

Midland County Family Activity Guide



Fall 2019





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Hello Families!

Happy Fall Y'all! I'm sure you've noticed your child has already learned so much this year. This guide provides some quick tips for continued learning at home and fun FREE or low cost Midland County events. In this guide you will find:



Kindergarten Readiness It is important in the early years to prepare children for Kindergarten. Kindergarten Readiness is the result of a partnership between teachers, community partners, and parents. Each page of this guide contains a checklist for the skills we are building to help your child prepare for kindergarten and beyond.



Home Connection A child's family is their first teacher. Families are busy, and preparing for kindergarten can be overwhelming. Each box labeled "home connection" has free, easy, and fun ideas that fit into your daily routine. Have fun learning while playing "I Spy" in the car, pretending to be a "clean up robot" or making a healthy snack together.



Community Connection Have you ever heard the African proverb "It takes a village to raise a child?" Midland County certainly understands that philosophy. In the bottom right hand corner of each page, you'll find FREE and low cost community activities and resources to help your child grow. Additionally, a complete list of this season's family fun activities is on page 7. Research shows children who participate in community events have higher achievement and school success. Have fun learning and exploring all of the exciting resources Midland has to offer!



Home Connection

Making Family Meals a Priority

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also:

- more likely to eat fruits, vegetables, and grains
- less likely to snack on unhealthy foods
- less likely to smoke, use marijuana, or drink alcohol

Also, family meals are a chance for parents to introduce kids to new foods and to be role models for healthy eating.

YOU MIGHT ALSO TRY THESE TIPS:

- Let kids invite a friend to dinner.
- Involve your child in meal planning and preparation.
- Keep mealtime calm and friendly.

What counts as a family meal? Whenever you and your family eat together – whether it's takeout food or a home-cooked meal -- strive for nutritious food and a time when everyone can be there. This may mean eating dinner a little later to accommodate an older sibling who's at sports practice. It also can mean setting aside time on the weekends when it may be more convenient to gather as a group.

Adapted from www.kidshealth.org

Kindergarten

Checklist



Healthy Families



- Stand on one foot for at least 8 seconds
- Do a somersault and hop
- Walk up and down stairs without help
- Walk forward and backwards easily
- Pedal a tricycle
- Copy a triangle, circle, square, and other shapes
- Stack 10 or more blocks
- Use a fork and spoon
- Dress and undress, brush teeth, and take care of other personal needs without much help

Cooking Matters Recipe: Fall Fruit Compote

Serves 8, 1 cup per serving

- 3 medium pears
- 2 medium apples
- 1 cup seedless grapes
- 1 cup raisins
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1¼ cups apple juice or cider
- ¼ cup water
- 2 Tablespoons cornstarch



- 1- Rinse pears, apples, and grapes. Do not peel fruit.
- 2- Remove core from pears and apples. Cut fruit into 1-inch pieces.
- 3- In a medium pot, add pears, apples, grapes, raisins, cinnamon, and nutmeg.
- 4- Add apple juice and water to pot to barely cover the fruit.
- 5- Bring fruit and juice to a boil. Reduce heat and simmer for 10–15 minutes. Remove from heat.
- 6- In a colander, strain the fruit over a small bowl, reserving the liquid.
- 7- Return the liquid to the pot. Add cornstarch. Cook on low to thicken slightly. Remove from stove and let cool.
- 8- Pour thickened juice mixture over fruit and stir. Cool and serve right away. Or, store in an air-tight container for up to 1 week.

MSU Extensions: Cooking Matters



MICHIGAN STATE UNIVERSITY | Extension

Cooking matters is a free 6 week class that offers information on healthy snacks, shopping smart, planning balanced meals, and eating out

- Taught by a chef and nutritionist
- FREE GROCERIES-Make these recipes at home!
- FREE COOKBOOK

Current Cooking Matters classes will start this fall!
Please visit:

www.greatstartmidland.org
or the Midland County Great Start Collaborative Facebook page for more information on these and other class offerings.

Get Out and Explore!

Fall is a great time of year to get out and visit the apple orchard. Check out one of these local favorites!

- Apple Blossom Orchard, 2581 Wilder Rd, Midland**
- Leaman's Green Applebarn, 7475 N River Rd, Freeland**
- Bayne's Apple Valley Farm, 5395 Midland Rd, Freeland**





Home Connection

Effective Consequences with Conscious Discipline

For consequences to be effective, they should...

