

Owego

March 6 - 10:00 am

Family Advisory

Be involved in planning for our 2nd Family Fun Night on April 26th. If you cannot attend, share your ideas with staff.

March 11 - 10:00 am

To Your Health: Healthy Fats

Melanie Slavens, RD, nutrition educator, will share which fats to use and which to avoid and why. Childcare provided. Children and adults will have an opportunity to make and taste a healthy snack together after the adult discussion.

March 14 - 10:00 am to 12:00 pm

St. Patrick's Day Art & Activities

Wear green today as we enjoy St. Patrick's Day art and activities.

March 18 - 10:00 am

Baby Basics: Feeding Time

Jackie Spencer, parent educator, will share information about infant feeding schedules and routines with parents and caregivers.

March 18 - 11:00 am

Easter Eggs

FRC staff will assist parents and children in creating colorful eggs for Easter. Please let staff know if you are able to bring hard boiled eggs for this activity. Dress for mess!

March 20 - 10:30 am

Children's Sleep

Judy Wolf, parenting educator will share information about the sleep needs of young children and tips to reducing bedtime struggles. Childcare provided.

March 25 - 10:00 am

Breastfeeding Support

This is an informal meeting time for parents who are currently breastfeeding or considering breastfeeding. Individual concerns and technical assistance will be addressed. Childcare provided.

March 25 - 10:00 am

Music is Fun

Ronda Barth, FRC parent, will lead this informative and interactive workshop for parents and children together. Parents can learn how music enhances a child's learning, and children will experience how music can be fun.

Helpful Hints for Enjoyable Family Meals

- Establish a family meal hour, at least once or twice a week.
- Keep the TV off and do not answer the telephone.
- Alternate who plans the meals and who makes them. This is another possible way for parents to spend time talking to their children.
- Assign roles and rotate responsibilities for each family member. For example, one child can set the table while the other places the food on the table, and everyone helps with cleanup.

Source: Shirley S Peterson, Nutrition, Family & Consumer Sciences Advisor, University of California Cooperative Extension.

For more information about any of our activities or to sign up, stop by the Center or call us at 687-1571.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Donation: Paper Towels	3	4 Sand Play	5	6 Family Advisory Comm. 10 am	7	8
9 Donation: Coffee	10	11 To Your Health 10:00 am	12	13 DINADW - 3 10:30 am Watercolors	14 Open Hours 10 am - 3 pm St. Pat's Day Activities	15 
16 Donation: Hard Boiled Eggs	17 	18 Baby Basics 10 am Easter Eggs 11 am	19	20 Children's Sleep 10:30 am	21	22
23 Donation: Swiffer Wet Jet Refills	24	25 Breastfeeding Support 10 am Music is Fun 10 am	26	27 DINADW - 4 10:30 am	28 Open Hours 10 am - 3 pm Rice Play	29
30 Donation: Coffee	31	In bad weather, the Owego Family Resource Center follows the Owego School District schedule. If they are closed, so are we.			Owego	