



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



Winter 2021/2022

Office Hours: Monday - Thursday 8:00-4:00

Resource Room open 9:00-3:00 Monday-Thursday
Open Saturday Upon Request

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PLEASE CONSIDER SUPPORTING US!

We now raise funds using
ShopWithScrip®

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Enrollment code: MV2S9PBQJ7EY

Call 608-348-2846 or email
angelak.familyconnections@gmail.com with
questions and for more information.



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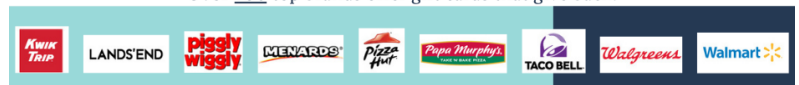


The brand gives back
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Over 750 top brands offer gift cards that give back!



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Staff E-Mail Addresses:

Renee Krahenbuhl
Executive Director
reneek.familyconnections@gmail.com

Ellen Volgarino
Assistant Director
ellen.familyconnections@gmail.com

Angela Kamps
Parent Educator
angelak.familyconnections@gmail.com

Board of Directors

Diana Arians Kari Lopez
Nathan Curry Cyndi Reuter
Casey Gradel Julie Soja



Car Seat Installation and Inspection Event

Family Connections partnered with the Darlington PD (and several other contributors) to provide free car seats and car seat safety checks. This event was implemented following a tragic ejection of a small child in a recent Darlington area traffic crash. We are grateful for a positive response from the community that enabled us to serve several families that evening.



Family Connections Updates

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

VOTE for our display!



Family Connections is participating in the Platteville Regional Chamber's Business Window Decorating Contest.

From Dec 3-15, scan our QR code at our site to vote for our display (max once per day)! See the Chamber's Events page for a map of participating businesses for a fun family outing to view them all!



Family Connections is providing 100 LifeVac units to Southwest Health for distribution.

LifeVac is designed to save a life in a choking emergency. This was made possible through a generous grant from the **Ann & Leo Stoll Jr. Charitable Trust** by way of Mound City Bank.

Family Connections Wish List

- WalMart Gift Cards
 - Aldi Gift Cards
 - Stamps
 - Cleaning supplies
 - Nonperishable snacks
 - Feminine care items
- The Best Gift ... Your Time!

*All Donations can be tax deductible!

For more information regarding volunteer opportunities please call 608-348-2846. Your donation of time, talent, and treasure are all greatly appreciated!

Thank you for helping us help families in Southwest Wisconsin!

NEW EVENT: Family Make and Take

Join us for a craft project!



Gratitude Garland (Nov)



Wood Slice Ornaments (Dec)

Free event, all supplies provided.

When: Saturdays, Dec 4, Jan 8, Feb 5, Mar 5

Time: 10 to 11 a.m.

Location: Family Connections (O.E. Gray Building)

Details of each month's craft theme will be posted on our website's calendar and in an event on Facebook.

Diaper Drive



High Vibe Fitness collected and delivered **over 13,000 diapers and 13,000 wipes** during their Diaper Drive this November! We are grateful for the generosity of so many who donated to make this possible.

Sweet Treats on Main

It was a beautiful day for trick or treat on Platteville's Main Street! We handed out several hundred snacks and over a hundred scarecrow craft bags. And how fun to run across some of our sweet Play and Learn kiddos too!





Play and Learn Newsletter

110 W. Adams St, Platteville, WI 53818

Winter 2021



Play and Learn Meets Every Thursday Morning 9:30-11:00

All families are welcome to join the fun!
Bring your little ones to engage in active play, story time, and an art activity.
Please call 608-348-2846 to make a reservation.
We look forward to seeing you!



Play and Learn Winter Schedule

December

- 2—Mittens
- 9—Gingerbread
- 16—Holiday Cheer
- 23—No Play and Learn
- 30—No Play and Learn

January

- 6—Hibernation
- 13—Snowflakes
- 22—Arctic
- 29—Snowmen

February

- 3—Be My Valentine
- 10—No Play and Learn
- 17—Kindness
- 25—Smile!