- TEACH CHILDREN HOW TO SOLVE PROBLEMS
- SHOW CHILDREN THAT MISTAKES ARE OPPORTUNITIES TO LEARN
- RELY ON REFLECTION AND PERSONAL RESPONSIBILITY
- PROVIDE INTRINSIC MOTIVATION TO USE OR LEARN NEW SKILLS
- FOCUS ON WHAT TO DO INSTEAD

Ingredients of Effective Discipline:

1. Connection

Caring/willingness comes from a healthy relationship with others (connection). Children who are disconnected don't care, so NO punishment or consequence will work. This is one reason you often see the same children punished again and again. **Conscious Discipline** promotes connection through the School Family, Brain Smart Start, I Love You Rituals, etc.

2. Reflection

Children must reflect on their actions and outcomes in order for consequences to be effective. To reflect, children must be in the executive state. For this reason, it's essential for adults to keep their composure when disciplining a child. Children need to reflect on their actions without judgement. Otherwise, they will be thrown to the lower centers of their brain. In **Conscious Discipline**, we teach children this skill using "noticing."

3. Personal Responsibility

Consequences only work when children take responsibility for their actions by taking ownership of their feelings. For this to happen, we must teach children THEY are in charge of their feelings and THEY have the power to change them. Otherwise, children will deflect blame and won't recognize the need for growth/change. **Conscious Discipline** teaches children to recognize, regulate, and take ownership of emotions using the Safe Place, Feeling Buddies, S.T.A.R. breathing, etc.

Excerpt taken from "Why Conscious Discipline Consequences Work and Punishments Don't (And How to Give Effective Consequences)" by Becky Bailey on www.consciousdiscipline.com

DID YOU KNOW....we offer FREE Conscious Discipline classes for parents? For current class offerings, visit www.greatstartmidland.org or call (989) 492-7700 ext. 1173 to learn more.

Kindergarten

Checklist



Social Emotional



- Controls strong emotions in an appropriate manner most of the time
- Manages classroom rules, routines, and transitions with occasional reminders
- Engages with familiar adults as resources, to share ideas, and interests
- Identifies basic emotions of others and their causes accurately
- Initiates, joins in, and sustains positive interactions with a small group of 2-3 children
- Initiates the sharing of materials in the classroom and outdoors
- Suggests solutions to social problems

Adapted from Teaching Strategies Gold

Your Community

Community events are fun and exciting opportunities for children to learn, make friends, and practice the social-skills they're working to develop at home and school. Check out some of the free upcoming events below and page 7 for a full list of events.

Very Hungry Caterpillar Day (all ages)

9/21. SAT 11am-2pm

Grace A. Dow Memorial Library

Little Midland

MON/THU 10:30am-12:30pm

The Loft at Ashman Plaza

FESTIFALL

9/28 SAT 4:00-7:00PM

Downtown Midland





Home Connection

The Lending Library

Fall Spotlight

Alphabet 1

The Alphabet 1 tub is packed with all sorts of fun ways to reinforce your child's familiarity and understanding of the alphabet, and does so by incorporating several different learning styles and sensory choices.



This tub features alphabet bean bags for throwing games, letter dice for rolling games, and alphabet soup for pretend play. There are also a variety of letter puzzles to practice fine motor skills and coordination. Foam letters are fun to touch and squeeze and can be used to practice letter recognition. Use the alphabet blocks to build towers while asking questions like, "which letter is on top?" "Can we find the 'C' to stack on our tower next?"



For more about the Lending Library and all the educational materials they have to offer, contact the Central Resource Center at (989) 492-7102.

Kindergarten Checklist



Language and Literacy



- Follows directions of two or more steps (ex. put your food in the trash and rinse off your plate)
- Uses complete 4-6 word sentences
- Tells stories about places and past events in a logical order that includes major details
- Matches beginning sounds of some words
- Recognizes name and as many as 10 letters
- Produces correct sound for 10-20 letters
- Orients book correctly, turns pages from front to back, recognizes familiar books by their cover
- Identifies story-related problems, events, and resolutions during conversations with an adult
- Pretends to read using some of the language from the text, describes action across pages using pictures
- Writes strings of letters, not necessarily words

Adapted from Learning Strategies.org

Story Time and Reading Activities

Check out page 7 for more details on the events listed below:

Chippewa Nature Center - Story Hour
Most Thursdays @ 9:30AM & 11:00AM

Barnes and Noble @ Midland Mall - Story Time
Mondays @ 7:00PM and Wednesdays @ 11:00AM
Saturdays @ 11:00AM

Grace A. Dow Memorial Library
Preschool Storytime (3-5 yrs)*
9/19 THU 10-10:30am & 11-11:30am
*ticket required



Dolly Parton's Imagination Library

Dolly Parton's Imagination Library is a nonprofit organization that promotes early childhood literacy by giving free age-appropriate books to children through age 5.

