


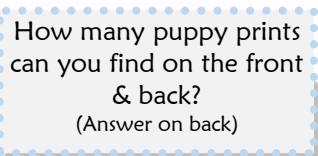

# December 2016

BHK Child Development Calendar of Events

482-3663 or (844) BHK-INFO

[www.bhkfirst.org](http://www.bhkfirst.org)

<http://www.facebook.com/BHKChildDevelopment>

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>BS=Best Start Cent=Centennial GE=Great Explorations Htn=Houghton LRSH=Little Red Schoolhouse</p>		 <p>How many puppy prints can you find on the front &amp; back? (Answer on back)</p>	1	2
5	6	7 ~0-3 Playgroup 10-Noon Baraga Center	8	9
12	13 ~Parent Planning Mtg 5:30pm-mid region Htn. 1st floor conf. rm.	14 ~0-3 Playgroup 10-Noon Baraga Center ~Gingerbread Houses 5:30pm Ryan Center (Lesley's Class)	15 ~Parent Council 6pm Htn. 1st floor conf.	16
19 ~BHK Board Mtg 6:30pm Htn. 1st floor conf. rm.	20	21 ~0-3 Playgroup 10-Noon Baraga Center	22	23 ~Agency Closed~ Winter Holiday
26 ~Agency Closed~ Winter Holiday	27	28 ~0-3 Playgroup 10-Noon Baraga Center	29	30 ~Agency Closed~ Winter Holiday (thru Jan 2nd)
 <p>~Preschool Classrooms Closed~ Winter Holiday (December 22nd – January 2nd)</p>				

# ~December 2016 Events~

**KFRC** 850 W. Sharon Ave  
Houghton  
Phone: 482-9363

## ~Monday~

Mommy, Daddy and Me Playgroup  
9am-Noon  
(CLOSED Dec 26<sup>th</sup> & Jan 2<sup>nd</sup>)

## ~Tuesday~

Open Hours  
9am – Noon  
4-7pm

## ~Wednesday~

Tummy Time for Infants 10am-Noon  
Open Play  
1-4pm

## ~Thursday~

Open Play  
9am-Noon  
4-7pm

## ~Friday~

Mommy, Daddy and  
Me Playgroup  
9-Noon  
(CLOSED Dec 23<sup>th</sup> & 30<sup>th</sup>)

## ~Saturday~

Open Play  
10am - 1pm  
(CLOSED Dec 24<sup>th</sup> & 31<sup>st</sup>)

### Off Site Playgroup:

Wednesday Dec 7<sup>th</sup> & 14<sup>th</sup> 10:00 am-Noon  
Horizons School in Mohawk

## "Support Our Schools"

To help ensure that the children of our communities have every possible advantage in their education, Sun Mart Foods and Nash Finch Company are pleased to offer their "Support Our Schools" program. BHK is a participant in the program and hope that you would be so kind as to drop off your *Econo Foods cash register receipt tapes* at one of our BHK centers. When we have collected \$150,000 in receipt tapes the Nash Finch Company will issue BHK a check totaling \$1,500 that may be used to purchase text books, teaching aids, play equipment, etc.

We value your support!  
Thank you!

## Breastfeeding can feel great

Physical contact is important to newborns. It can help them feel more secure, warm, and comforted. Mothers can benefit from this closeness, as well. Breastfeeding requires a mother to take some quiet relaxed time to bond. The skin-to-skin contact can boost the mother's oxytocin (OKS-ee-TOH-suhn) levels. Oxytocin is a hormone that helps milk flow and can calm the mother.



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