

Monthly Family Newsletter

JANUARY 2023



Coming to Educare Flint!

Women of Worth (W.O.W.) will begin meeting at Educare on Thursday, January 19th at 9:00 am. The W.O.W program gives women a time to have conversations about topics that are important to women raising children. The W.O.W program provides support, new ideas, friendships and so much more. We are looking forward to another year of fun and meaningful conversations.



For more information, please contact your Family Engagement Advocate at the numbers listed:

- **Leanne Hobson at 600-5445,**
- **Andrea Loyd at 600-5438,**
- **Lyndsay Stickly at 600-5451**

Fathers and Men Engaged (F.A.M.E) will begin meeting at Educare on Thursday, January 19th at 9:00 am. The F.A.M.E Program provides a safe space for fathers to talk about being a father by exploring the roots of fatherhood. The F.A.M.E Program is going on its 10th year and has been a great support for fathers, grandfathers and all men who are raising children. We are looking forward to another year of great conversations.

For more information please contact either:

- **Rob Royce at 600-5436**
- **Mike Kildee at 600-5403**



It's Easy To Forget...

That being outdoors has so many benefits such as reducing stress and anxiety, increasing immunity, improving sleep and focus, reducing pain and inflammation, and increasing creativity and social interaction. The outdoors also helps kids break away from screens, improve their motor skills, diminish their obesity rates, and improve their critical thinking skills. Outdoor time is a win for the whole family!

EMBRACE THE COLD!

Here are some great ways to get exercise, fresh air and family time are:

- Sledding
- Snowman making
- Ice skating
- Winter obstacle course
- Hike/walk a local trail in the snow
- Shovel an elderly neighbor or family member's driveway or sidewalk



Meet the Educare Flint Family!



MEGAN DEMAND

Megan has been working at Educare Flint as a Lead Teacher for 5 years. She loves to read and enjoys eating Chinese and Italian food. Her favorite color is blue and she loves the fall season. If Megan could have any super power it would be mind reading so she can know what her students are thinking while they are learning. Her favorite book is the *Harry Potter* book series by J. K. Rowling.

"I love working at Educare Flint because being a part of a family that loves to watch you grow and learn is amazing! That's exactly the environment at Educare Flint. We are constantly pushing each other to do our bests and there is constant encouragement from colleagues!"

MEGAN DEMAND



EDUCARE FLINT

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Mark Your Calendars:



Important Dates

- **January 3:** Return To School!
- **January 12:** EduShare Market Orders Due
- **January 12:** Parent Meeting 8:30AM - 9:30AM
- **January 19:** EduShare Market Pick Up
- **January 19:** WOW Meeting at 9AM
- **January 19:** FAME Meeting at 9AM

A Fresh Start for the New Year!

THE FAMILY ENGAGEMENT TEAM



As we welcome in the New Year, it is important that we take the time to think about what we are thankful for and what we enjoyed over the past year. Also, it is important that we think about what has been challenging for us as individuals and as a family. This reflection is important so that we can continue celebrate those victories, but also plan new strategies to address those challenges and set goals for ourselves and as a family.

Below are some strategies that you can use as conversation starters for identifying and setting individual and family goals

- Pick a time when your family is all together, such as dinner time, and have conversations about goals for your family.
- It is helpful if you write goals down and talk about any progress that has been made to achieve the goal(s). An example would be to live healthier as a family. As a family, create a healthy menu calendar where everyone can contribute.
- Break your goal into realistic steps. Goals are easiest to achieve if you take one step at a time and not overwhelm yourself.
- If you made family goals, try to involve everyone in all the steps. If it is an individual goal, include family and friends for support.
- Always remember that the staff at Educare Flint are available to assist you with identifying resources to reach both individual and family goals.

**Together, let's make this a great year
for children and families!**

LET'S GET COOKING!

Curl up and get warm this winter with a cup of Chicken Chili for dinner! Check out this quick and easy recipe from our Family Recipe Book. Here you can find some of our favorite recipes, you'll be sure to find a great new meal that the whole family will love!



Serves: 6 – 8 people
Prep Time: 20 minutes
Cook Time: 1 – 4 hours
Difficulty: Easy!

**Scan or click
the QR Code
to see the
FULL recipe**



Food Tastes Better

When You Eat With Family

THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY