



Berrien RESA's

PLAYGROUPS

¡Mira adentro!

www.berrienresa.org

MARCH 2020-

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



Parent Connection: Parenting Around Development

The first 3 years of life is a time of amazing growth and change in the brain. A baby will learn more during this period than any other in his life. By his third birthday, a child's brain will reach 80 percent of its adult volume. With children developing and changing so quickly, how can a parent keep up and support their child's learning?

Do you ever feel like you constantly have to change your approach or strategies in parenting based on your child's stages of development? If so, you aren't alone. That's what experts call development-centered parenting. Having developmental information that shows progressions of skills will help guide the way you arrange your daily routines and spaces for learning. It will also help keep your expectations reasonable.

You are already an expert about your child. You do not have to be an expert on child development, but having a general overview of development will help you become less surprised, more confident and more prepared. A good place to start is with the Ages and Stages tool at the Zero to Three website at zerotothree.org. You can also ask your pediatrician if they have any milestone charts or tools.

At playgroups this month we will have milestone charts available. Parents can also choose to take home a parent-friendly screening tool that will give them a snapshot of their child's current development. A Parent Educator is always available to answer questions.

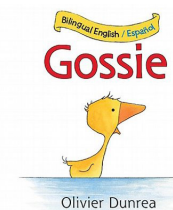
Featured Recipe: Dying Pasta and Rice

1. Mix 2-3Tbs. rubbing alcohol, 1-2cups of pasta, and about 10 drops of food coloring or liquid watercolors in a Ziploc baggie. You can mix colors to create new ones.
2. Move the pasta around in the bags, until they are completely covered. Lay the bags flat and allow the pasta to sit in the baggie until they reach the desired color.
3. When you have your desired color, spread the pasta out to dry on a flat surface (baking sheets lined with paper towels work well). Pasta is ready to use when dried.

This month's featured book:

**"Gossie Gansi"
by Olivier Dunrea**

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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Berrien RESA's

PLAYGROUPS

This Month's Playgroup Calendar: MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10 Eau Claire 10-11 a.m. St. Joe (Lincoln) 6-7 p.m.	11 Berrien Springs 9:30-10:30 a.m.	12 Watervliet 9:30-10:30 a.m.	13 Three Oaks 9-10 a.m.
16	17 Benton Harbor 10:30-11:30 a.m. Niles (Ballard) 6-7 p.m.	18 Buchanan 9:30-10:30 a.m.	19 Bridgman 9-10 a.m.	20 Niles (Northside) 10-11 a.m.
23	24 Berrien Springs 6-7 p.m.	25 Stevensville 10-11 a.m.	26 St. Joe (Brown) 9:30 a.m.-10:30 a.m.	27
30	31			

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!