

# THE FAMILY TREE

A publication of The Family Growth Center

**MARCH 2023**

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## News from the Infant and Toddler Room

Hello friends. IT'S MARCH!! Let's not rush spring! Let's have a little more snow, ok a LOT of snow, just for me! This month we will celebrate **March is Reading Month** by reading books in the classroom and helping fill up the gumball machine with our preschool friends. Also, in the classroom this month, we will look outside to find birds and squirrels. Inside we will sing, read, dance, fill up buckets, knock over block towers, and throw balls. Plus, we will color, use stickers and letter art with fruits and vegetable cut outs in honor of **March being National Nutrition Month**. It will be SO MUCH FUN!!! 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

Hooray! Nice weather is on the way! As Spring arrives, we will help our classroom tree show its buds and leaves, read books about the arrival of Spring, and experience the differences between the seasons through activities and play. We will also celebrate reading the whole month of March. Each family will receive a **March is Reading Month** calendar with reading ideas for each day and each child will receive a FREE book each week. We will watch our pretend gumball machine fill up as teachers and families add a "gumball" for each book they read! There are so many ways to read - magazines, books, recipes, street signs, library books, or cereal boxes! Here's a link for exciting read aloud books online at <https://storylineonline.net>. Share your thoughts, questions, and concerns with me at [linda@childandfamily.org](mailto:linda@childandfamily.org).

-Linda Whitney, Preschool Teacher

## News from the Family and Community Resource Coordinator

Happy March!! I'm so happy spring is on the way! We have so many things to look forward to the next couple months so please check in on our Facebook page and take notice of extra handouts and postings at the center. Please let us know if there are certain things you would like more information about like potty training, car seat safety, etc. Our enrollment is increasing so that means you may not always be able to get two sessions a week. We are really working to accommodate families that need us the most. If you are struggling and really need a break, please reach out to any of us at the center and let us know. Also, if you have any special needs like food, basic needs, assistance with DHHS, diapers, etc. we are here to help. You can email or call us or stop and talk to us when you are here. We are so happy to have you and your family at Family Growth Center. We want to be here for you and help ease some of the burdens you might be facing. Please never hesitate to reach out to me at [rachelprosen@childandfamily.org](mailto:rachelprosen@childandfamily.org)

-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**, a department of **Child and Family Charities**.

**For more information on childcare call (517) 371-1347. During non-FGC hours please leave a message.**



**Tuesday – Wednesday – Thursday**

**549 E Mt. Hope**

**Lansing, MI. 48910**

# MARCH 2023 Family Growth Center Calendar

| TUESDAY  | WEDNESDAY  | THURSDAY  |
|--|--|---|
| <b>28</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm             | <b>01</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm   | <b>02</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm            |
| <b>07</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm             | <b>08</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: <b>CLOSED – mobile food distribution at church bldg today 1p-3p</b> | <b>09</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm            |
| <b>14</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm             | <b>15</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm   | <b>16</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm            |
| <b>21</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: <b>CLOSED – staff VAC</b> | <b>22</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: <b>CLOSED</b><br>Drop In: <b>STAFF TRAINING/VAC</b>  | <b>23</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: <b>CLOSED</b><br>Drop In: <b>STAFF TRAINING/VAC</b> |
| <b>28</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: 900am – 1130am<br>Drop In: 130pm – 400pm             | <b>29</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: <b>CLOSED</b><br>Drop In: <b>STAFF VACATION</b>  | <b>30</b><br><b>FAMILY GROWTH CENTER CLASSROOMS</b><br>Drop In: <b>CLOSED</b><br>Drop In: <b>STAFF VACATION</b>     |

| Week 1   | Week 2   | Week 3   | Week 4  | Week 5  |
|--|--|--|---|---|
| <b>Protein:</b> Ground Turkey & Milk<br><b>Fruit &amp; Vegetable:</b> Strawberries & Beets<br><b>Grain:</b> Whole Wheat Spaghetti Noodles (HM) Spaghetti Sauce | <b>Protein:</b> Hummus & Milk<br><b>Fruit &amp; Vegetable:</b> Dates & Mushrooms<br><b>Grain:</b> Whole Wheat Pita Bread | <b>Protein:</b> Cheddar Cheese shredded & Milk<br><b>Fruit &amp; Vegetable:</b> Oranges & Orange Pepper<br><b>Grain:</b> Whole Wheat Noodles | <b>Protein:</b> Cottage Cheese<br><b>Fruit &amp; Vegetable:</b> Apple slices & Zucchini<br><b>Grain:</b> Whole Wheat Cereal KIX | <b>Protein:</b> Edamame<br><b>Fruit &amp; Vegetable:</b> Kiwi & Green Beans<br><b>Grain:</b> Whole Wheat Crackers |

Prepared by Staff ☺

**Menu is subject to change.**

**This Institution is an equal opportunity provider and employer.**

