



Berrien RESA's

# PLAYGROUPS

*¡Mira adentro!*

www.berrienresa.org

**-NOVEMBER 2019-**

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



## Parent Connection: Nutrition

Helping your child build a healthy relationship with food can be challenging. You may worry about what, how often, and how much your child should eat. As parents, our job is to offer a variety of nutritious foods on a regular schedule. Your child's job is to decide what food – and how much of it – to eat. Your toddler needs to eat every three or four hours because he has a high energy level but his stomach is not very big. A good rule of thumb is to offer one tablespoon of food for every year of age and give your child seconds or thirds if he's hungry.

As a parent, you can create routines that make eating a happy time. Having consistent meal and snack times, a set place to eat, and your company will help your child learn what to do when eating.

Here are some tips for making mealtimes pleasant:

- Be good company. Eat with your child and include him in conversation.
- Eliminate distractions such as TV and electronics.
- Do not use food to reward or punish.
- If you choose to give your child dessert, link it to the amount of healthy food he eats.
- Be patient. A child may have to be served a new food as many as 15 times or more before he will try it.

Handouts with tips about making meal times pleasant and healthy are available. Feel free to ask one of our certified parent educators any questions.

## Featured Recipe: Spaghetti Sensory Play

You'll need:

- Cooked Spaghetti
- Vegetable oil
- Food Coloring or liquid watercolors
- Gloves

Place cooked spaghetti into a large bowl or a few smaller ones if you want to make multiple colors. Add a few teaspoons of oil to each bowl. This stops the pasta from sticking together and clumping. Add color with food coloring or liquid watercolors. With a gloved hand, mix the pasta until it is evenly colored. Lightly rinse spaghetti to remove excess coloring. Invite your child to engage in this fun sensory experience by providing cups, spoons, pots, and pans. Let your child practice their cutting skills by offering playdough or child safe scissors.

## This month's featured book:

**"FEAST FOR 10"**  
by Cathryn Falwell

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](http://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!

¡Mira adentro!

Berrien RESA's

PLAYGROUPS

This Month's Playgroup Calendar: NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6 Berrien Springs 9:30-10:30 a.m.	7 Watervliet 9:30-10:30 a.m.	8 Three Oaks 9-10 a.m.
11	12 Eau Claire 10-11 a.m.  St. Joe (Lincoln) 6-7 p.m.	13 Buchanan 9:30-10:30 a.m.	14 Bridgman 9-10 a.m.	15 Niles (Northside) 10-11 a.m.
18	19 Benton Harbor 10:30-11:30 a.m.  Niles (Ballard) 6-7 p.m.	20 Stevensville 10-11 a.m.	21 St. Joe (Brown) 9:30 a.m.-10:30 a.m.	22
25	26 Berrien Springs 6-7 p.m.	27	28 THANKSGIVING	29

**BENTON HARBOR**

Sammie Smith Investment Center  
301 S. Martin Luther King Dr.

**BERRIEN SPRINGS**

Mars Elementary  
One Sylvester Avenue

**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!