

# THE FAMILY TREE

A publication of  
The Family Growth Center

**AUGUST 2023**

Volume 46, NO. 08



## News from the Family and Community Resource Coordinator

Providing support, family strengthening and helpful resources in our community is very important to me. I possess a background in early childhood development, K-8 education, and juvenile corrections. I hope to meet you all soon and connect you with resources. Feel free to reach out to me at [ashlei@childandfamily.org](mailto:ashlei@childandfamily.org)

*-Ashlei Echols, Family and Community Resource Coordinator*

## News from the Infant and Toddler Room

August is already here!! WOW! It seems as if the summer has flown by! In the classroom we will hopefully play with ice cubes in the sensory table using our investigative skills to find treasures. We will use our large motor skills to dance and hop all around the room, while I play my Djembe drum. We will do some art with letters to use our fine motor skills. Please have a wonderful month. I look forward to seeing everyone who visits us. IN OTHER NEWS: Please join me in one of the **TWO FREE NUTRITION WORKSHOPS** I'll be teaching this month, it will be so fun! Call the center for more details. If you have questions, please feel free to reach out to me at [angelabunker@childandfamily.org](mailto:angelabunker@childandfamily.org)

*-Angela Bunker, Infant Toddler Teacher*

## News from the Preschool Room

We are having so much fun playing board games in our classroom! We are practicing counting, learning letters, patience, fine motor and cognitive skills, taking turns, controlling emotions, learning to win or lose, and cooperation with peers. We will begin learning large motor games this month in our large motor areas. We will use our arm, leg, and core muscles to "Go on a Bear Hunt", play Duck, Duck, Goose, and use beach balls in many different ways! Follow this link to learn more about playing games with your family – <https://www.theschoolrun.com/13-ways-playing-board-games-benefits-your-child>. Share your thoughts, questions, and concerns with me at [linda@childandfamily.org](mailto:linda@childandfamily.org).

*-Linda Whitney, Preschool Teacher*

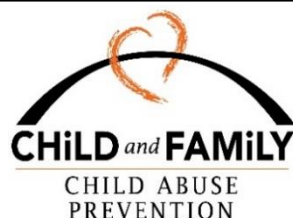
## UPCOMING EVENTS AND RESOURCES

- **TWO FREE NUTRITION WORKSHOPS**  
this month, choose either:  
**Tuesday 1:45pm to 2:45p** for four weeks  
starting August 15<sup>th</sup> – ending September 5<sup>th</sup>  
**Or Wednesday 9:15am to 10:15am** for four weeks.  
Starting August 16<sup>th</sup> – ending September 6<sup>th</sup>
- Family Growth Center is a diaper bank – receive **FREE** diapers and wipes once a month for children 36 months and younger.
- Need help navigating your MIBridges account, or applying for Medicaid? We would be glad to assist you, ask us for more details.
- **August 23<sup>rd</sup>, at 2:00pm Car Seat Safety Presentation.** In collaboration with Shared Pregnancy of Lansing come learn if your car seat is installed correctly in your vehicle for the safety of your child(ren). Limited Childcare available children 6 weeks through 5 years old. Call the center for more details.

## AUGUST LUNCHES

- Week 1:** Grains: no sessions this week  
Fruit/Vegetables: no sessions  
Protein: no sessions
- Week 2:** Grains: no sessions this week  
Fruit/Vegetables: no sessions  
Protein: no sessions
- Week 3:** Grains: Whole Wheat Waffles  
Fruit/Vegetables: Pears/Butternut Squash  
Protein: Turkey Breakfast Sausage/Milk
- Week 4:** Grains: Whole Wheat Crackers  
Fruit/Vegetables: Watermelon/Carrots  
Protein: Cheddar Cheese/Milk
- Week 5:** Grains: Whole Wheat Spaghetti Noodles  
Fruit/Vegetables: Red Grape/Green Beans  
Protein: Turkey Meat (Ground)/Milk

This institution is an equal opportunity provider and employer  
Menu is subject to change



## WHAT IS THE FAMILY GROWTH CENTER?

It is a place for children to enjoy **FREE** drop-in childcare for children 6 weeks through 5 years of age. A nominal fee is charged to higher income families. **Family Growth Center** is a program of **Child and Family Charities**. **For more information (517) 371-1347.**

## Monday and Friday OUTREACH

**Tuesday, Wednesday and Thursday CHILDCARE and OUTREACH**

**549 E Mt. Hope  
Lansing, MI. 48910**

# AUGUST 2023 Family Growth Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
		<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> <b>CLOSED</b> <b>Afternoon:</b> <b>CLOSED</b>	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> <b>CLOSED</b> <b>Afternoon:</b> <b>CLOSED</b>	<b>Outreach Center:</b> <b>CLOSED</b>
07	08	09	10	11
<b>Outreach Center:</b> 8:00am – 4:00pm	<b>ALL PROGRAMS</b> <b>CLOSED</b>  <b>Building is a voting</b> <b>site today.</b>	<b>Outreach Center:</b> 8:00am – 2:00pm <b>Childcare Sessions:</b> <b>Morning:</b> <b>CLOSED</b> <b>Afternoon:</b> <b>CLOSED – Mobile food</b> <b>distribution in church</b> <b>parking lot</b>	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> <b>CLOSED</b> <b>Afternoon:</b> <b>CLOSED</b>	<b>Outreach Center:</b> 8:00am – 4:00pm
14	15	16	17	18
<b>Outreach Center:</b> 8:00am – 4:00pm	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>Afternoon:</b> 1:30pm-4:00pm <b>LIMITED SPACE</b> <b>FREE NUTRITION WORKSHOP</b>	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>LIMITED SPACE</b> <b>FREE NUTRITION WORKSHOP</b> <b>Afternoon:</b> 1:30pm – 4:00pm	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am – 11:30am <b>Afternoon:</b> 1:30pm-4:00pm	<b>Outreach Center:</b> 8:00am – 4:00pm
21	22	23	24	25
<b>Outreach Center:</b> 8:00am – 4:00pm  <b>OUTREACH CLOSED</b> <b>9:00am to 1:00pm</b> <b>(staff meeting)</b>	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>Afternoon:</b> 1:30pm-4:00pm <b>LIMITED SPACE</b> <b>FREE NUTRITION WORKSHOP</b>	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>LIMITED SPACE</b> <b>FREE NUTRITION WORKSHOP</b> <b>Afternoon:</b> 1:30pm – 4:00pm <b>LIMITED SPACE</b> <b>2:00pm Car Seat Safety</b> <b>Presentation</b>	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>Afternoon:</b> 1:30pm-4:00pm	<b>Outreach Center:</b> 8:00am – 4:00pm
28	29	30	31	
<b>Outreach Center:</b> 8:00am – 1:00pm	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>Afternoon:</b> 1:30pm-4:00pm <b>LIMITED SPACE</b> <b>FREE NUTRITION WORKSHOP</b>	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>LIMITED SPACE</b> <b>FREE NUTRITION WORKSHOP</b> <b>Afternoon:</b> 1:30pm – 4:00pm	<b>Outreach Center:</b> 8:00am – 4:00pm <b>Childcare Sessions:</b> <b>Morning:</b> 9:00am-11:30am <b>LIMITED SPACE</b> <b>Afternoon:</b> 1:30pm-4:00pm	