



2018:

January — February  
March — April

110 West Adams St.  
P.O. Box 647  
Platteville, WI 53818  
1-800-267-1018 608-348-2846  
[www.familyconnectionsswwi.org](http://www.familyconnectionsswwi.org)

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**Platteville Office Hours:**

Monday, Wednesday, Thursday 8:30-4:30

**Tuesday & Friday Closed**

Evenings & Weekends by Appt.

Office will be open from 9:00 am – Noon on  
select Saturdays

*\*\*see inside of Newsletter for specific dates*

**Promote Social-Emotional Well-Being: Love, Talk, Play, Read**

**Infants and Toddlers (Birth – 36 months) - Remember, when you respond quickly to a baby's needs, you're loving them, not spoiling them!**

**Love:** Be affectionate / nurturing; hold / touch your baby frequently; make eye contact; smile; coo at your baby

**Talk:** Talk and sing to your baby

**Play:** You are the most exciting thing for your baby; play peek-a-boo; imitate the baby's sound and movement

**Read:** Make reading aloud part of your routine

**Preschoolers (3 to 5 year olds) - Remember, all behavior has meaning!**

**Love:** Give praise, hugs, and spend special time together

**Talk:** Listen actively by stopping what you are doing, making eye contact, and paying attention to what the child is saying

**Play:** Play is the work of childhood and is critical to learning and healthy development

**Read:** Use stories to help engage the child in labeling and identifying various emotions.

**School Age (6-10) - Remember, spending quality time together builds resilience!**

**Love:** Encourage and respect a child's growing independence, give hugs, and acknowledge their successes (Remember to praise them for trying not just succeeding.)

**Talk:** Talk with your child about their feelings, choices, relationships

**Play:** Create safe spaces for your child to develop social skills with peers

**Read:** Along with independent reading, create time for your child to read to you

**Pre-adolescents (11-13)**

**Love:** As so much is changing for the pre-teen, self-esteem is challenged and peer approval is desired. Show positive regard for their peers.

**Talk:** Develop new routines based on the changing lifestyle of your child that allow for private conversations.

**Play:** The increasingly self-conscious child will relish private times with you that are full of laughter.

**Read:** Suggest books that highlight teens doing activities that make a positive impact in their world.

Be as active in your pre-teen's life as possible; attend school functions, including parent teacher conferences, have their friends over to your home, and get to know your child's friends and their parents.

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**CHECK US OUT ON-LINE**

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



**LIKE US ON  
FACEBOOK**

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familyconnectionsswwi](http://www.facebook.com/familyconnectionsswwi)

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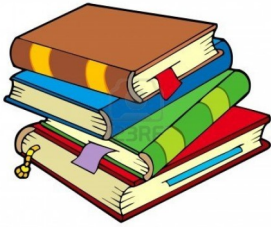
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# Family Connections Up-Dates



Come and see our revised workroom—with more die-cuts, enhanced learning tools, better organized and larger lending library, better parental and provider helps, larger variety of sensory items, and many, many, many toys and games to help fight the winter blues!



## New Die Cuts:

Days of the Week  
Months of the Year  
Finger Puppets  
Pets  
Musical Notes  
Scientific Sets  
New Borders  
And so much more.....



Promote Social and Emotional Continued...

## Adolescents (14-18)

**Love:** Teens “try on” different aspects of personality as they are discovering what works for them. Express unconditional love. Offer support and parameters for exploration.

**Talk:** Encourage teens to talk about their ideas and experiences. Listen without judgment. Choose calm and receptive moments to share your opinions. Help to build the connections in their frontal lobes by discussing what they know and what they are learning about the link between their actions and the consequences.

**Play:** As time spent with their peers increases, maintain regular family time with teens and let them help make choices for how that time is spent. Consider play that involves healthy risks.

**Read:** Continue to model reading. Share your favorite books from the early adult years. Ask to read one of theirs.

Be active in your teenager’s life, know who their friends are, know what activities they are involved in, and know their grades.



