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# PARENT CONNECTION

NOVEMBER 2021

## GRATITUDE

Welcome to the first of our monthly e-mail connections!

Each month we hope to share some information and resources on a specific chosen topic. We will also fill you in on events--both past and upcoming.

## NOVEMBER EVENTS



### Gratitude Garland Make and Take Craft Event

**Saturday, Nov 6 10-11 a.m.**

All supplies and (simple) instructions provided.  
Start this project with us, then take it home to continue a daily conversation of thankfulness throughout November!

\*Registration required.\* Sign up with the link below.

[SIGN UP](#)

### Play and Learn

**Thursdays 9:30-11:00a.m.**

Bring your little ones for a morning of active play, story time, and an art activity.

(click on theme to be directed to Facebook event for RSVP)

[Nov 4 Harvest Fun](#)

[Nov 11 Turkeys](#)

[Nov 18 Be Thankful](#)



## Parenting and the Power of Gratitude

Dr. Maddalena, kids+ pediatrics

What if you could improve your children's GPA, decrease their risk of depression, and increase their chances of having a positive outlook on life?

Research shows that cultivating a spirit of gratitude in our kids can do just that.

As parents, you probably know that being grateful doesn't always come naturally to kids (or parents, for that matter)...

[READ MORE](#)

Begin  
EACH WITH  
DAY (A)  
grateful  
HEART

# 5

## Ways to Model Gratitude:

1. Say please and thank you
2. Keep a gratitude jar or a list on the fridge

and be sure to add to it regularly!

3. Look for little things to be grateful for—and comment on them!

It could be a sunny November day, a beautiful sunset, or a cheerful cashier at the store

4. Donate outgrown clothes and toys

5. Include your kids in acts of service

whether volunteering for a park clean up or making cookies for the neighbor who lives alone

## Try it at Home

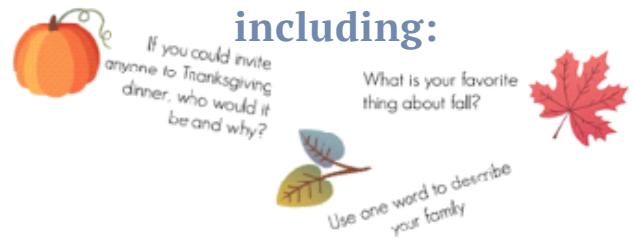
### Table Talk

### Conversation Printable

from rockitmama.com

### 18 Conversation Starters for the Thanksgiving Dinner Table

including:



[GET LIST](#)

## October Happenings



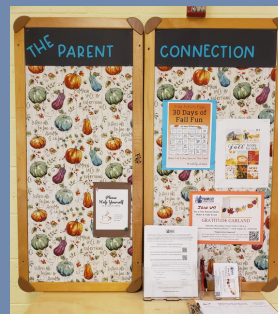
The biggest hit at Play and Learn this month was definitely the sensory table!



We are so thankful to have welcomed 6 more families to Play and Learn this month (some new, others returning after a long hiatus due to Covid)



How can we support your parenting/caregiving journey? We are working to implement many new ideas, but welcome and encourage community feedback!



Ellen, Renee, and Angela supported the United Way of Platteville at their fundraising night

**Stay connected** with us to get all the details on what we're up to...

**Follow us on**

and visit our website

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

Thank you to the following agencies for their support:



Platteville Thrift Shop

