



PLAYGROUPS

www.berrienresa.org

SEPTEMBER 2022

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



Parent Connection: Why is play so important?

Young children learn best through movement and play. Play expands cognitive, language, social emotional and motor skills. Some of the benefits of play are:

- It sparks creativity and curiosity
- It is essential for healthy brain development
- It facilitates productive and appropriate social interactions with others
- Children gain a better understanding of the world around them
- Problem solving skills are enhanced
- Children learn to deal with frustration
- It enhances a child's ability to concentrate
- Provides opportunities to make choices and control over their actions
- Allows children to master new skills through repetition
- Fosters self-esteem

Although these are only a few of the reasons that play is so important, it is clear to see that young children are learning how to learn through play. In order to be successful in school, your child needs more than academic skills. Visit us at playgroups, where we will talk about the stages of play, what play should look like, and how you can enhance your child's learning through play.

Healthy Kids = Strong Families Featured Recipe: Fruit Dip

Here's an easy AND healthy snack idea: serve your child grapes along with this 3-ingredient fruit dip:

- In a small bowl, combine:
- 1 cup of plain or vanilla yogurt
 - 2 Tablespoons of maple syrup
 - 1 teaspoon of cinnamon



Recipe makes one cup of dip.

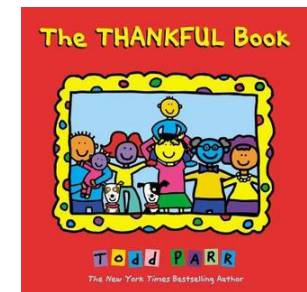
Whole grapes are a choking hazard for young children, so remember to cut the grapes into smaller pieces! For great tips and demos on safely preparing and serving grapes to young children, [visit the Yummy Toddler Food website.](https://www.yummytoddlerfood.com/grapes-for-kids/) (https://www.yummytoddlerfood.com/grapes-for-kids/)

Older children will enjoy using toothpicks to build structures with the grapes before snacking on them!

This month's featured book:

"The Thankful Book" by Todd Parr

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.





Berrien RESA's PLAYGROUPS

This Month's Playgroup Calendar: September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 Berrien Springs 10 - 11 a.m.	8 Watervliet 9:30 - 10:30 a.m.	9 Three Oaks 9 - 10 a.m.
12	13 Eau Claire 10 - 11 a.m. St. Joe (Lincoln) 6 - 7 p.m.	14	15	16
19	20 Benton Harbor 10:30 - 11:30 a.m. Niles (Ballard) 6 - 7 p.m.	21 Buchanan 9:30 - 10:30 a.m.	22 Bridgman 9 - 10 a.m.	23 Niles (Northside) 10 - 11 a.m.
26	27 Read Around the County: St. Joe 11:30 a.m. - 12:30 p.m. Berrien Springs 6 - 7 p.m.	28 Stevensville 10 - 11 a.m.	29 St. Joe (Brown) 9:30 - 10:30 a.m.	30 Read Around the County: Niles 11:30 a.m. - 12:30 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. Hope to see you there!