



# BERRIEN RESA PLAYGROUPS

[www.berrienresa.org](http://www.berrienresa.org)

## NOVEMBER 2022

*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. Toddlers need to eat small portions every three to four hours to support their high energy levels. 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 they are hungry. 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 them in your 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 they eat.
- Be patient. A child may have to be served a new food as many as 15 times or more before trying it.

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

### HEALTHY KIDS = STRONG FAMILIES FEATURED RECIPE

## Cinnamon Coated Apples

#### DIRECTIONS:

First, slice apples and place them in a baggie or bowl. Leave the skin on for fiber. Add a little lemon or orange juice to keep them from browning. Next, sprinkle some cinnamon on the apples. If you'd like a sweeter treat, use cinnamon sugar. Close the bag and give it all a good shake (or a good stir in the bowl) so that all the apple slices get coated.

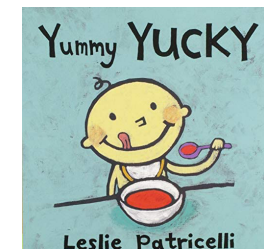
#### SERVING IDEAS:

- Dip in almond butter, peanut butter, hazelnut spread, yogurt, or cream cheese for added protein.
- Sprinkle with more fruit such as raisins, sliced bananas, or cut up grapes and strawberries.
- Add a few handfuls of granola with dark chocolate chips or sunflower seeds.
- Drizzle with a teaspoon of honey or caramel.

### FEATURED BOOK

## "Yummy Yucky" by Leslie Patricelli

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)!



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# Berrien RESA's PLAYGROUPS

## This Month's Playgroup Calendar: NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Berrien Springs 10 – 11 AM	3 Watervliet 9:30 – 10:30 AM	4 Three Oaks 9 – 10 AM
7	8 Eau Claire 10 – 11 AM St. Joe (Lincoln) 6 – 7 PM	9 Buchanan 9:30 – 10:30 AM	10 Bridgman 9 – 10 AM	11 Niles (Northside) 10 – 11 AM
14	15 Benton Harbor 10:30 – 11:30 AM Niles (Ballard) 6 – 7 PM	16 Stevensville 10 – 11 AM	17 St. Joe (Brown) 9:30 – 10:30 AM	18
21	22 Berrien Springs 6 – 7 PM	23	24	25
28	29	30		

**Please note that playgroups will NOT take place during the month of December.**

JOIN US FOR THE WELCOME WINTER HOLIDAY EVENT ON THURSDAY, DECEMBER 8.  
COME FOR THE AFTERNOON (2:30 – 4 p.m.) OR IN THE EVENING ( 6 – 7:30 p.m.)!

### **BENTON HARBOR**

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

### **BERRIEN SPRINGS**

Mars Elementary - P.M. playgroups  
One Sylvester Avenue

Trinity Lutheran - A.M. playgroups  
9123 George Ave.

### **BRIDGMAN**

Bridgman Elementary  
3891 Lake Street

### **BUCHANAN**

Ottawa Elementary  
109 Ottawa St.

### **EAU CLAIRE**

Eau Claire District Library  
6528 E. Main St.

### **NILES**

Ballard Elementary - P.M. playgroups  
1601 Chicago Road

Northside Child Development Center -  
A.M. playgroups  
2020 N. Fifth Street

### **ST. JOSEPH**

Brown Elementary - A.M. playgroups  
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

**Find the playgroup that works for you. We hope to see you there!**