To enroll your child in Midland County Imagination Library or for more information please call Madison Schwind at 989-492-7702 ext. 1101.



Home Connection

Numbers in Nature

A Fall-themed math activity

You Will Need...

- felt leaves or fake fall leaves, found at the dollar store
- a sharpie
- a backyard or park where your kids can pick things



1. Draw numbers on the leaves between 1-10 using the sharpie.
2. Hand each child a numbered leaf
3. Then have them search the area for the amount of items corresponding to the number they have on their leaf.
4. Continue this activity until every number has an amount represented. (ie. 4 rocks, 10 leaves, 2 acorns, 6 sticks, etc.)
5. For older children, try handing them two numbered leaves and having them find the mental math solution to the numbers they were given. (ex. $2+6 = 8$ items to find)
6. When finished talk together about the different nature items that were found and then count the items together.

This activity promotes number recognition, counting, and problem solving.

Kindergarten

⊕ Checklist ¹₂ ³

Math

- Identifies numbers to 10 by name and connects each number to an object when counting
- Counts groups of 6-10 objects and labels which groups have less, more, or the same number of objects
- Uses and responds appropriately to positional words indicating location, direction, and distance (under, over, between, close, far, behind, in front, etc.)
- Identifies 2 and 3 dimensional shapes (circle, square, triangle, rectangle) and describes them (round, has four sides, has 3 corners, etc.)
- Compares and orders a small set of objects according to size, length, weight; knows usual sequence of basic daily events
- Uses numbers to compare, knows the purpose of standard measuring tools
- Extends and creates simple repeating patterns

Adapted from Teaching Strategies Gold



Math in the Mail

Math in the Mail is FREE to families who qualify*, and focuses on developing math skills in three-year-olds by providing tools needed for families. Math in the Mail packages include:

- Materials designed for hands on play
- A book
- Ideas for hands-on activities using the provided materials
- Ideas for extension activities using items found in any home
- "Tools for Talking", a guide on how to use the materials provided

To enroll in Math in the Mail:

- Visit www.mathinthemail.org
- Call (989)737-9532 to enroll over the phone
- Ask home visiting partners, Head Start, and GSRP Preschool teachers and staff for help

**If families do not meet eligibility requirements to receive Math in the Mail for free, they may subscribe for a fee.*



Home Connection

Musical Statues

Musical Statues is more than a party game. Playing musical games encourages children to be creative as they improvise actions, when dancing to the music. Use your chosen media for music (phone, cd player, computer, etc.) and make sure you have plenty of space for lots of creative movement. If its a nice fall day, do this activity outside in the falling leaves!

Begin the music and allow kids to dance and move about. After 10-20 seconds, stop/pause the music. Once the music stops, everyone must stop moving and freeze into musical statues. Anyone still moving after the music stops is out of the game. Then restart the music and begin the cycle again until the children are tired or just one child is left in the game. Actually, it doesn't matter you have a winner or not! This is a fun game regardless!



Musical Statues promotes physical coordination as the children need body control to stay still when the music stops. Also, as the children must listen carefully for the cue to freeze, they develop listening skills. You may also use songs of slow and fast tempo, in order to encourage children to move accordingly to the tempo of the music. In addition to musical tempo changes, try songs of varying styles...rock n roll, dance, classical, bluegrass, etc. Notice how the type of movement evolves with the changes in musical style!

While some children embrace the freedom to create their unique dance moves, others might need a bit of help. The teacher may show the children how to do some basic moves, such as nodding the head, swinging arms side to side, moving the hips, doing a circle turn and so on. If you're so inclined play along with the children!

