

**RACKHAM GRADUATE PARENTS
QUARTERLY NEWSLETTER**

SEPTEMBER-OCTOBER 2007

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CENTER FOR
THE CHILD AND
FAMILY 3****STORYTIMES****IN ANN ARBOR****Tues:** Ann Arbor District Library
(main branch) 10:00 & 11:00**Wed:** Borders at Arborland 11:00am,
Shaman Drum 11:00am, Barnes &
Noble 7:30pm**Thurs:** Borders downtown 11:00am,
Barnes & Noble 11:00am**Fri:** Borders at Arborland 11:00am**Sat:** Nicola's Books 11:00am**GRADUATE PARENT INFORMATION & RESOURCE FAIR**

Mark Saturday, November 3rd from 9:30am to 2:00pm on your calendar. Rackham Graduate School is sponsoring the first annual Graduate Parent Information and Resource Fair on the 4th floor in the Rackham Building. The Fair, intended for parents and their children, will provide information about local resources, workshops for parents, activities for the kids as well as healthy snacks.

There will be over 30 local non-profits and businesses distributing information and answering questions. These organizations offer a complete range of activities including health, entertainment and professional issues.

Throughout the Fair, a series of workshops will take place that deal with issues such as child birthing options, childcare, balancing work/life and maintaining your child's cultural identity in the U.S.A.

Between workshops, children (and parents) can attend a series of activities including storytime, a hands-on presentation on dinosaurs and a children's concert.

Also, in our activities area, children can get their faces painted, have balloon animals made for them, and play in the arts and crafts area.

And if weather permits, there will be a bouncy castle in front of Rackham. We hope you will join us.



BOUNCY CASTLES ROCK!

See pg. 2 for a list of events, times, and organizations participating.

STORYTIME AROUND TOWN

"A story a day keeps the doctor away." O.K., well not really, but we do know about the positive effects reading can have on children. When researching this article, we found no less than 5 places to take your kids to listen to stories for free. Of course, we can all read to our children at home, but going to listen to somebody else tell a story also gives us an excuse to get out of the house, meet new people and explore new places.

One favorite place is the main branch of the **Ann Arbor District Library**. Currently, they offer storytime intended for children 3 and up on Tuesdays at 10:00 and 11:00am. Other branches offer different times and different days as well.

- **Borders** downtown offers storytime on Thursdays at 11:00am.
- **Borders** at Arborland holds their storytime on Wednesdays and Fridays at 11:00am. On Oct. 26, they are having a special

Halloween storytime at 7:00pm.

- **Barnes & Noble** on Washtenaw offers storytime on Wednesdays at 7:30pm and another on Thursday mornings at 11:00am.
- **Nicola's Books** in the Westgate shopping center provides storytime on Saturday mornings at 11:00am
- And lastly, **Shaman Drum** on State St. offers storytime on Wednesdays at 11:00am for children ages 2-6.

CONT. FROM PG 1, GRADUATE PARENT INFORMATION & RESOURCE FAIR

All events are held inside the Rackham building:

10:00am Childcare Options for Graduate Students and Their Families

10:30 Lamaze Family Center Parent/Toddler Play Group (ages 1-3)

11:00 Panel Discussion: Maintaining Your Child's Cultural Identity in the U.S.A.

11:30 Storytime by Elizabeth Schneider from Ann Arbor District Library

12:00 Childbirth Options for Graduate Students

12:30 Intro to Dinosaurs and Prehistoric Life by U-M Natural History Museum

1:00 Work/Life Balance for Graduate Parents

1:00 Storytime by Elizabeth Schneider from Ann Arbor District Library (repeat)

1:30 Ann Arbor Performing Arts Concert

Some of the organizations that will be present

- U-M Smart Moms
- U-M Natural History Museum
- Ann Arbor District Library
- Girl Scouts of America
- Ann Arbor School for Performing Arts
- Jump City
- Ann Arbor Parks and Recreation
- i9 Sports
- Once Upon a Child
- U-M Work/Life Resource Center
- Zipcar



THE LAMAZE FAMILY CENTER DOES IT ALL

The **Lamaze Family Center** is a non-profit organization staffed by rigorously trained professionals who promote the well-being of the family and the concept of family-centered care. Stephanie Schal-denbrand, president of the Lamaze Family Center, commented, "We believe that education and community support empower families to make informed choices in pregnancy and in parenthood. Our programs strive to impart a unique blend of knowledge, resources and support to benefit families from pregnancy to preschool." They offer a variety of classes to meet

"We believe that education and community support empower families to make informed choices in pregnancy and in parenthood."

the various needs of the U-M graduate parent community. For prenatal education they offer childbirth, breastfeeding, infant care, and infant CPR. Additionally, they also offer siblings-to-be, mother's groups and parent toddler playgroups.

Currently, **MCare/GradCare** will reimburse families for the cost of childbirth, breastfeeding and infant CPR classes.

Visit their website www.lamazefamilycenter.org to learn more or to register online.

APPLE ORCHARDS

Your time in Ann Arbor during the Fall wouldn't be complete without a trip to a nearby apple orchard. In our area, most apple orchards offer much more than just fruit trees. Many also include pumpkin patches, corn mazes and petting zoos. Often families make these trips all-day events. Two popular nearby orchards are **Uncle Charlie's** and **Wiard's**.

In addition to a u-pick apple orchard, cider mill and petting zoo, Uncle Charlie's also provides live country/western and classic rock on the weekends from 12:00-4:00pm. Admission is free, although some activities do cost money.

www.applecharliesorchardandcidermill.com

Wiard's is the other local favorite.

