evening. HBS moms frequently visit the Grille for lunch. They offer a large dining room with lots of highchairs.
- [www.deliver.com](http://www.deliver.com) and [www.diningin.com](http://www.diningin.com) two great delivery services.



## Classes for Kids

- **My Gym.** Just opened in Boston. There is also a My Gym in Newton.
- **Boston Gymnastics Academy.** Gymnastics classes. Lots of people just go for open gym (\$5).
- **Tumblekids USA.** Another gymnastics location in Watertown. A bit smaller, but may be less expensive. Tumblekids USA in Watertown offers tumbling or gymnastics classes for your children ages 15 months and up. [www.tumblekidsusa.com](http://www.tumblekidsusa.com)
- **Drama.** ([www.watertownchildrenstheatre.org](http://www.watertownchildrenstheatre.org))
- **Ballet.** ([www.wrightdance.com](http://www.wrightdance.com))
- **Fresh Pond Ballet.** Porter Square.
- **Crimson Kids Ballet.** Inquire about Ballet held on campus thru Crimson Kids.
- **Music Together.** [groovybabymusic.com](http://groovybabymusic.com) is the branch of Music Together in this area. They offer classes all over.
- **Music lessons.** Violin and eurythmics [www.longy.edu](http://www.longy.edu)
- **Swim Lesson.** Central Square YMCA offers swimming lessons for young children from 6 months and up. It is \$80.00 for non-members for 8 weeks of class. [http://www.cambymca.org/aquatics\\_lesson\\_children.html](http://www.cambymca.org/aquatics_lesson_children.html)
- **Swimming** Boston University offers swimming lessons for Toddlers (first course starting at 6 month of age) <http://www.bu.edu/fitrec/programs/aquatics/privatelessons.shtml>
- **Prenatal Yoga** <http://www.fivepointsyoga.com/> I was thinking at my prenatal yoga class last night that it was one of the luckier things I stumbled upon during my pregnancy as it has

been great for working out and meeting other expectant moms and having a little weekly stress reduction. Barrett teaches a class that I go to near Davis Sq and a class that would probably be more convenient for most HBS partners near Central.

- **Beyond the 4th wall** at central square, my son takes an "art class" there for 2 years old, he loves it so much that I regret to leave Boston in June : "With a different theme each week, children will start by creating process oriented art projects such as collages, play dough sculptures, water color silks, and more. After a brief snack and story time, we end the class with singing and dancing in our music and movement section."

<http://www.beyondthe4thwall.com/>



## *Activities*

### **Around Boston**



**Arnold Arboretum** (Lilacs in May) [www.arboretum.harvard.edu](http://www.arboretum.harvard.edu)

**Battleship Cove**

**Beacon Hill/Charles Street** walk, Great trick or treating on Beacon Hill

**Blue Man Group** (student tickets)

**Boston Common/Public Gardens** picnic -The spring is gorgeous. Read "Make Way for Ducklings" over by the duck statues.

**Boston Harbor Islands/Boston Lights** [bostonislands.org](http://bostonislands.org)

**Boston Marathon** (April)

**Boston Pops**

**Boston Public Library** Beautiful architecture

**Bunker Hill**

**Cambridge War Memorial Recreation Center**

<http://www.cambridgema.gov/DHSP2/war.cfm?tnltext=War%20Memorial%20Recreation%20Center%20Home%20Page>

**Candlelight Carols at Trinity Church** (Dec.)

**Castle Island** (fort open on weekends thru Oct. 9)

**Charles River canoe/kayak**

**Chinatown**, Not like NYC but fun

**Christian Science Center Garden**, reflecting pond and spray fountain.

**Christmas tree lighting on Boston Common** (Dec.)

**Duck Tour Boats**

**Faneuil Hall/ Government Center Market**

**Fenway Park**, Go Red Sox!

**Freedom Trail**

**Frog Pond**, Wading pool in summer. Ice Skating starts in November.

**Harvard Football Game**

## **Harvard Square**

**Head of the Charles Regatta** (Oct.)

**Hockey game**

**Ice Skating in Harvard Square** at Charles Hotel, small rink but cute.

**Liberty Fleet of Tall Ships** – Long Wharf

**Minuteman Bike Path** [www.minutemanbikeway.org](http://www.minutemanbikeway.org), 11 mile path for skiing, biking, running etc.

