

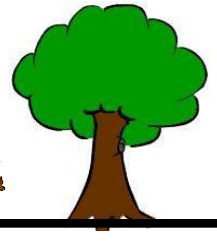


# THE FAMILY TREE

A Publication of the Family Growth Center

**November 2015**

Volume 38, No. 11



## News from the Infant and Toddler Room

Hello from the Infant Toddler Room! This month will be so exciting! We will paint and glue and sing and dance! We will play with balls using our hand to eye coordination skills. We will have musical instruments in the classroom to make lots of noise.

In addition this month we will use an assortment of blocks all shapes and sizes. Ask your toddler what they did when they were in my classroom and see what they mention. I hope they will enjoy their time with me. I know I always enjoy the time with them. Thank you for bringing them to my classroom. Have a **GREAT** month!

Angela Bunker,  
Infant/Toddler Teacher

## News from the Preschool Room

Happy Holidays, families! The temperature is dropping and the holidays are coming fast. We will talk about the colors silver, gray, purple, and black. We will do the letters I, J, K, and L. We will continue to count and do shapes each day also. I am happy to work with you. Thank you for learning and playing with me!

Ms. Sun, Morning Preschool Teacher

Welcome to the afternoon preschool. The children have had fun learning each others' names, recognizing the alphabet, numbers, and colors. November will bring more of these activities and we will include play to help shape recognition, following directions and following through.

We have fun playing in the different areas of our classroom while we learn simple but important lessons like courtesy, taking turns, and cooperation. I am enjoying my classroom.

Ms. Maria, Afternoon Preschool Teacher

## **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 Abuse Prevention Services**, which is a division of **Child and Family Charities**. Reserved childcare is available for children whose parents participate in parent classes at FGC. For more information on childcare call (517) 371-1347.

## **Parents may use our childcare services twice a week!!**

### **Our schedule:**

#### **Mondays-**

#### **East Lansing FGC**

517-351-6641

1120 S. Harrison

East Lansing, MI 48823

(University United Methodist Church)



#### **Tues-Wed-Thursdays-**

#### **Mt. Hope FGC**

517-371-1347

549 E. Mt. Hope

Lansing, MI 48910

(Bethlehem Lutheran Church)

**DURING NON-FGC HOURS CALL (517) 371-1347 TO LEAVE A MESSAGE**

# NOVEMBER 2015

Family Growth Center Sessions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
<b>MONDAYS @ East Lansing</b>  9:00-11:30am 1:30-4:00pm	<b>11/2</b> <b>Protein:</b> Cheese & Milk <b>Fruit &amp; Vegetable:</b> Pineapple & Peas <b>Grain:</b> Wheat Bread	<b>11/3</b>  <b>NO CHILDCARE SESSIONS @ FGC</b>	<b>11/4</b> <b>Protein:</b> Eggs & Milk <b>Fruit &amp; Vegetable:</b> Raisins & Blueberries <b>Grain:</b> Oatmeal	<b>11/5</b> <b>Protein:</b> Dino Nuggets & Milk <b>Fruit &amp; Vegetable:</b> Pears & Broccoli <b>Grain:</b> Wheat Roll		
<b>TUESDAYS @ Mt. Hope</b>  9:00-11:30am 1:30-4:00pm	<b>11/9</b> <b>Protein:</b> Turkey Dogs & Milk <b>Fruit &amp; Vegetable:</b> Apples & Green Beans <b>Grain:</b> Wheat Bun	<b>11/10</b> <b>Protein:</b> Black Beans & Milk <b>Fruit &amp; Vegetable:</b> Mandarin Oranges & Tomatoes <b>Grain:</b> Yellow Rice	<b>11/11</b> <b>Protein:</b> Wow Butter & Milk <b>Fruit &amp; Vegetable:</b> Grapes & Carrots <b>Grain:</b>	<b>11/12</b> <b>Protein:</b> Chicken Salad & Milk <b>Fruit &amp; Vegetable:</b> Cucumbers & Peaches <b>Grain:</b> Wheat Bread		
<b>WEDNESDAYS @ Mt. Hope</b>  9:00-11:30am 1:30-4:00pm	<b>11/16</b> <b>Protein:</b> Sloppy Joe & Milk <b>Fruit &amp; Vegetable:</b> Green Beans & Pears <b>Grain:</b> Wheat Buns	<b>11/17</b> <b>Protein:</b> Corn Dogs & Milk <b>Fruit &amp; Vegetable:</b> Peas & Fruit Cocktail <b>Grain:</b> Corn Dog	<b>11/18</b> <b>Protein:</b> Cheese & milk <b>Fruit &amp; Vegetable:</b> Oranges & Romaine Lettuce <b>Grain:</b> Wheat Crust	<b>11/19</b> <b>Protein:</b> Baked Beans & Milk <b>Fruit &amp; Vegetable:</b> Mandarin Oranges <b>Grain:</b> Corn Bread		
<b>THURSDAYS @ Mt. Hope</b>  9:00-11:30am 1:30-4:00pm	<b>11/23</b> <b>Protein:</b> Turkey, Cheese & Milk <b>Fruit &amp; Vegetable:</b> Pineapple & Green Peppers <b>Grain:</b> Wheat Bread	<b>11/24</b> <b>Protein:</b> Goulash(turkey) & Milk <b>Fruit &amp; Vegetable:</b> Applesauce & Peas <b>Grain:</b> Pasta	<b>11/25</b> <b>Protein:</b> Baked Chicken & Milk <b>Fruit &amp; Vegetable:</b> Cranberries, Mashed Potatoes & Green Beans <b>Grain:</b> Wheat Stuffing	<b>11/26</b>  <b>NO FGC</b>  <b>HAPPY THANKSGIVING</b>		
	<b>11/30</b> <b>Protein:</b> Cheese & Milk <b>Fruit &amp; Vegetable:</b> Apples & Broccoli <b>Grain:</b> Wheat Bread	<b>12/1</b> <b>Protein:</b> Turkey Sausage & Milk <b>Fruit &amp; Vegetable:</b> Oranges & Bananas <b>Grain:</b> Waffles	<b>12/2</b> <b>Protein:</b> Meat Sauce & Milk <b>Fruit &amp; Vegetable:</b> Mixed Veggies & Peaches <b>Grain:</b> Pasta	<b>12/3</b> <b>Protein:</b> Roast Beef, Cheese & Milk <b>Fruit &amp; Vegetable:</b> Grapes & Red Pepper <b>Grain:</b> Mini Bagels		

Menu is subject to change.

USDA is an equal opportunity provider and employer.

## Family Behavior Can Be Habit Forming...

Parents who succeed in passing their beliefs and values to children don't just talk about it. They truly demonstrate it every day through family activities, socializing, traditions, storytelling, games, and songs. Here are some ideas:

- Create a sense of caring and cooperation in your family.
- Encourage healthy and affectionate fun and laughter.
- Find reasons to praise your child every day.
- Make time for family activities.

When appropriate, let children share in making rules and decisions