



PLAYGROUPS

www.berrienresa.org

OCTOBER 2022

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



Parent Connection: Movement & Motion

This month at Playgroup, we will discuss your child's gross and fine motor skills. Gross (large) motor skills refers to the use of large muscles to perform tasks such as crawling, walking, or throwing a ball. Fine (small) motor skills refers to the use of small muscles to engage in tasks such as grabbing a toy, holding a spoon, or writing. Motor development happens in a predictable way from the middle-out, meaning from the body, then arms, then hands, then fingers. It also happens from the top to bottom, meaning that a child holds its head up, then sits up, then walks. As your child is figuring out what her body can do, she will need opportunities to explore in a safe and fun environment. With your support and encouragement her small and large muscles will become stronger and she will gain confidence, independence, and skills that will bring her towards school readiness.

Visit us at a Playgroup this month where we will look at the different stages of motor development. This is a great opportunity to talk to one of our certified Parent Educators about your child's stage of development and what to look for next.

Healthy Kids = Strong Families Fruity Fall Time Treats Recipe

Fun fall treats don't have to be scary for your child's teeth! Here are some easy AND healthy snack ideas that kids will have fun making and eating!

Turn small oranges into a "cutie" pumpkin:

1. Peel a mandarin orange or tangerine
2. Cut a small length of celery or green pepper and push it into the top of the orange to create a pumpkin stem.

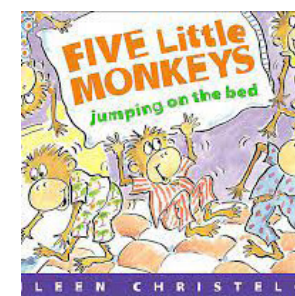


Turn a plain banana into 2 friendly ghosts:

1. Peel a banana. Cut banana in half.
2. On each half, create a ghost face: push 2 mini-chocolate chips into the banana for eyes
3. Push a chocolate chip into the banana to make a ghost mouth that says "BOOOOOO"!

This month's featured book:

"Five Little Monkeys Jumping on the Bed"
by Eileen Christelow
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.

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.

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





Berrien RESA's PLAYGROUPS

This Month's Playgroup Calendar: October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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3	4 Eau Claire 10 - 11 a.m. St. Joe (Lincoln) 6 - 7 p.m.	5 Berrien Springs 10 - 11 a.m.	6 Watervliet 9:30 - 10:30 a.m.	7 Three Oaks 9 - 10 a.m.
10	11 Benton Harbor 10:30 - 11:30 a.m. Niles (Ballard) 6 - 7 p.m.	12 Buchanan 9:30 - 10:30 a.m.	13 Bridgman 9 - 10 a.m.	14 Niles (Northside) 10 - 11 a.m.
17	18 Berrien Springs 6 - 7 p.m.	19 Stevensville 10 - 11 a.m.	20 St. Joe (Brown) 9:30 - 10:30 a.m.	21
24	25	26	27	28
31				

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. Hope to see you there!