

Berrien RESA's

PLAYGROUPS

¡Mira adentro!

www.berrienresa.org

-FEBRUARY 2020-

You and your young child are invited to join in the fun!



Parent Connection: Sleep Routines

Children respond very well to a regular sleep schedule that includes the same comforting, quiet-down routine every time they go to sleep. As parents, it is helpful to become familiar with your child's sleep cues. Putting your child down to sleep in a tired, but not too tired state can help your child fall asleep easier. Overtired children sleep poorly. Adequate amounts of rest lead to a healthier, better-sleeping child.

There are many challenges associated with sleep. Even a child that has been sleeping through the night for months, may wake during times of stress or change. Night waking can increase around major developmental milestones (learning to crawl, walk, etc.). Some children also experience separation anxiety around 6 months of age. It may be hard to distinguish between normal developmental phases like these or illness, over-stimulation, over tiredness, and bad dreams, all of which can cause disruptions in sleep. Maintaining your regular routines even during these challenging times, can help you avoid some of these problems, is reassuring to your child, and can help them get back to sleep sooner.

Handouts with tips about creating sleep routines are available at the sign-in table. Feel free to speak to one of our certified parent educators about any concerns you may have about your child's development.

Featured Recipe: Shaving Cream Play

For a fun sensory experience, invite your child to experiment with shaving cream:

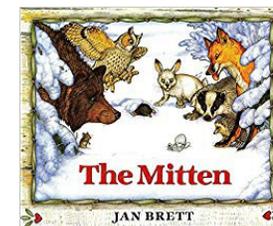
- Spray mounds of it on the table and provide plastic animals or other figures to pretend play with.
- Use it as if it were mortar and practice building towers with foamblocks
- Use it in the bathtub. For added fun put glow sticks in the water!

"When a child's senses are stimulated, it sends signals to the brain that strengthens neural pathways important for all types of learning."
-Highscope

This month's featured book:

"The Mitten"
by Jan Brett

Each family attending a playgroup will receive a free book to enjoy!



Playgroups are a chance for parents with young children (infants - age 5) to get together with other parents and young children and have some fun! Each month Berrien RESA's highly qualified staff choose a children's book as the theme for Playgroup activities. At the beginning of the group, the story is read during circle time. Then parents can play together with their children through a variety of activities. At the end of the group, every family gets a copy of the book to take home and enjoy over and over again. Each month, information is also provided on a popular parenting or child development topic.

For more information about Playgroups or other early education services, please visit www.berrienresa.org!



In accordance with Section 504 of the Rehabilitation Act of 1973, it is the policy of the Berrien Regional Education Service Agency to prohibit discrimination on the basis of handicap against qualified handicapped persons, in admission or access to, participation in, or treatment of employment in, its programs and activities. Inquiries regarding this policy should be directed to Human Resources, Berrien RESA, 711 St. Joseph Avenue, Berrien Springs, MI 49103; telephone (269) 471- 7725; fax (269) 471-2941.



Check it out!

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PLAYGROUPS

This Month's Playgroup Calendar: FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Watervliet 9:30-10:30 a.m.	7
10	11 Eau Claire 10-11 a.m. St. Joe (Lincoln) 6-7 p.m.	12 Berrien Springs 9:30-10:30 a.m.	13	14 Three Oaks 9-10 a.m.
17	18 Benton Harbor 10:30-11:30 a.m. Niles (Ballard) 6-7 p.m.	19 Buchanan 9:30-10:30 a.m.	20 Bridgman 9-10 a.m.	21 Niles (Northside) 10-11 a.m.
24	25 Berrien Springs 6-7 p.m.	26 Stevensville 10-11 a.m.	27 St. Joe (Brown) 9:30 a.m.-10:30 a.m.	28

BENTON HARBOR
Sammie Smith Family Investment Center
301 S. Martin Luther King Dr.

BERRIEN SPRINGS
Mars Elementary
430 West Mars St.

BRIDGMAN
Bridgman Elementary
3891 Lake Street

BUCHANAN
Ottawa Elementary
109 Ottawa St.

***EAU CLAIRE**
Eau Claire District Library
6528 E. Main St.
(This location will be lead in both Spanish and English.)

NILES
Ballard Elementary
(P.M. playgroups)
1601 Chicago Road

Northside Child Development Center
2020 N. Fifth Street

ST. JOSEPH
Brown Elementary
2027 Brown School Road

Lincoln Elementary
(P.M. Playgroups)
1102 Orchard Avenue

STEVENSVILLE
Christ Lutheran School
4333 Cleveland Ave.

THREE OAKS
Three Oaks Elementary
100 Oak Street

WATERVLIET
South Elementary
433 Lucinda Lane

Ustedes son bienvenidos en todos los grupos de juegos, pero el grupo de juego de Eau Claire será bilingüe.
Ven y acompañanos!