**Mt. Auburn Cemetery** walk I totally recommend going to the Mt. Auburn cemetery in the fall and just walking around. It is so pretty there! My daughter loved climbing up the tower there and looking down on all of the fall colors

**North End** Italian Food, and Mike's Ptries, , Briccos, Il panino

**Nutcracker** – Boston Ballet

**Old North Church**

**Old State House/King's Chapel**

**Play intramural sports on campus**

**Pictures on HBS campus**

**Puppet Showplace Theatre:** <http://www.puppetshowplace.org/>

**Red Sox Game** (Pawsox games)

**Reel Mom Movies** 11 am every Tuesday at Loews Boston Common Theater, babies invited

**Sledding** Hill behind Fresh Pond Mall, off Fresh Pond Parkway

**Sledding** at Tufts University Campus, Jamaica Pond, Larz Anderson Park, Prospect Hill (Waltham), Benjamin Hill Park (Shirley), Jericho Hill (Marlborough)

**Skywalk**

**Swan Boats at the Public Garden** open in April, close in the Fall.

**Theater District**

**Tour the State Capitol building**

**Top of the Hub** (eat dessert)/Prudential Center

**Trinity Church Candlelight** Carols (Dec.)

**Unofficial tour of Harvard University.** Starts at Harvard Square T stop. Ask at the booth there, they have set hours for tours. Run by undergrad students. Very interesting and a great thing to do with visitors.

**USS Constitution Ship**

**Weston Ski Track-** Child size cross country skis for rent.

## **Outside of Boston**



**Bear Notch Road,** New Hampshire, Great for Leaf peeping

**Ben and Jerry's Factory Tour** (VT)

**Blue Hills Cross Country skiing**

**Christmas lights at Marblehead**

**Coco Key** [www.cocokeywaterresort.com/locations/danvers/index.aspx](http://www.cocokeywaterresort.com/locations/danvers/index.aspx)

**Concord,** cute shopping downtown

**Edaville Railroad** (Fall/Christmas)

**EcoTarium** Worchester, Ma. Cute museum for kids includes a train and live polar bear outside.

**Great Brook Ski Touring Center** (Carlisle) Cross Country Skiing.

**John Adams Historical Site,** Quincy Ma

**Kankamangus Highway,** New Hampshire. Great for Leaf Peeping

**Lexington** Battle re-enactment on Patriot's Day in April.

**Maine** (Bar Harbor/Acadia NP, Ogunquit beaches)  
**Mount Snow Valley**- Great Skiing, The Weathervane Lodge, and Swiss cuisine  
**Nantucket/Martha's Vineyard**  
**Newburyport**  
**Ocean Spray Museum, Plymouth**  
**Plum Island**  
**Plymouth Plantation**  
**Providence Town, Ma**  
**Santa's Village**, Jefferson New Hampshire  
**Tanglewood Jazz Festival** (August/Sept)  
**Walden Pond**, great when it's warm, kids can play in the water, or just beautiful walk in the fall  
**World's End, Hingham MA**  
**Woodstock, VT**

## Beaches



**Cape Anne**  
**Cape Cod**  
**Crane Beach, Ipswich**- Pay for parking during summer season. Go early in the day or during late afternoon, after 3. I think parking is discounted after 3 pm.  
**Manchester beach**  
**Martha's Vineyard**- Look into before traveling costs extra to take a car on the ferry.  
**Nantucket**  
**Wingaersheek Beach, Gloucester**. I highly recommend this in the off season. Parking is expensive and the beach is crowded on a summer weekend. Plus parking is limited so if you get there after 11 you might be turned away. After 3 pm parking is discounted. In the off season I've heard you can find starfish and sand dollars. Lots of rocks for kids to climb and explore. Beautiful.

