



THE FAMILY TREE

A Publication of the Family Growth Center

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News from the Infant and Toddler Room

APRIL is upon us! Rain is a must during spring. The trees will begin to bud, flowers will start to pop through the soil, and we will begin to see and hear more and more birds out and about. Signs of Spring bring joy to me. Take your children outside and explore the signs of Spring in your yard, or around where you live. Talk about what you see and what you hear. Explore the ground, look for worms, play in a puddle if there are any. Just enjoy being outside. I hope this month brings joy to you and your family. Please find people to laugh with and talk to and enjoy their company with (even if it is at a distance). Please stop by the center on Thursdays at 1100a if you'd like to see myself, Ms. Beth or Ms. Kathy, we are there passing out lunches. If you would like to receive lunches again, please just let me know. Have a fun month. Read. Sing. Dance. Laugh and LOVE! 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

Welcome to April! Spring is finally here, and the sun is out more! The change in the seasons is a reminder that the best is yet to come. The days will continue to get warmer, and the sun stays out longer while the easiness of summer follows the wonderful renewing of spring. Take some time to reflect and notice what the changing season means to you and how it can be a sign of strengthened hope. It is easy to get caught up in the hustle and bustle of life and the stress and many ranges of emotions and thoughts that can come up during this time and lose hope. Let the warmer weather, fresh air and budding flowers and plants remind you that the best is yet to come. Take a few deep breaths in and even longer exhales out. Remind yourself, you are strong, you are resilient and better days are always ahead. You got this! Remember we are ALWAYS here for you call, email, Facebook, or stop by on Thursday's at 11am to connect with us.

- Beth Corcoran, Preschool Teacher

NEWS FROM THE DIRECTOR >>>

April is "Child Abuse Prevention" month. Please go to our Family Growth Center's Facebook page to learn more!! Loving the sunshine ☺!! Hope you are enjoying outside activities. Did you all make a kite with last month's activities? 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's art work!! Our lunch distribution is still on Thursdays at 11:00AM for our enrolled families. Please reach out to us if you are in need or just want to see us. We are here to help. 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 March 31, 2021	Week 1 April 1, 2021	Week 2 April 7, 2021	Week 2 April 8, 2021
Protein: Turkey Breakfast Sausage & Milk Fruit & Vegetable: Grapes & Celery Grain: Chex Cereal	Protein: Deli Chicken Meat & Milk Fruit & Vegetable: Strawberries & Green Peppers Grain: Whole Wheat Bread	Protein: Grilled Chicken Strips & Milk Fruit & Vegetable: Blueberries & Asparagus Grain: Whole Wheat Crackers	Protein: Cheddar Cheese & Milk Fruit & Vegetable: Pears & Carrots Grain: Whole Wheat Bread
Week 3 April 14, 2021	Week 3 April 15, 2021	Week 4 April 21, 2021	Week 4 April 22, 2021
Protein: Hamburger Patty & Milk Fruit & Vegetable: Apple & Broccoli Grain: Whole Wheat Bun	Protein: Tuna & Milk Fruit & Vegetable: Cranberries & Cucumber Grain: Whole Wheat Tortilla	Protein: Fish Sticks & Milk Fruit & Vegetable: Banana & Zucchini Grain: Whole Wheat Slider Buns	Protein: Turkey Sausage & Milk Fruit & Vegetable: Peaches & Cabbage Grain: Whole Wheat Crackers
Week 5 April 28, 2021	Week 5 April 29, 2021		
Protein: Chicken in can Fruit & Vegetable: Raspberries & Eggplant Grain: Whole Wheat Noodles	Protein: Black Beans Fruit & Vegetable: Mangoes & Tomato Grain: Rice		

Prepared by Staff ☺

Menu is subject to change.

This Institution is an equal opportunity provider and employer.