Kindergarten

Checklist

Science, Technology, Art

- Explores dance and movement concepts
- Explores the visual arts
- Explores drama through actions and language
- Demonstrates knowledge of characteristics of living things (pretends to feed a baby doll or animal, puts baby doll to sleep, etc.)
- Understands physical properties of objects (heavy, light, rough, smooth)
- Demonstrates knowledge of Earth's environment (seasons, weather, day and night)
- Demonstrates scientific inquiry skills (observing, planning, predicting, sharing ideas about what happened, using tools such as magnifying glasses, rulers, scales to make observations)

Explore Science and the Arts!

Midland has many FREE opportunities for you and your child to explore science and the arts. Check out some of the events happening this fall! (See page 7 for a full list and details.)

Families in Nature: Fungi & Falling Leaves

Chippewa Nature Center

Between the fall leaves and the fruiting fungi, we'll spend the afternoon exploring and experimenting with colors in nature.

STEM: Lego Robotics*

Grace A. Dow Library, Maker Space

Build a Lego model that uses drag and drop programming to move, make sounds, and light up! Spaces are limited. ***Ticket required.**

Nature at Night

Chippewa Nature Center

Kids of all ages can explore the wonders of night time. Visit activity stations both inside and outside! Play games and enjoy the lantern lit trail. Kids are welcome to dress in costume if they'd like.

Free & Low Cost Community Events

Reoccurring Fall Activities...

Midland Area Farmer's Market Runs til Nov 16th!

Regular WED & SAT hours (7am-1pm) end Oct 30th, SAT hours in NOV will run 9am-12pm.

Shop fresh local produce, plants, and other goodies all fall long! Downtown Midland, end of Ashman Street Behind The H Hotel, Tridge parking lot

Little Midland, Indoor play city (ages 0-8 years)

\$4/child, under 1yr free M/TH:10:30AM-12:30PM, SAT hours vary 2x/month

Kid-sized city, giant-sized imagination! Visit Facebook: Little Midland for more information
The Loft @ Ashman Plaza 713 Ashman St, Midland

Gather @ the Grove

Every Tuesday in October, 6:30pm-8:30pm

Join us for a fun family evening of neighborly conversation, coffee, iced tea, music, games, food trucks, s'mores & bonfires!
Grove Park, 205 E Grove Street, Midland

Story Time at Barnes & Noble

Mondays @ 7PM, Wednesdays @ 11AM and Saturdays at 11AM

Barnes and Noble at Midland Mall
6800 Eastman Ave, Midland, MI 48642

September

Crafting with Baby (0-18mos)*

9/18 WED 10-10:30am & 11-11:30am

Enjoy stories, songs, rhymes, and a craft with baby.

***Ticket required.** Free tickets available at Youth Services Desk 20 minutes before the start of the program. Midland Library, in the Story Room

Toddler Time (18mos – 3yrs)*

9/24 TUE 10-10:30am & 11-11:30am

Enjoy books, songs and movement followed by 10-15 minutes of play. ***Ticket required.** Free tickets available at Youth Services Desk 20 minutes before the start of the program. Midland Library, in the Story Room

Preschool Storytime (3-5 yrs)*

9/19 THU 10-10:30am & 11-11:30am

Join us for stories, rhymes, a craft, and songs all about our favorite fruits and vegetables.

***Ticket required.** Free tickets available at Youth Services Desk 20 minutes before the start of the program. Midland Library, in the Story Room

STORY HOUR: In the Woods: Who's been here?

9/19 THU 9:30-10:30am & 11-12pm

(ages 3-5 w/ adult)

The hour will include a story, crafts, time outdoors and other age-appropriate activities.
Chippewa Nature Center, 400 S Badour, Midland

Family Storytime – Eric Carle (all ages)*

9/19 THU 6:30pm-7:30pm

See how Eric Carle creates the beautiful artwork in his books and create a collage from painted papers.
***Ticket required.** Free tickets available at Youth Services Desk 20 minutes before the start of the program. Midland Library, in the Story Room

Very Hungry Caterpillar Day (all ages)

9/21 SAT 11am-2pm

This year marks the 50th anniversary of The Very Hungry Caterpillar! Celebrate with fun activities inspired by the book.

Dow Library, In Youth Services

Family Five Senses Bird Walk

9/21 SAT 10-11am (all ages, strollers

welcome) Use your five senses to discover nature, explore and make observations while enjoying the sights and sounds of birds and learning their behaviors. Meet at the Visitor Center.