## Farms



**Codman Community Farm**  
**Davis Farmland** (Fall/Spring)  
**Drumlin Farm**- Highly recommend visiting. Groundhog day event.  
**HoneyPot Farms** (berry and apple picking)  
**Kimball Farms/Wilson Farms** (ice cream/animals)  
**Tougas Family Farm** (apple and raspberry picking)

## Festivals



**Boston Harbor Festival** (July)  
**Cranberry Festival** in Edaville, MA (Sept.)  
**Cranberry Harvest**, around Carver  
**Duckling Day Parade** (May)  
**Harvard Arts Fest** (April or May)  
**Hidden Gardens of Beacon Hill** (May)  
**Oktoberfest at Harvard Square** (October)  
**Patriots Day Parade** (April) Reenact Paul Revere's midnight ride.  
**Pumpkinfest** carve pumpkins and have cider  
**Reenactment of Boston Tea Party** (December)  
**South End Housing Tour** (October) [www.southendhistoricalsociety.org](http://www.southendhistoricalsociety.org)

## Indoor Play Areas

**Atrium Mall indoor play area**  
**Belmont Kid Space** <http://www.belmontkidspace.org>  
**Chuck-E-Cheese** (for desperate winter days, empty on weekdays)  
**Indoor Kid's Playground** in Woburn (<http://www.kidsplayground.com>)  
**Magic Beans** (fun toys and a play area)  
**Together in Motion** <http://www.togetherinmotion.com/>



## Museums/Aquariums/Zoos

**Aquarium** (Not worth full price, pick up Library Tickets)  
**Children's Museum** (\$1 on Friday evenings, or Library tickets)  
**Children's Discovery Museum in Acton** <http://www.discoverymuseums.org/>  
**DeCordova Museum and Sculpture Park**  
**Franklin Park Zoo**  
**Gore House** – Waltham  
**Gropius House**  
**Hammond Castle** - Gloucester  
**Harvard Museums** (free for Harvard affiliates/MA residents)  
**Harvard Museum of Natural History**  
**Isabella Stewart Gardener Museum** (library tickets)  
**JFK Birthplace**  
**Longfellow House**  
**MIT Museum**  
**Museum of Fine Arts** (free Wed after 5pm, Library ticket)  
**Museum of Science** (Library tickets, plus \$5 per person)  
**National Basketball Hall of Fame** (western MA)  
**Norman Rockwell Museum** (Stockbridge, MA)  
**Science Discovery Museum**, Acton  
**Stone Zoo**, Stoneham



## Sing along and Story Time

**Barefoot Books** story time

**Harvard Co-op** story time Saturday mornings. See Boston Parents magazine for details

**Honan-Allston Library:** Preschool story time is 10:30 on Fridays. Toddlers 10:30 on Tuesdays.

Museums Discounted rate passes available at the local library branches for specific days. Check a variety of libraries if they are not available at the Allston Branch. Also, the University of Nebraska State Museum offers memberships at a discounted rate (\$45) which provide you access, through the passport program, to the Children's Museum, the Science Museum, and the Museum of Fine Art. Follow the link for more information. <http://www.friendsofthemuseum.org/>

**Porter Square Book Store-** Children's authors for books signings, story time

**Sing along at Stella Bella,** [www.stellabelattoys.com](http://www.stellabelattoys.com)

**Singing time at Cambridge Library** (Thursdays 10:30)

## Helpful Websites

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

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

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

[www.boston.parenthood.com](http://www.boston.parenthood.com) This is an incredible resource!

<http://www.dailycandy.com/kids/boston/>

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

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

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

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

## Helpful Books

- Fodor's Boston with Kids guidebook
- Fun With the Family in Massachusetts by Marcia Glassman-Jaffe

## Area Sports Entertainment

You have to do some of this while you are here.

- Boston Red Sox Baseball
- Boston Celtics Basketball
- Boston Bruins Hockey
- New England Patriots Football
- Lowell Spinners Baseball (minor league)
- New England Revolution Soccer
- Pawtucket Red Sox (minor league)
- Boston Cannons Lacrosse