## Provider/Family Workroom

The Workroom will be open on  
Saturday, February 17th  
from 9:00 a.m. - Noon.

Plan now to take advantage of  
ALL of the resources available  
for projects around your center  
or home!

The Workroom is also open during  
business hours, and other times by  
appointment.

# Family & Provider News

## PlayN'Learn

PlayN'Learns are a weekly opportunity for families to play, explore, grow and learn together in an enriching age-appropriate atmosphere. PlayN'Learns have monthly themes around topics that young children love to learn about: farms, transportation, oceans, neighborhoods, etc...

Every month, a newsletter specific to the Play-N'Learn (including activities, stories, themes, and parent-friendly extensions of things you can do at home) will be distributed to those that attend and made available for download on our website. Newborns through 5 year olds, along with their parent or caretaker, are welcome to attend. Parental and/or caretaker involvement is an intricate component of Play-N'Learns

### Play N Learn!

Where: O.E. Gray School  
110 West Adams St.  
Platteville, WI

When: Every Thursday,  
9:30-11:00 am  
January 4, 11, 18, 25  
February 1, 8, 15, 22  
March 1, 8, 15, 22, 29  
April 5, 12, 19, 26,

### PAC : Parent Advisory Council

Meets after Play N Learn the last Thursday  
of every month

Anyone is welcome to attend. This is a great time for parents and members of our community to discuss what we need and how to get there.

## Providers

Are you looking to improve your outdoor area? Southwest Rotary Club is offering to purchase and plant a tree for April's National Arbor Day. Please contact Family Connections if you would like one of the following trees for FREE.

- ♦ Flowering Trees - White Flowering Dogwoods, American Redbuds, Sargent Crabapples, Washington Hawthorns
- ♦ Oak Mix - Pin Oak and Willow Oak
- ♦ Eastern Redbud
- ♦ Autumn Classics - Sugar Maples, Red Maples, Scarlet Oak, Red Oak, Sweetgum, Silver Maple
- ♦ Wildbird Garden - Arrowwood Virburnum, Colorado Blue Spruce, Bur Oak, Gray Dogwood, Northern Red Oak, River Birch, Tulip Tree
- ♦ Colorado Blue Spruce
- ♦ White Pine
- ♦ Douglas Fir
- ♦ Norway Spruce
- ♦ White Fir

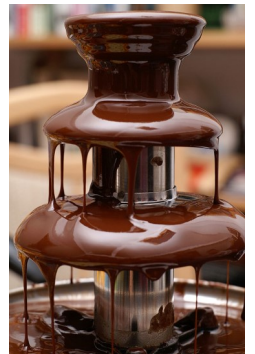


**The Family Connections office will be closed during these days:**

**New Year's Day — January 1  
Spring Break—March 26-30**

## Save the date:

Family Fun Night at the  
Chocolate Fest is Friday,  
April 6, 2017 from 5-  
7pm







## **Cooking With Kids: 5 Reasons You Should Be Doing It**

By KJ DELL'ANTONIA and MARGAUX LASKEY

Children should learn to cook.

It's a basic life skill, after all, being comfortable enough in the kitchen to pull a few ingredients into a simple meal.

It's healthy — a hungry 13-year-old who can cook, home alone after school, may decide to stir-fry some leftover rice with whatever is in the fridge. Cooking is a source of pride for the children who can take care of themselves in this way, or feed a friend or sibling.

But there are good reasons to encourage kids in the kitchen at any age. With young children, that early investment pays off — eventually. Older children may not be grateful now, but the time will come when they need to put food on the table, and it will help to know you boil the water before you dump in the pasta. Start now, and you may reap the benefit of a child who can take over dinner once a week or once a month.

Here are five reasons you should get your children involved in the kitchen, whether they're 3 or 13.

