



# THE FAMILY TREE

A Publication of the Family Growth Center

November 2018

Volume 41, No. 11



## News from the Infant and Toddler Room

Hello friends. This month is going to be full of so much fun. It probably will rain, it might snow, for sure there will be falling leaves. I am going to call this month, THE MONTH OF BEING THANKFUL. I would like every person who reads this to stop and take a moment to feel thankful for all the blessings in your life. I would like you to find something positive every single day to think about. In our classroom we will read stories, and sing songs and play with blocks of all different sizes. I hope to do some FALL art projects. It will be SO MUCH FUN!!!

- Angela Bunker, Infant / Toddler Teacher

## News from the Preschool Room

Have you noticed how "healthy" our meals have been at the Family Growth Center? Since we are approaching the time of year where we eat a lot, we will be focusing on eating healthier!

**Talk to your child about healthy nutrition. Having a healthy attitude towards food doesn't happen overnight. Here's what you can do:**

- Introduce your child to a variety of foods.
- Discuss where various foods come from. Grocery shop together. Visit farms, farmers markets, and orchards.
- Cook together! Your child can stir, add ingredients and spices, roll dough, etc. Introduce new or "unusual" foods slowly and in different ways (e.g. raw onions in a salad don't taste like caramelized onions in a taco).
- Show flexibility. Model trying new things and refrain from acting negatively towards foods you don't prefer.

Read together. Discover how specific foods relate to different cultures, practice funny food rhymes, or learn about nutrients

Kathy Kelly, 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**. For more information on childcare call (517) 371-1347.



**Tuesday – Wednesday – Thursday**  
**549 E Mt. Hope**  
**Lansing, MI. 48910**  
**(Bethlehem Lutheran Church)**

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

*Please go to our **Facebook page (Family Growth Center)** and post one thing you like about the Family Growth Center. Thank you.*

# NOVEMBER 2018 Family Growth Center Calendar

TUESDAY	WEDNESDAY	THURSDAY
<b>30</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>31</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>01</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm
<b>06</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>07</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>08</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm
<b>13</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>14</b> <b>Mount Hope FGC</b> Drop In: <b>CLOSED</b> Drop In: 1:30pm – 4:00pm	<b>15</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 9:00am – 11:30am
<b>20</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>21</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>22</b> <b>Mount Hope FGC</b> Drop In: <b>CLOSED FOR</b> Drop In: <b>THANKSGIVING</b>
<b>27</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>28</b> <b>Mount Hope FGC</b> Drop In: <b>CLOSED</b> Drop In: 1:30pm – 4:00pm	<b>29</b> <b>Mount Hope FGC</b> Drop In: <b>CLOSED</b> Drop In: <b>CLOSED</b>

Week 1	Week 2	Week 3	Week 4	Week 5
<b>Protein:</b> Colby Jack Cheese & Milk <b>Fruit and Vegetable:</b> Pears and Zucchini <b>Grain:</b> Whole Grain Crackers	<b>Protein:</b> Soy Butter & Milk <b>Fruit &amp; Vegetable:</b> Apples and Cucumber <b>Grain:</b> Whole Grain Bread	<b>Protein:</b> Hard Boiled Eggs & Milk <b>Fruit &amp; Vegetable:</b> Avocado and Sugar Snap Peas <b>Grain:</b> Whole Grain Cereal	<b>Protein:</b> Cottage Cheese & Milk <b>Fruit and Vegetable:</b> Mandarin Oranges and Celery <b>Grain:</b> Whole Grain Crackers	<b>Protein:</b> Chicken Salad & Milk <b>Fruit and Vegetable:</b> Banana and Carrots <b>Grain:</b> Whole Grain Crackers

Prepared by Staff ☺

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

