



THE FAMILY TREE

A Publication of the Family Growth Center

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News from the Infant and Toddler Room

FEBRUARY has arrived and we have SNOW on the ground. I love snow so much. It is so beautiful. Try to get outside with your children and enjoy the snow. Just go for a walk, but be sure to bundle up warm. If you are on Facebook please check out The Family Growth Center page and like us so you can see the daily activities and resources we post. Plus, like our posts, share them with your friends and comment on the posts if you can. We appreciate your help as we try to stay connected to our families and increase our reach to more families. I appreciate everyone who turned in their survey, thank you. Your feedback is very helpful. Month two of 2021 and we are still hopeful to be able to open as a resource to families in need. But, for now, we wait. We will keep you informed as soon as we know. As usual, **IF THERE IS ANYTHING, WE CAN DO TO HELP YOU, please feel free to email me at 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

Hey everyone!

I hope this message finds you safe and well. Let's talk about stress for a minute. Stress is draining and can get you feeling overwhelmed. It is easy to let things magnify when you are stressed and under pressure. It is understandable if you add extra urgency, panic and worry when you are already pushed to your max, you just want it to stop and be figured out and you're tired and frazzled. Being tired and frazzled can make it extremely difficult to think clearly, rationally and be able to make decisions and sometimes its within that, that is causing the added pressure and urgency. Remember, breathe. Take it one moment at a time, know your limits and take breaks, often. You are not alone. You may think or feel like you are the only one struggling with all the different parts of life and dealing with this never-ending ball of stress but we all have to be aware of how we can alleviate stress, daily. Stress is a sneaky little bugger and that is why it is so important to check in with yourself, as much as you can. You are doing a great job. Keep up the good work and remember to have fun and celebrate the little victories along the way. If the kids were fed and safe today. Celebrate.

- Beth Corcoran, Preschool Teacher

NEWS FROM THE DIRECTOR >>>

February- a little less snow please!! 😊 We are feeling very optimistic as we continue in 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 and now emails 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 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.

Week 1 February 3, 2021	Week 1 February 4, 2021	Week 2 February 10, 2021	Week 2 February 11, 2021
Protein: Sliced Cheddar Cheese & Milk Fruit & Vegetable: Applesauce & Green Beans Grain: Whole Wheat Bread	Protein: Black Beans & Milk Fruit & Vegetable: Clementine & Olives Grain: Whole Grain Rice	Protein: Deli Turkey Meat & Milk Fruit & Vegetable: Banana & Spinach Grain: Whole Wheat Tortilla (wrap)	Protein: Turkey Breakfast Sausage & Milk Fruit & Vegetable: Dates & Beets Grain: Oatmeal
Week 3 February 17, 2021	Week 3 February 18, 2021	Week 4 February 24, 2021	Week 4 February 25, 2021
Protein: Cottage Cheese & Milk Fruit & Vegetable: Mixed Fruit & Carrots Grain: Whole Wheat Rolls	Protein: Shredded Colby jack cheese & Milk Fruit & Vegetable: Pears & Peas Grain: Whole Wheat Noodles	Protein: Tofu & Milk Fruit & Vegetable: Pineapple & Broccoli Grain: Whole Wheat Waffles	Protein: Turkey Sausage & Milk Fruit & Vegetable: Cranberries & Sweet Potato Grain: Whole Wheat Rolls

Prepared by Staff ☺

Menu is subject to change.

This Institution is an equal opportunity provider and employer.