**Children who cook become children who taste, and sometimes eat.** Involving children in the process of cooking — picking out the watermelons and tomatoes and plucking the herbs to add to a [tomato and watermelon salad](#), for example — greatly increases the chance that they'll actually try the finished dish. And hey, they may discover a new favorite.

**Children who cook say “I can,” not “I can’t.”** Sliding a spoonful of raw chicken or a piece of breaded fish into hot oil. Daunting. Making dinner for six people at age 9. Intimidating. A child who can do those can look at any restaurant dish and say, “I could make that.” That's an attitude that can carry a child beyond the kitchen.

**Cooking is a way to talk about health.** Experts say that the [single most important thing](#) you can do for your health is to cook at home. Inviting children into the kitchen and involving them at a very young age fosters a habit that will have lifelong benefits. Also, it gives you an opportunity to discuss with a 3-year-old how fish can help make you smart (fatty acids) and how “eating a rainbow” ensures that you get a wide variety of vitamins and minerals.



**Cooking is a way to talk about healthy ingredients.** Children who have made ice cream and caramel know what is supposed to be in ice cream. They know they didn't add any guar gum. If they've made [no-knead bread](#), they'll know that good bread doesn't need sugar. When you flip over packages in the grocery store, they'll understand that you're looking for things you can't pronounce, and they'll join you. (They may, in fact, police your shopping more than you'd like.)

**Cooking brings cooks of all ages closer.** For better or worse, you will get to know your children, and they you, more deeply when you cook with them. For better, you will share recipes, techniques and anecdotes that you learned at the elbows of mothers, grandmothers and great-grandmothers long gone. For worse, you will huff and puff and whine and lose your patience when they accidentally spill heavy cream all over the kitchen table but they will love you anyway, teaching you, the one who's supposed to be the grown-up, about unconditional love and ready forgiveness.



Did you know? Family Connections provides FREE Ages & Stages screening for children and low cost fees for Supervised visits for families. Contact our office for more information.





# TRAINING CALENDAR



## 2018 January-April: Pyramid Model

*You must attend ALL sessions!*

The Pyramid Model is a tiered prevention model and addresses challenging behavior through evident-based practices. Implementation of the Pyramid Model builds upon the foundation of common developmentally appropriate expectations, language, and responsibilities outlined in the Wisconsin Model Early Learning Standards. This 24-hour training will include hands-on, practical strategies that you can use in your classroom tomorrow! There are also take-home materials and resources that are easy to use!

**Location:** Family Connections, 110 W. Adams, Platteville, WI 53818

**Date & Time:** *You must attend all sessions!*

8:30 AM—3:30 PM

Saturday, January 20, 2018

Saturday, February 10, 2018

Saturday, March 17, 2018

Saturday, April 21, 2018

**Registration Deadline and Fee:** January 12, 2018, \$75.00 prior to/ \$80.00 day of

### **February: SIDS/SBS**

You—child care providers for young children—are a critical resource in caring for children. You are also an important audience for learning about Shaken Baby Syndrome and for acquiring the skills and knowledge to prevent shaking from occurring.

**Location:** Iowa County Social Services, 303 W. Chapel St., Dodgeville, WI

**Date & Time:** February 8, 6:00-8:00 p.m.

**Registration Deadline and Fee:** February 1st \$25.00 prior to, \$30.00 day of

# FREE Online Child Care Training: Business Practices Tutorial

A child care business training you can do on your own time.

This free, online training welcomes group directors and administrators as well as family child care providers to learn about the impact financial business practices have on improving program quality.

## ABOUT THE TUTORIAL

While the information and practices in this tutorial are designed around YoungStar standards, they are appropriate for ALL early childhood programs who wish to increase their financial business practices. Participation in YoungStar is not a prerequisite to this tutorial.

We will review the 4 components related to finances in the Business & Professional Practices of YoungStar. We will offer a clear explanation of how you can create and review your budget and organize your record keeping, which may help you to increase your points. We will provide templates and resources to help you develop a budget, compare your budgeted amounts to what you actually spend and what you actually earn in income.

