



110 West Adams St.
P.O. Box 647
Platteville, WI 53818
608-348-2846
www.familyconnectionsswwi.org

Fall 2021

Office Hours:

Monday - Thursday 8:00-4:00

Resource Room open 9:00-3:00

Monday-Thursday

Open Saturday Upon Request

Thank you to the Darlington Area Community Fund and Platteville Community Fund for helping families have fun this summer!



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CHECK OUT OUR WEBSITE

www.familyconnectionsswwi.org

5 things to ask your kids instead of "How was school"?

1. What made you smile today?
2. Who did you sit with at lunch?
3. If you could change one thing about today what would that be?
4. What was the hardest rule to follow today?
5. Tell me something you know today that you didn't know yesterday.



www.facebook.com/familyconnectionsswwi

Staff E-Mail Addresses:

Renee Krahenbuhl
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Angela Kamps
Parent Educator
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Family Connections Updates

Please remember to check our Facebook page for any updates or program changes!



Volunteer of the Year



Congratulations to Diana Ariens, our Board President, for being our volunteer of the year. Diana works tirelessly both professionally and through her work with Family Connections to help families in Southwest Wisconsin to succeed. Thank you, Diana, for all you do for this community.



Meet Angela—Family Connections' new Parent Educator!

Angela Kamps comes to us from the Lake Geneva area. She is a former Family and Consumer Education teacher and a mother of three children. Her husband is a Pharmacist in Lancaster and was raised on his family's farm in Belmont. Angela is looking forward to serving and strengthening families in Southwest Wisconsin.



Play and Learn Every Thursday 9:30-11:00am

All families are welcome to join in the fun! Bring your little ones for a morning of active play, story time, and an art activity. Call (608) 348-2846 to reserve a spot!



Open Positions on the Board of Directors:

Are you looking to make a difference in your community? 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 email staff.familyconnections@gmail.com.

The BEST Playdough



- 1 cup flour
- 2 tsp cream of tartar
- 1/2 cup salt
- 1 tbsp cooking oil
- 1 cup water
- food coloring

Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Add the dry ingredients to your pot and mix well. Cook over low to medium heat until the dough starts to form and becomes dry. Once it starts to form a ball take off the heat. Once cool, knead for 5 minutes.

thebestideasforkids.com

Strengthening Families and Support

Learn the **5 Strengths** that keep families strong.



Helping Kids Understand Feelings
Showing your kids how to express and handle emotions.



Parenting as Children Grow
Learning skills to support your child's growth.



Connecting with Others
Building a network of people who care about you and your family.



Building Inner Strength
Staying flexible and calm during times of stress.



Knowing How to Find Help
Seeking support and accepting help in times of need.

To learn how to build on your family's strengths, visit:



fiveforfamilies.org

Family Strengths **SPOTLIGHT:**



Building Inner Strength
Staying flexible and calm during times of stress.

Staying strong and flexible when things get tough can help you guide your family through challenges.

Parental resilience means **managing your feelings, solving problems** with a clear head, **taking care of yourself**, and **sheltering your kids**, even when things are difficult.



Self-check:

- ♦ Where do you draw your strength? How does this help you in parenting?
- ♦ What kind of worries and frustrations do you deal with during the day? How do you solve them?
- ♦ How are you able to meet your children's needs when you are stressed?
- ♦ How does your spouse, partner, or closest friend support you?
- ♦ When you are under stress, what is most helpful in keeping you calm and centered?
- ♦ What do you do to take care of yourself when you are stressed?

Questions adopted from:
<https://cssp.org/resource/protectivefactorsactionsheets/>

Stop by online!

Share your thoughts with us and gather some ideas from others: we will post one of these questions for discussion weekly on our Facebook page



www.facebook.com/familyconnectionsswwi



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

Special Thanks to the following agencies for their support



CHILD ABUSE & NEGLECT
Prevention Board



Family Connections of Southwest Wisconsin

Board of Directors

Diana Arians
Nathan Curry
Casey Gradel

Kari Lopez
Cyndi Reuter
Julie Soja

Staff

Renee Krahenbuhl—Executive Director

Ellen Volgarino —Assistant Director

Angela Kamps—Parent Educator

Family Connections Wish List

- | | |
|------------------------------|----------------------|
| -Diapers (all sizes) | -Pull-ups |
| -Wal-Mart Gift Cards | -Aldi's gift cards |
| -Stamps | -Infant necessities |
| -Baby wipes | -Cleaning supplies |
| -Nonperishable snacks | -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
1-608-348-2846.**

Your donation of time, talent, and treasure are all
greatly appreciated! Please contact our office if you
would like to get involved with this agency.

Is your child's seat installed properly?



Family Connections provides
Car Seat Safety Checks.

Please call the office at 608-348-2846
to set up an appointment.