Besides their expansive apple orchard, they offer bouncy castles, a petting zoo, cider mill, and go-carts. They also put on an amazing Halloween program in the evenings. Entrance fee is \$10.50 per person. Again, some activities cost extra. Check out their website for more information and directions: www.wiards.com



Wiard's Country Store

Check out this link for a coupon for Wiard's Halloween program: <http://www.nightterrors.biz/coupon.htm>

CHILDCARE OPTIONS IN A2

Many child care options exist for U-M students. State-licensed/registered child care falls into three main categories: child care centers, family child care homes (up to six children in care), and group child care homes (up to 12 children in care). In Washtenaw County alone, there are 174 centers, 190 family homes, and 121 group homes.

Student parents can obtain detailed referral information by accessing the Work/Life Resource Center online database at: <http://hr.umich.edu/worklife/childcare/index.php>.

In addition, their Child Care Referral Specialist can be reached at worklife@umich.edu or 734-936-8677.

Several U-M-supported programs exist for students with child care needs, including:

- Child Care Centers (five Ann Arbor-campus programs): <http://www.hr.umich.edu/childcare/>
- Campus Child Care Homes Network (community-based home providers): <http://hr.umich.edu/worklife/childcare/homesnetwork.php>

- Kids Kare at Home (emergency/back-up child care service): <http://hr.umich.edu/worklife/kidskare/index.html>

- Child Care Support Network (distribution list for shared child care): <http://hr.umich.edu/worklife/childcare/childcaresupport.php>

Contact the Work/Life Resource Center at 734-936-8677 with any questions.



HALLOWEEN EVENTS FOR KIDS

Halloween is part of our American culture, but it isn't what is used to be. Come celebrate Halloween in new ways at different places around town. All events take place on Oct. 31 unless otherwise noted.

Ann Arbor District Library (downtown) 10:00-11:00am Halloween Parade. Kids ages 1-5 invited for stories, crafts, and a costume parade around the library. This event is free.

On Oct. 17 from 6:30-8:30pm, there will be a pumpkin painting and decorating contest at the Mallett's Creek Branch (not the main library). For grades 4-12.

Main Street Area Association From 11:00am to 5:00pm, children and their parents are invited to stroll the downtown area and pick up treats from businesses displaying the sign of the pumpkin. Main, Liberty and Washington area. This event is free. 668-7112

U-M Exhibit Museum Oct 28 Halloween party. From 12:00-5:00pm, the museum sports haunting decor, spooky effects, and even some live critters in this family-oriented party that features a costume contest, trick-or-treats, and many hands-on science-oriented activities, including the Snake Pit (with live snakes), the Skeleton Scramble, Witch-Crafts, Goblin Games, Creatures of the Night, and more. Costumes encouraged. U-M Exhibit Museum, 1109 Geddes at North University. This event is free. 764-0478.

Ann Arbor Hands-On Museum On Oct 28th, from 6:00-8:00pm "Creepy Creatures" create an evening you won't forget! Enjoy the many animals that will be there (sea lamprey, monkey, hedgehog, owl, falcon, python, lizard, frog, gator and big cats!) at this special family fundraising event. Refreshments, hands-on activities and silent auction. This event costs \$6.00 per person.



THE UNIVERSITY CENTER FOR THE CHILD AND FAMILY

The University Center for the Child and the Family (UCCF) is a U-M facility offering a comprehensive range of mental health services for children and families in the following areas: Learning Disabilities, Social Skills, Child Evaluations and Assessments, IQ Testing, ADHD Evaluations, Emotional and Behavioral Concerns, Parenting, Grief and Loss, Relationship Issues concerning Marriage and Couples.

UCCF is an MCare and Premier Care provider, and also offers sliding scale fees.

Program Highlights:

Public Lecture Series: A series of lectures on Family Life in the 21st Century. Topics include child and parenting issues, marriage and divorce, and improving communication skills.

http://www.umucf.org/news_events/news/PublicLectureSeries_Fall_2007.html

Parenting Through Separation and Divorce: A monthly lecture series for divorcing parents on how to enhance their child's well-being in the challenging period of separation and divorce. http://www.umucf.org/news_events/news/SeparationDivorce_Fall_2007.html

(734) 764-9466 www.umucf.org We are located on Central Campus in East Hall: 530 Church Street, Suite 1465.

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The goal of the Rackham Graduate Parent Newsletter is to help our graduate and professional student parents participate in the local and University community. Our aim is to provide information about organizations and services to make your time here in at the University as enriching as possible.

If you have any comments about our newsletter or ideas for future articles, feel free to e-mail:

gradstudentlife@umich.edu

In next quarter's issue:

- **How to receive and make the most of your child care subsidy**
- **Winter Activities in A2**
- **Holiday Time**

USEFUL WEBSITES FOR GRADUTE PARENTS

Rackham's website on parenting and childcare:

http://www.rackham.umich.edu/student_life/campus_community/childcare_parenting/

Information about U-M policies, financial and social support:

<http://www.studentswithchildren.umich.edu/umpolicies/index.html>

Information on pregnancy, childbirth and newborns from the UM Hospital:

<http://www.med.umich.edu/obgyn/smartmoms/>

Ann Arbor Calendar of Activities for Kids:

<http://www.arborweb.com/cg/t0059.html>

U-M Child Care Subsidy Program

http://www.finaid.umich.edu/types_of_financial_aid/child.asp#much

U-M's portal for all student parents

<http://www.studentswithchildren.umich.edu/>