Chippewa Nature Center, 400 S Badour, Midland

STEM: Lego Robotics*

(ages 5-8 caregiver required, and ages 9-11)

9/23 MON 4:30-5:15pm & 6:30-7:30pm

Build a Lego model that uses drag and drop programming to move, make sounds, and light up! Spaces are limited.

***Ticket required.** Free tickets available at Youth Services Desk 20 minutes before the start of the program. Midland Library, in the Maker Space

Dancing Babies (0-18mos)*

9/25 WED 10-10:30am & 11-11:30am

Babies will enjoy stories, songs, dancing, and exploring with musical instruments.

***Ticket required.** Free tickets available at Youth Services Desk 20 minutes before the start of the program. Midland Library, in the Story Room

Family Fun Night – Not a Box (all ages)*

9/26 THU 6:30pm-7:30pm

Join us for the story "Not a Box" by Antoinette Portis and use your creativity to make a one of a kind something to take home!

***Registration is required.** Stop by the Youth Services Desk or call 989-837-3466 to sign up.
Midland Library, In the Story Room

Free Play Friday (1-5yrs w/ caregiver)

9/27 FRI 2pm-4pm

Drop in for free play with the blocks and manipulatives. Midland Library, in the Story Room

Festifall in Downtown Midland

9/28 SAT 4-7pm (all ages)

This community event celebrates the fall season in Downtown Midland. Activities for kids will take place along Main Street like make-n-take slime, face painting, origami, and giant Jenga and Connect 4!

STEM: Q-Ba-Maze*

9/30 MON 4:30-5:15pm & 6:30-7:30pm

(ages 5-8 caregiver required, and ages 9-11)

Use colorful, interlocking cubes to design and build a creative marble maze sculpture. Spaces are limited. ***Ticket required.** Free tickets available at Youth Services Desk 20 minutes before the start of the program. Midland Library, in the Maker Space

Crafty Kids (all ages)

9/30 MON 11am-3pm

Create a craft using the supplies and directions provided. Younger children can be assisted by a parent or caregiver. Midland Library, In the Maker Space

October

STORY HOUR: Busy Little Squirrel

10/3 THU 9:30-10:30am & 11-12pm (ages 3-5 w/

adult) The hour will include a story, crafts, time outdoors and other age-appropriate activities.
Chippewa Nature Center, 400 S Badour, Midland

Fall Harvest Festival

10/5 SAT 10am-4pm (18 and under FREE, non-member adults \$5) Join us at the Homestead Farm for blacksmithing and cider making, woodworking, and more. Children's games and crafts, such as stenciling, rope making and candle dipping.
Chippewa Nature Center, 400 S Badour, Midland

Wee Stroll (6mos-2yrs w/ adult)

10/11 FRI 9:30am-10:30am

Take a guided walk with your child, learn about the outdoors and learn ways to introduce children to the natural world around them.
Chippewa Nature Center, 400 S Badour, Midland

Families in Nature: Fungi & Falling Leaves

10/12 SAT 2-3pm (all ages, under 18 w/ adult)

Between the fall leaves and the fruiting fungi, we'll spend the afternoon exploring and experimenting with colors in nature.
Chippewa Nature Center, 400 S Badour, Midland

STORY HOUR: Red Leaf, Yellow Leaf

10/17 THU 9:30-10:30am & 11-12pm (ages 3-5 w/

adult) The hour will include a story, crafts, time outdoors and other age-appropriate activities.
Chippewa Nature Center, 400 S Badour, Midland

Autumn at the Wigwam

10/20 SUN 2-4pm (all ages, under 18 w/ adult)

Ojibwas lived seasonally near the Pine River for hundreds of years. Try out traditional skills such as fire by friction and cordage making.
Chippewa Nature Center, 400 S Badour, Midland

Nature at Night

10/25 & 10/26 SAT & SUN 6-8:30pm

(all ages, under 18 w/ adult)

Come enjoy this event for the whole family. Visit stations inside and out, listen to stories by the wigwam, walk a Jack O' Lantern lit trail and play more games! Kids are welcome to dress in costume if they like.
Chippewa Nature Center, 400 S Badour, Midland

Families in Nature: Geocaching Games

11/9 SAT 2-3pm (all ages, under 18 w/ adult)

Families are invited to stop by the Homestead Farm to begin your geocache gaming experience! Geocaches are small containers hidden in nature that can be found using coordinates and directions. Find a geocache and play the game with your family before moving on to the next cache.
Chippewa Nature Center, 400 S Badour, Midland