

# THE FAMILY TREE

A publication of The Family Growth Center

**NOVEMBER 2022**

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## **News from the Infant and Toddler Room**

HAPPY NOVEMBER!! This is a long month and we will be so happy to see all the friends that come and play with us in the classroom. We will have more music in the classroom this month to move our bodies. We will dance and jump and enjoy. In addition, we will have obstacle courses to go around in the room and frozen treasures to find. We will use our small motor skills by doing puzzles, coloring and art in the classroom. We will run, jump, explore and play all month long. It's going to be so very fun. I look forward to seeing everyone and spending time with all of my friends. 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 will spend the month of November exploring colors, experimenting with colors, mixing colors, and finding colored objects in our environment. Families can have fun with colors at home too: play I Spy, sort toys by color, read stories about colors and simply name colors as you see them (ex. yellow bus). Many of the children are working on self-help skills in the bathroom. The children are learning to independently dress themselves, use the toilet/toilet paper independently, and wash and dry hands. When time permits at home, please encourage your children to practice these self-help skills at home also. We are also enjoying large motor activities (running, jumping, climbing) each and every day. Check out this link for some fun ideas at home: <https://handsonaswegrow.com/gross-motor-activities-preschoolers/>

Please reach out to me with thoughts, questions, and/or concerns at [linda@childandfamily.org](mailto:linda@childandfamily.org)

-Linda Whitney, Preschool Teacher

## **News from the Family and Community Resource Coordinator**

Hi friends - Happy November! November really starts the rush of the holidays so remember to take time with your family to talk about what you are thankful for. I know I am really thankful for all of you. I love to see you and your families and talk to you about how your day is going. Our free table has been full with lots of good stuff! Feel free to come by and check it out even if your child is not coming for care. Also remember we are here to help you! If there is something you need, talk to any of us! Enjoy your November and stay warm. You can email me at [rachelprosen@childandfamily.org](mailto:rachelprosen@childandfamily.org) or call (517) 371-1347.

-Rachel Prosen, Family and Community Resource Coordinator

## **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**.

For more information on childcare call (517) 371-1347.

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



**Tuesday – Wednesday – Thursday**

**549 E Mt. Hope**

**Lansing, MI. 48910**

# NOVEMBER 2022 Family Growth Center Calendar

TUESDAY	WEDNESDAY	THURSDAY
<b>01</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>02</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>03</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm
<b>08</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>09</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>10</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm
<b>15</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>16</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>17</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm
<b>22</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>23</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>24</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> <b>CLOSED –</b> <b>HAPPY THANKSGIVING</b>
<b>29</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>30</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm	<b>01</b> <b>FAMILY GROWTH CENTER CLASSROOMS</b> Drop In: 900am – 1130am Drop In: 130pm – 400pm

Week 1	Week 2	Week 3	Week 4	Week 5
<b>Protein:</b> Cheese Sticks <b>Fruit &amp; Vegetable:</b> Peaches & Peas <b>Grain:</b> Whole Wheat Crackers	<b>Protein:</b> Hummus & Milk <b>Fruit &amp; Vegetable:</b> Pineapple & Carrots <b>Grain:</b> Whole Wheat Pita Bread	<b>Protein:</b> Tuna & Milk <b>Fruit &amp; Vegetable:</b> Apples & Cucumbers <b>Grain:</b> WG Bread	<b>Protein:</b> Turkey Ham & Milk <b>Fruit &amp; Vegetable:</b> KIWI & Acorn Squash <b>Grain:</b> Whole Wheat Banana Muffins HM	<b>Protein:</b> Ground Turkey & Milk <b>Fruit &amp; Vegetable:</b> Diced Mangos & Broccoli / (Spaghetti Sauce) <b>Grain:</b> Whole Wheat Spaghetti Noodles

Prepared by Staff ☺

Menu is subject to change.

This Institution is an equal opportunity provider and employer.