**You can access the training at any time and do not need to complete it in one sitting.**

## REGISTRY CREDIT

To receive Registry credit upon finishing the tutorial, you will be provided a link to complete a short evaluation. Once we receive your evaluation we will enter your name into the Registry roster and email you a certificate of completion. We cannot give Registry credit without the completed evaluation form.

## QUESTIONS?

**Phone:** 800-783-9322 ext. 7253

**Email:** [training@wisconsinearlychildhood.org](mailto:training@wisconsinearlychildhood.org)

## FAMILY CONNECTIONS TRAINING POLICY

All Family Connections of Southwest Wisconsin trainings must be paid for in advance. We require that fees be paid a minimum of 2 business days before the program in order to hold your seat. If fee is not received at least 2 business days in advance, you may be removed from the registration list. All fees for service programming will be on a first come first served basis. There will be an additional \$5 fee for payment made at time of training.

Registration fees for Family Connections of Southwest Wisconsin programming will be reimbursed 100% if cancellation for the program is made 2 business days prior to the scheduled program date. Cancellations made less than 2 business days before the program date will be reimbursed 50% of cost. Any registrations that fail to show up for the program and/or don't call to cancel a minimum of 24 hours prior to the program start time will not be eligible for reimbursement of the program fees.

On-line registration cancellation will be assessed a \$10 fee on refund due to fees incurred with on-line payment process.

# Fun Activities to do with Your Children

## Fun activities to do OUTSIDE

- Run in deep snow with boots on.
- Shovel!
- Play a game of freeze tag.
- Play Simon Says!
- Make a conga line and dance in the snow!
- Take turns pulling each other on a sled.
- Make a big pile of snow, run, and... JUMP!
- Pack snow onto the stairs of your porch to make a mini sledding ramp.

## **Platteville Public Library**

### **First Saturday of the Month—Saturday Symphony**

Enjoy a live music performance at the library! Their monthly Saturday Symphonies highlight music and dance performance arts by kids in the community. Children under 7 must be accompanied by an adult.

TIME: 10:00 AM

COST: FREE

No registration required



### **Second Saturday of the Month—Family Storytime**

Families are invited to drop in to this fun filled story program. Stories, flannels, songs and more.

Time: 10:00 AM

Cost: FREE

No registration required.



### **Third Saturday of the Month: Lego Building**

Children are invited to come be creative with Legos and other building blocks. Children under 7 years of age must be accompanied by an adult.

Time: 2:00 PM

Cost: FREE

No registration required.

For all other activities, please see their website—  
[Plattevillepubliclibrary.org](http://Plattevillepubliclibrary.org)

## Fun Recipes to make with your children

### Cocoa Snowballs

#### Ingredients:

- 3 ½ cups of icing sugar
- ¾ cup of cocoa powder
- 1 1/3 cup of condensed milk
- 1 teaspoon vanilla extract
- 1 cup of chopped walnuts
- Extra icing sugar for garnishing



#### Directions:

1. In a mixing bowl, combine sugar with the cocoa powder.
2. Now add condensed milk and vanilla extract and mix well.
3. Stir in the walnuts.
4. Cover and refrigerate the bowl for 30 minutes.
5. Shape the mixture into a 1 inch ball and roll in the icing sugar.

Chill the cocoa snowballs in the refrigerator for 2 hours,





### Pizza Stocking







Pizza stockings are the best way to use your stocking cookie cutters this year. (Or they're your excuse to go and buy one.) But really any Christmas cookie cutter will work; we all know that pizza stars and snowmen would taste just as delish. Stockings are extra cute though. Just sayin'.

The process is fairly simple. Stamp the shapes out of pre-baked pizza crust, then decorate with sauce, cheese, mini pepperoni and basil - or any of your favorite toppings! Cook and Enjoy!





