

# Montessori Center of Downriver - April Newsletter

## Welcome Back!

We hope you had a fun spring break! It's hard to believe it's already April and we're in the final stretch of the year.

We have some exciting news: We will be participating in the Southgate Library Art Show again this year. All of our classes will have artwork on display. The art show reception is Thursday, April 10th at 6pm. If you can't make it that night, art will remain on display for a week.

## Changes to Car Seat Laws

### MICHIGAN CHILD RESTRAINT LAW SUMMARY 2025

Children must ride in a rear-facing car seat until they are **at least 2 years old**,  
OR  
outgrow the rear-facing height or weight limit of their convertible or all-in-one car seat.  
It is **safest to keep children rear-facing as long as possible to protect their neck and spine in a crash.**

Children must ride in a forward-facing car seat with an internal five point harness until they are **at least 5 years old**,  
OR  
outgrow the height or weight limit of their forward-facing car seat in harness mode.

Children must ride in a booster seat secured with a lap and shoulder seatbelt until they are **at least 8 years old**,  
OR  
until they are 4ft 9 inches tall (57 inches).

Children **younger than 13 years old** must be restrained in the vehicle's rear seats, unless all rear seats are occupied by other children, or the vehicle does not have rear seating.

*Effective April 2, 2025*

g to find a car seat checkup location or inspection station near you.

Please be aware that Michigan has made changes to its car seat laws that take effect April 2nd, including changes to when children can move to a forward facing car seat and when children can sit in the front seat. You can read about the [changes here](#).

## Children and Fiber

Many children have occasional struggles with constipation, and getting children to eat enough fiber can be a challenge. Fiber has many health benefits. It helps keep us feeling full longer, it can help maintain steady blood sugar levels, and it also helps with constipation.

#### *What is fiber?*

Fiber is an indigestible complex carbohydrate found in plant foods, including vegetables and fruit. There are two types of fiber: soluble fiber (which retains water and passes slowly through the digestive tract) and insoluble fiber (which does not retain water and remains mostly intact as it passes through the digestive tract).

#### *How much fiber do children need?*

A really easy way to figure out the minimum amount of fiber your children needs is to add 5 to your child's age. For example, if your child is 4, they would need 9 grams of fiber (at a minimum). But the [American Heart Association](#) actually recommends more than this to optimize the health benefits fiber provides. For children ages 1-3, they recommend 19 grams, and for children 4-8, they recommend 25 grams.

If you want to increase your child's fiber intake, it's recommended that you both start slowly (over the course of a few weeks) to avoid bloating, gas, and upset stomach and that you encourage extra water intake.

#### *Simple ways to increase fiber intake*

1. Serve fruits and veggies raw and unpeeled, and try serving them before main meals. Kids will eat more veggies when they're hungry and they're the only option. One thing that really works for me (Ms April) is to cut up a few different fruit and vegetables for my girls before I start cooking dinner. You can also serve any vegetable-based sides before offering the main part of your meal.
2. Add grated veggies or fruit to recipes. For example, zucchini basically disappears when finely grated and added to marinara. My kids also love [these muffins](#), which have grated apples and carrots and contain 5 grams of fiber per muffin.
3. Switch to whole grains, like oatmeal (not instant), whole wheat pasta, and brown rice. If you have a really picky eater, start by mixing just a small amount of the whole grain product in.
4. Look for snacks naturally high in fiber. For example, a serving of air-popped popcorn has almost 4 grams of fiber!

#### *Resources*

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Kids-Need-Fiber-Heres-Why-and-How.aspx>

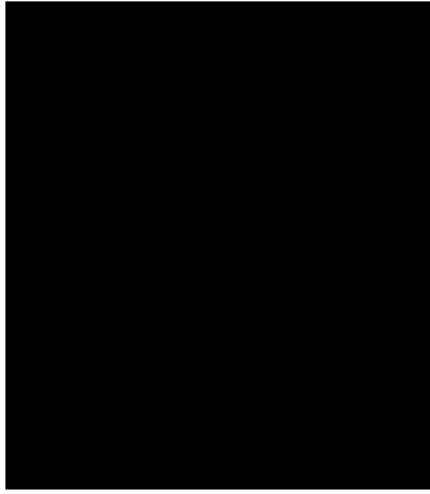
<https://gikids.org/constipation/fluid-and-fiber/>