Easy, Festive Winter Snacks



(Above) form a candy cane with sliced strawberries and bananas or tomato slices and cheese cubes



(Above) Use the crusts of the cut-out sandwiches for the hat and scarf

(Left) Easy cheese stick snowmen

7 THINGS EVERY CHILD NEEDS TO HEAR

1. I love you.
2. I'm proud of you.
3. I'm sorry.
4. I forgive you.
5. I'm listening to you.
6. This is your responsibility.
7. You can do it.



BRIGHTSIDE ME

feJournal

* **CHILDREN**
NEED THE FREEDOM AND
TIME TO PLAY. PLAY IS NOT
A LUXURY.
PLAY IS A NECESSITY.

- Kay Redfield Jamison



Stay Connected

Remember our Play and Learn room is open for your use Monday through Thursday from 9:00-3:00.

Just call ahead: (608) 348-2846

Let us know how we can best serve your family!

The Parent Connect

10 Tips to Prepare for a Slow Holiday Season

from I Dream of Simple

1. Set your intention for a slow holiday season.
2. Learn to say no.
3. Simplify gift-giving.
4. Create Gift Wish Lists For Your Kids.
5. Create a holiday bucket list that includes everyone.
6. Plan ahead, even just a little bit.
7. Set a Realistic Budget.
8. Simplify Your Schedule.
9. Create a cozy environment in your home.
10. Focus on what you already have.

1. SET YOUR INTENTION FOR A SLOW HOLIDAY SEASON.

...I am encouraging you to, first, think about what you want the season to look and feel like for you and your family. What does the season mean to you and your family? ...

- Does the season represent lots of family time?
- Is your faith a major component?
- What are your/your family's favorite holiday memories?
- Think of 3 things we can do to help OTHERS this season?
- Think of 5 things we can do as a FAMILY this year?
- What is 1 thing you do NOT want to do this year?
- What is MOST important for you and your family this year? And, what is the LEAST important?

This exercise will give you a baseline or barometer to come back to when deciding what to do and more importantly, what NOT to do. This is probably the most important tip in this whole post if you are trying to **simplify** and **slow down** this holiday season.

If you don't decide what is important to you, then someone else will decide for you.

Finish reading this article at:

<https://www.idreamofsimple.com/slow-holiday-season/>

Don't forget that Family Connections has a lot of resources available. We have everything from help with finding a child care provider to how to potty train your child. Just come by our office at 110 West Adams (OE Gray Building) and check out our selection!



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:



Family Strengths **SPOTLIGHT:**



Connecting with Others

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

“A lot of parents feel too busy or too overwhelmed to stay connected to the people and activities that bring their life balance, let alone make new friends. However, building a network of social connections is worth the extra effort.

It can offer you the opportunity to **give and get practical support and celebrate your successes.**

Talking things over with trusted friends or family can help

you **recharge and see problems in a**

new way. Feeling valued and understood, and

knowing you can turn to others for acceptance, advice or a helping hand can help you to be a happier and more confident parent.”



<https://fiveforfamilies.org/the-5-strengths/connecting-with-others/>

Self-check:

- ♦ **Do you have friends or family members that help you out once in a while?**
- ♦ **Are you a member of any groups or organizations?**
- ♦ **Who can you call for advice or just to talk? How often do you see them?**
- ♦ **What kind of social support do you need?**
- ♦ **Do you find it easy or challenging to make friends? If it is challenging, what specific things represent a barrier for you?**
- ♦ **What helps you feel connected?**

Questions adopted from:

<https://cssp.org/resource/protectivefactorsactionsheets/>



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1-800-267-1018 or 608-348-2846

Special Thanks to the following agencies for their support



Platteville Thrift Shop



Open Positions on the Board of Directors:

Want 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.

Family Connections is able to do Car Seat Safety Checks. Please call the office at 608-348-2846 if you would like to set up an appointment.



**Family Connections will
be closed
December 23—January 2**



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!