# Calendar of Events

<div>   <b>January</b>   </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4 Play N Learn 9:30-11:00 am	5	6 Three King's Day
7	8	9 National Law Enforcement Appreciation Day	10	11 Play N Learn 9:30-11:00 am	12 National Hot Tea Day	13
14 International Kite Day	15	16	17	18 Play N Learn 9:30-11:00 am	19	20 Pyramid Model 8:30-3:30
21	22	23 National Handwriting Day	24	25 Play N Learn 9:30-11:00 am & PAC Meeting	26	27
28 World Leprosy Day	29	30	31 National Inspire Your Heart with Art day			

<div>   <b>February</b>   </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Play N Learn 9:30-11:00 am	2 Ground Hog Day	3
4	5 World Nutella Day	6	7	8 Play N Learn 9:30-11:00 am SIDS/SBS 6-8	9	10 Pyramid Model 8:30-3:30
11 National Make A Friend Day	12	13	14 Valentine's Day	15 Play N Learn 9:30-11:00 am	16	17 Provider Workroom 9-12
18	19 President's Day	20	21	22 Play N Learn 9:30-11:00 am & PAC Meeting	23	24
25	26	27 National Polar Bear Day	28			



# Calendar of Events

<div>   <b>March</b>   </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Play N Learn 9:30-11:00 am	2	3 National Anthem Day
4	5	6 National Oreo Cookie Day	7	8 Play N Learn 9:30-11:00 am	9	10
11 Daylight Savings Begins	12 National Napping Day	13	14	15 Play N Learn 9:30-11:00 am	16	17 Pyramid Model 8:30-3:30
18	19	20 First Day of Spring	21	22 Play N Learn 9:30-11:00 am	23	24
25 National Medal of Honor Day	26	27	28	29 Play N Learn & PAC Meeting 9:30-11:00 am	30 Good Friday	31

<div>   <b>April</b>   </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2	3 National Chocolate Mousse Day	4	5 Play N Learn 9:30-11:00 am	6	9 World Health Day
8	9	10 National Siblings Day	11	12 Play N Learn 9:30-11:00 am	13	14
15 World Art Day	16	17	18	19 Play N Learn 9:30-11:00 am	20	21 Pyramid Model 8:30-3:30
22	23	24	25	26 Play N Learn 9:30-11:00 am	27 Arbor Day	28
29	30 Passover Begins					



110 West Adams Street, P.O. Box 647, Platteville, WI 53818  
1-800-267-1018 or 608-348-2846

## *A Joint Service of These Fine Agencies:*

### **Platteville Thrift Shop**



## **Family Connections of Southwest Wisconsin**

### **Board of Directors**

Diana Arians  
Nathan Curry  
Darnell Hendricks  
Sandy Leibfried

Julie Rennert  
Cyndi Reuter  
Julie Soja  
Chad Wilson

### **Staff**

Sabrina Earl — Executive Director

Cathy Smith — Pre-Licensing/  
YoungStar Technical Consultant

LeAnn Wurtzbacher — Pre-Licensing/  
YoungStar Technical Consultant

Angie Pfaff — Family Resource Specialist

Ellen Volgarino — Administrative Assistant

Chloe Kauffman — Supervised Visitor

## **Family Connections Wish List**

- Diapers (all sizes)
  - Wal-Mart Gift Cards
  - Stamps
  - Baby wipes
  - Nonperishable snacks
  - Pull-ups
  - Aldi's gift cards
  - Infant necessities
  - Cleaning supplies
  - Personal Care items
- The Best Gift ... Your Time!

\*All Donations can be tax deductible!

**Thank you for helping us help families  
in Southwest Wisconsin!**

**For more information regarding volunteer  
opportunities please call  
1-800-267-1018.**

You may also offer financial support online through  
our website: [www.familyconnectionsswwi.org](http://www.familyconnectionsswwi.org)

***Open Positions on the Board of Directors:*** Serving on the board is an instrumental way to get involved in the mission of Family Connections. If you have questions about this opportunity, please contact our Executive Director, Sabrina Earl.