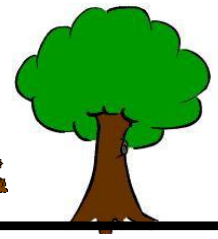




# THE FAMILY TREE

A Publication of the Family Growth Center

April 2019  
Volume 42, No. 04



## News from the Infant and Toddler Room

HI. I guess it's SPRING. I know we will see evidence of it soon! While in the classroom this month, we will look outside and hopefully see birds and squirrels and maybe flowers. Inside we will sing, read, dance, fill up buckets, knock over block towers, and throw balls. Plus, we will color and use stickers. Hopefully we will work on some LETTER art. It will be SO MUCH FUN!!!

- Angela Bunker, Infant / Toddler Teacher

## News from the Preschool Room

Introducing two new programs at the Family Growth Center for Preschoolers and their parents:

**Color Me Healthy** is an education program designed to improve fruit and vegetable intake and increase physical activity among 4 and 5-year-old children by increased exposure to nutrition education and opportunities for physical activity. Grab a calendar on the registration table.

**Eating Smart, Being Active** is a nutrition program where adults learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle. Come join us and **Make a Change!!**

**Ask us if you qualify to participate.**

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**

***Surveys are very important for us! We would like to hear from you. It'll only take a few minutes. Please fill out a survey for us.***

**Support The Family Growth Center and come out to the capital on April 25<sup>th</sup>, at 1100am for the Child Abuse Prevention Awareness Rally.**

# APRIL 2019 Family Growth Center Calendar

TUESDAY	WEDNESDAY	THURSDAY
<b>02</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>03</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>04</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 9:00am – 11:30am
<b>09</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>10</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>11</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm
<b>16</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>17</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>18</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm
<b>23</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>24</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>25</b> <b>Mount Hope FGC</b> Drop In: <b>CLOSED</b> Drop In: <b>CLOSED</b>
<b>30</b> <b>Mount Hope FGC</b> Drop In: 9:00am – 11:30am Drop In: 1:30pm – 4:00pm	<b>APRIL IS CHILD ABUSE PREVENTION AWARENESS MONTH</b>	<b>Support CAPS and come out to the capital on April 25<sup>th</sup>, for the Child Abuse Prevention Awareness Rally</b>

Week 1	Week 2	Week 3	Week 4	Week 5
<b>Protein:</b> Cheddar Cheese & Milk <b>Fruit &amp; Vegetable:</b> Blueberries & Carrots <b>Grain:</b> Wheat Thins	<b>Protein:</b> Mozzarella Cheese & Milk <b>Fruit &amp; Vegetable:</b> Pineapple, corn, tomato Sauce <b>Grain:</b> Whole Grain Angel Hair Pasta	<b>Protein:</b> Cottage Cheese & Milk <b>Fruit &amp; Vegetable:</b> Bananas & Peas <b>Grain:</b> WG Cereal	<b>Protein:</b> Turkey deli meat <b>Fruit &amp; Vegetable:</b> Strawberries & Pickles <b>Grain:</b> WG Bread	<b>Protein:</b> Yogurt <b>Fruit &amp; Vegetable:</b> Mandarin Oranges & Celery <b>Grain:</b> Cheerios

Prepared by Staff ☺

Menu is subject to change.

This Institution is an equal opportunity provider and employer.