## Great Day Trips

- ***The Berkshires.*** Two hours west of Boston, the rolling hills, beautiful mansions and lakes will take your breath away. Don't miss the exceptional Norman Rockwell Museum. Visit the quaint towns of Lenox, Stockbridge and Lee. Tanglewood Music Center, the summer home of the Boston Symphony Orchestra, offers great outdoor concerts for the whole family during July and August. For shoppers, there is great outlet shopping in Lee and in Manchester, VT. [www.berkshires.org](http://www.berkshires.org)
- ***Boston Common/Quincy Market.*** Venture downtown and ride the swan boats and feed the ducks in the Public Gardens at the Common or venture down to Quincy Market for some shopping and clam chowder.
- ***Burlington, VT.*** In northern Vermont, on the banks of Lake Champlain, Burlington is a bustling city with lots to do and see. Burlington is home to Ben & Jerry's ice cream company, Vermont Teddy Bear Factory, and borders Stowe Mountain Resort. Ben & Jerry's offers a fun tour of their factory and of course offers samples of their delicious ice cream! The Teddy Bear Factory is fun for kids and also offers factory tours.  
[www.central-t.com/web/benjerry/](http://www.central-t.com/web/benjerry/)
- ***Cape Cod.*** 2 hours south of Boston is Cape Cod, land of beautiful beaches, lighthouses, quaint towns, and scenic drives. The Cape is always fun and can be really inexpensive if you go in the off season. A great day trip but if you want to make a weekend out of it, catch the ferry to Martha's Vineyard or Nantucket from Hyannis. [www.capecod.com](http://www.capecod.com)
- ***Concord, MA.*** Only a fifteen-mile drive from Cambridge. A quaint town with historic sites such as Walden Pond, the Alcott Home (Little Women author, not recommended for young children), the Old North Bridge, Emerson's home, Sleepy Hollow Cemetery, etc. [www.frommers.com/destinations/concordma](http://www.frommers.com/destinations/concordma)
- ***Gloucester, MA.*** America's oldest seaport, Gloucester is located 30 miles northeast of Boston. An attractive downtown, museums, tours on land and sea. For a free brochure packet, call 1-800-649-6839 or [www.gloucesterma.com](http://www.gloucesterma.com)
- ***Lexington, MA.*** A fifteen mile drive from Cambridge, on the way to Concord. The location of the beginning of the Revolutionary War. Don't miss the great multi-media presentation about the beginning of the war at the ranger station at Minuteman National Historic Park. (You can also stop at Wilson Farms just off Rte. 4 – see “Shopping - Farmer's Markets.”) [www.frommers.com/destinations/lexingtonma](http://www.frommers.com/destinations/lexingtonma)
- ***Maine (Ogunquit, Kennebunkport and Kittery).*** One hour north of Boston. Kittery is a shopper's paradise with tons of outlets and shops to choose from. For info, see [www.thekitteryoutlets.com](http://www.thekitteryoutlets.com)
- ***Marblehead, MA.*** 20 miles north of Boston, a beautiful yacht and mansion town with a great park on the beach, too. A Christmas walk through the streets of old Marblehead is a must for an authentic New England Christmas. Call the Marblehead Chamber of Commerce at 781-621- 2868 for more information. [www.marbleheadchamber.org](http://www.marbleheadchamber.org)
- ***Newport, Rhode Island.*** An hour and a half outside of Boston, this city is full of shopping, beautiful beaches, the mansions on Bellevue Avenue and Ocean Drive, the Cliff Walk -- a 3 mile coastal path that travels behind several estates and much more. For information, see <http://www.newportri.com/>
- ***Old Sturbridge Village, MA.*** About one hour west of Boston. People are dressed in the costume of the 1830s and go about their business in character. [www.osv.org](http://www.osv.org)
- ***Lyman Estate (Waltham, Ma).*** A great place to visit during the winter. There is a beautiful greenhouse that makes any cold winter day not so gloomy.

- ***Plymouth, MA.*** 45 miles south of Boston, Plymouth Plantation and the Mayflower are located here. Plymouth Rock, the landing place of the Mayflower is smaller than you would imagine, but a must see. While you're there, make a quick trip to the Cranberry World Visitors Center, 225 Water St., Plymouth (508-747-2350).
- ***Quincy, MA.*** 14 miles south of Boston, Quincy is great for John Adams fans or anyone who is interested in the American Revolution. For info, see [www.quincyonline.com](http://www.quincyonline.com)
- ***Portsmouth, New Hampshire.*** A great little coastal town to visit.  
<http://www.historicnewengland.org/things/calendar/Events.asp>