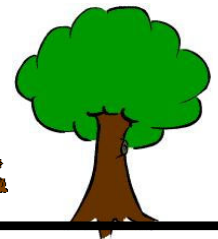




THE FAMILY TREE

A Publication of the Family Growth Center

May 2020
Volume 43, No. 05



News from the Infant and Toddler Room

IT'S MAY!! LET'S CELEBRATE!! Celebrate the people around you. Celebrate their resilience, their bravery and their compassion. Point out any and all positive things you see your children doing. Let's make May the happiest month of the year so far. Smile at everyone who walks by your house if you are outside. Say hello if you feel compelled. This is our opportunity to show the people around us even more kindness and compassion than ever! Since I cannot dance, sing and play with your children right now, please do all of that for me with them. Give them BIG hugs and tell them I miss them and we will be back together soon. If you have any questions or need more resources that we might be able to provide, please feel free to email myself at angelabunker@childandfamily.org or Kathy Kelly (see below). Have fun and smile.

- Angela Bunker, Infant Toddler Teacher

News from the Preschool Room

Hi Everyone! I hope this is finding you all healthy and well. This period that we are going through can be trying. It can try our feelings, thoughts and actions (or lack of action) and can at one minute be under control and then the next will try to creep in and throw you all off again. Take a deep breath in and let it out slowly and with control. Take another one. One last time, take a deep breath in and out. It is totally understandable that when times are uncertain and seem scary you would have these moments when the thoughts and emotions take over. It is completely natural to feel however you are feeling in that moment and in any moment. There are no right or wrong ways to feel, it is how you move through the feelings that is important. It is important first, for your own well-being and then for the child(ren) who are around you. They pick up on the smallest cues and can sense different feelings and emotions around them. This is an opportunity to support your child(ren) by implementing healthy ways to acknowledge your feelings and to include your child(ren) and allow them to talk about their feelings too. The best way to be supportive is to listen without distractions, ask them to tell you more about it or ask open-ended questions, and reaffirm them that what they are experiencing is natural. End the conversation with a nice big hug! Attached are Feeling wheels to support you in exploring what feelings are being expressed. Here is the link for the adult wheel and brief explanation and example of how to use it to improve communication.

<https://thechalkboardmag.com/the-feelings-circle-chart-emotional-communication#sl=1>

Also, this is another resource that may support you further in understanding and supporting your child(ren)'s emotions: <https://healthyfamilies.beyondblue.org.au/age-1-5/social-and-emotional-development/why-emotions-matter>. As always, we are here to support you and your family, if you have any questions or concerns remember to reach out to us via phone, email or FB.

- Beth Corcoran, Preschool Teacher

NEWS FROM THE DIRECTOR >>>


It was great seeing (at a distance) and hearing from some of you last month. We continue to keep you informed about any updates, through mail, phone, or email. Please send me your email so I can make that happen ☺. Have you been getting the mail that Angela and Beth have been sending out with great articles and fun activities to do as a family? We all miss being with you. We still hope all families and their children are doing well and staying safe. Family Growth Center is following the advice of public authorities and State mandates. The "Stay at Home" order is still in place. We will get through this pandemic together. Please let us know if you need anything. We are here to help. Take care of yourselves. Miss you!!

- Kathy Kelly kathykelly@childandfamily.org

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.

Week 1	Week 1	Week 2	Week 2	
Protein: Sun Butter (and Jelly) & Milk Fruit & Vegetable: Raisins & Carrots Grain: Whole Grain Bread	Protein: Chicken deli meat and cheddar cheese & Milk Fruit & Vegetable: Applesauce & Broccoli Grain: Whole Grain Bun	Protein: Shredded Monterrey Cheese & Milk Fruit & Vegetable: Peaches & Sugar Snap Peas Grain: Whole Grain Tortilla Shell	Protein: Turkey Breakfast Sausage & Milk Fruit & Vegetable: Banana & Red Pepper Grain: Cheerios	

Prepared by Staff ☺

Menu is subject to change.

This Institution is an equal opportunity provider and employer.

PLEASE SHARE YOUR FUN ACTIVITIES YOU ARE DOING WITH YOUR CHILDREN ON OUR FACEBOOK PAGE – THE FAMILY GROWTH CENTER. ALSO CHECK OUT THE MANY RESOURCES WE POST DAILY ON THERE AS WELL.