[https://www.childrenshospital.org/sites/default/files/media\\_migration/c0e77168-ea9a-4d5f-8838-0523bc31bf4e.pdf](https://www.childrenshospital.org/sites/default/files/media_migration/c0e77168-ea9a-4d5f-8838-0523bc31bf4e.pdf)

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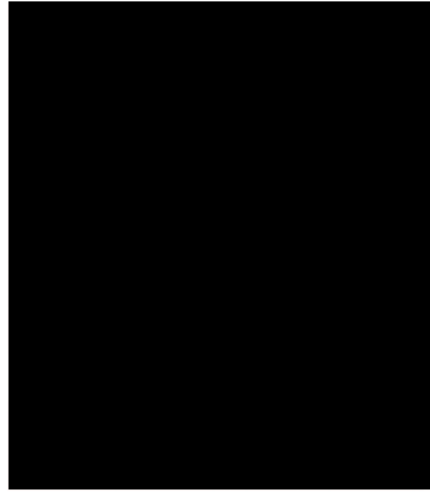
## **In the Classroom**





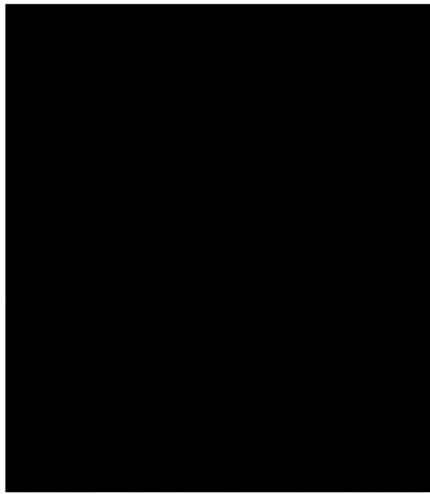
**Mrs. Ashley's Class**

"Imagination does not become great until human beings, given the courage and strength, use it to create" (Maria Montessori). Play can be defined as a pleasurable activity that is actively engaged in on a voluntary basis, is intrinsically motivated, and contains some non-literal elements. Lawrence Cohen, in his book *Playful Parenting*, states that there are three main purposes of play: 1) Play is a fundamental way to learn, allowing children to try on adult roles and master new skills. 2) Play serves a child's immense need for attachment, affection, and closeness. 3) Play helps children recover from emotional distress. According to Cohen, "By playing out [a tough situation], emotional healing can take place." As we say in our classroom, play away, children!



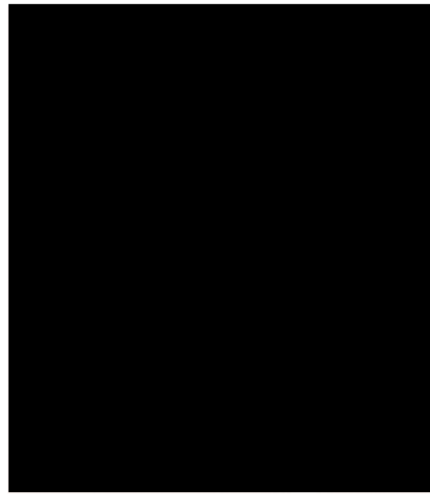
**Mrs. Stephanie and Mrs. Dona's Class**

In April, Mrs. Dona and Mrs. Stephanie's class will be working on all things spring, including bunnies, chicks, and butterflies. They'll also be having an egg hunt and learning about dinosaurs.



#### **Ms Mandi and Ms Donnette's Class**

In April, Ms Donnette and Ms Mandi's class will be learning about birds and flowers. They'll be doing flower arranging, and as a food prep lesson, they will be peeling hard boiled eggs.



#### **Mrs. Melissa's Class**

Mrs. Melissa's class will be learning about reptiles, amphibians, and pond life in April.

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### **Dates to Remember**

April 8th: Mrs. Dona and Mrs. Stephanie's Parents' Day

April 9th: Ms Donnette and Ms Mandi's Parents' Day

April 10th: Southgate Library Art Show (6pm)

April 18th: School closed

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### **Local Events and Resources**

#### **FREE Kid's DIY Workshop**

Home Depot Locations

9:00 AM – 12:00 PM

Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.

