



# THE FAMILY TREE

A Publication of the Family Growth Center

**January 2021**

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

Hello friends. It's January 2021. This will be a year of positivity. A year where each day we wake up, we should appreciate what we have and those we love. This month, once a day try to point out one thing your child has done or is doing that is positive. Encourage them. Build them up. Let's also try to treat everyone we encounter as though we've known them for years. It is hard to see reactions under the masks, but give someone a hello and smile with your eyes. Hopefully we will be able to open soon, we will keep you updated. One more thing – this year is a new year, so for those of you who wish to continue to receive meals each week, we will be sending you paperwork to fill out for each child. If you have questions, please call me. As usual, **IF THERE IS ANYTHING, WE CAN DO TO HELP YOU, please feel free to email me at [angelabunker@childandfamily.org](mailto:angelabunker@childandfamily.org) and let me know.** We miss all of you and look forward to hearing from you.

-Angela Bunker, Infant Toddler Teacher

## **News from the Preschool Room**

Welcome to 2021! I hope this year brings everyone happiness, love and back to in person activities! We are all ready to get back to some type of normal, in person, a break from this disconnection, uncertainty and continuous changes in safety. As this new year begins, we are hopeful and excited to hear about a vaccine that may bring us back together sooner rather than later! We are patiently waiting with anticipation and positive thoughts that this may now be the beginning to the end of this pandemic. Until we are able to be in person, continue practicing giving yourself time to meet yourself where you're at, and don't judge yourself on what you have or haven't been able to get done. Instead give yourself a pat on the back, a little happy dance of a celebration, for getting to this point and doing the very best that you can do. Be proud of yourself, this stuff is not easy, especially away from many different support systems. Take 3 big deep breaths in for a count of 5 and let it out slowly for a count of 7. Name a few things you are proud of yourself for and when you're done put on your favorite song and celebrate how amazing you truly are and all that you have done and are doing! Keep it up, we see you! Let's celebrate ourselves and each other through 2021!

\*This is a great conversation starter and activity to do with all members of the family. \*

- Beth Corcoran, Preschool Teacher

## **NEWS FROM THE DIRECTOR >>>**

January 2021!!! Happy New Year Everyone! We finally get to say goodbye to 2020 😊. It was indeed a long, hard year for all. We are feeling very optimistic as we start this new year. We will keep you informed about the Family Growth Center and when it will reopen. As always, our lunch distribution is still on Thursdays at 11:00 AM for our enrolled families. Please reach out to us if you are in need. We are here to help. We all miss being with you. We have appreciated seeing on FGC's Facebook page your likes, comments, and sometimes photos of your children doing the activities the teachers have sent. Send us some pictures of the children enjoying some snow activities!! The weekly mailings will keep coming so we can stay connected 😊. Enjoy and have fun!! Take care of yourselves. Miss you LOTS!!

- Kathy Kelly, Director     [kathykelly@childandfamily.org](mailto:kathykelly@childandfamily.org) or my cell #517 648-4245.

### 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.

<b>Week 1 January 6, 2021</b>	<b>Week 1 January 7, 2021</b>	<b>Week 2 January 13, 2021</b>	<b>Week 2 January 14, 2021</b>
<b>Protein:</b> Black Beans & Milk <b>Fruit &amp; Vegetable:</b> Apples & Celery <b>Grain:</b> Whole Grain Crackers	<b>Protein:</b> Colby Jack Cheese & Milk <b>Fruit &amp; Vegetable:</b> Strawberries & Green Beans <b>Grain:</b> Whole Grain Crackers	<b>Protein:</b> Deli Turkey Meat & Milk <b>Fruit &amp; Vegetable:</b> Pineapple & Spinach <b>Grain:</b> Whole Grain Bread	<b>Protein:</b> Cheddar Cheese & Milk <b>Fruit &amp; Vegetable:</b> Pears & Cucumbers <b>Grain:</b> Whole Grain English Muffins
<b>Week 3 January 20, 2021</b>	<b>Week 3 January 21, 2021</b>	<b>Week 4 January 27, 2021</b>	<b>Week 4 January 28, 2021</b>
<b>Protein:</b> Turkey Sausage & Milk <b>Fruit &amp; Vegetable:</b> Blueberries & Carrots <b>Grain:</b> Whole Grain Waffles	<b>Protein:</b> Chicken in can & Milk <b>Fruit &amp; Vegetable:</b> Bananas & Avocado <b>Grain:</b> Whole Grain Buns	<b>Protein:</b> Cheddar Cheese & Milk <b>Fruit &amp; Vegetable:</b> Mandarin Oranges & Green Pepper <b>Grain:</b> Whole Grain Tortilla	<b>Protein:</b> Yogurt & Milk <b>Fruit &amp; Vegetable:</b> Applesauce & Peas <b>Grain:</b> Whole Grain Cereal - Chex

Prepared by Staff ☺

Menu is subject to change.

This Institution is an equal opportunity provider and employer.