<https://www.homedepot.com/workshops/>

#### **Pancakes with the Easter Bunny**

Sunday, April 6th

9:00 AM – 1:00 PM

Trenton Fire Department Station 1

Our biggest event of the year is almost here! Come to our Pancakes with the Easter Bunny event at our historic fire station located in downtown Trenton. This has proudly been Trenton Firefighter Charities longest standing and most popular event. Grab a plate full of pancakes and sausage served by your Trenton Firefighters then make your way over to get a picture taken with the Easter Bunny. Before you leave make sure to see the fire trucks! This is a free event but donations are kindly appreciated and accepted. Money raised during the pancake breakfast go towards supporting Trenton Firefighter Charities for the entire year.

#### **Marshmallow Drop**

Friday, April 18th

9:00 AM – 10:00 AM

Elizabeth Park Trenton

Wayne County Parks and Trenton Parks and Recreation are thrilled to bring back the Marshmallow Drop! Thousands of marshmallows will be dropped from a helicopter to be turned in for a prize.

There will be three separate age groups for children:



4 and younger

5 – 7 years old

8 and older

The event is not competitive and only one marshmallow is needed for a prize.

### **Wyandotte Library**

#### *Lego Wednesdays*

April 2

All day

Did you know Bacon Library has a huge stash of Legos? We will bring them down to our Program Room every first Wednesday of the Month!

#### *Race the Space: Hot Wheels*

April 30

10am-7:30pm

Turn the Multipurpose Room into the Bacon Dragway using the library's collection of Hot Wheels! Vroom

### **Dearborn Library**

#### *Get Crafty*

Thursdays at the Bryant Branch

Drop in for a new craft each Thursday. Available while supplies last. Younger children may need adult assistance.

#### *LEGO® Club at Esper Branch Library (Ages 4+)*

April 5, 12, and 26

11:30am - 3:30pm

Esper Branch Library

Get building with our bricks. Young children will need adult supervision for safety. No registration needed.

#### *Puppet Pals: Create and Share Stories*

Henry Ford Centennial Library

April 8, 2025, 4:00pm - 5:00pm

Do you like to play pretend with your stuffies? Join Miss Lindsey in creating stories for a puppet or stuffie. We'll give them names and go on adventures with our new friends! Feel free to bring your favorite stuffie from home.

#### *Bluey Dance Party*

Bryant Branch

April 23, 2025, 2:00pm - 3:00pm

### **Detroit Institute of Arts**

General museum admission to the museum is FREE for residents of Wayne, Oakland, and Macomb counties.

#### *Drop-in Workshop: Artist Trading Cards*

Apr 4

6 – 8:30 p.m.

Apr 5, 2025

12 – 4 p.m.

Apr 6, 2025

12 – 4 p.m.

Artist trading cards are miniature works of art created on 2½ x 3½ inch card stock. In this activity, design your own card using various materials and trade it with friends, showcasing your creativity in a fun and personal way!

#### *Drop-in Workshop: Wrist & Ankle Rattles*

Friday, Apr 18, 2025

6 – 8:30 p.m.

Examples of wrist and ankle rattles made in the DIA's Art-Making studio

Use leather, beads, wire, and metallic markers to design and create a whimsical musical instrument. Experiment with different textures, colors, and materials as you assemble your one-of-a-kind piece.

*Drop-in Workshop: Crayon Rubbings*

Apr 25

6 – 8:30pm

Apr 26

12 – 4pm

Apr 27

12 – 4pm

Four crayon rubbing examples made in the DIA art-making Studio

Use wax crayons and found objects to create colorful, one-of-a-kind prints on paper.

Explore different textures and techniques as you experiment with various materials to make unique designs that reflect your creativity.

**Gleaners**

Gleaners offers boxes of food to anyone in need. No income or ID requirements.

City of Woodhaven (Drive-Up Only)

23101 Hall Rd

04/01/2025 9:00am - 11:00am

04/15/2025 9:00am - 11:00am

04/29/2025 9:00am - 11:00am

Ford Community and Performing Arts Center (Drive-Up Only)

15801 Michigan Ave

Dearborn, MI 48126

04/08/2025 9:00am - 11:00am

04/22/2025 9:00am - 11:00am

Kennedy Building - Central Office - Ecorse Public Schools (Drive-Up Only)

27225 West Outer Drive

04/08/2025 2:00pm - 4:00pm

04/22/2025 2:00pm - 4:00pm

NEW WYANDOTTE LOCATION (Replacing Yack Arena): Christ The King Church

16700 Pennsylvania Road

Southgate, MI 48195

04/04/2025 9:00am - 10:30am

04/18/2025 9:00am - 10:30am

**Articles of Interest**

[The Fifth Plane of Development: Montessori and Matrescence](#)