

SUMMER 2022

Family Connections Staff

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Event returning this summer:



THIS WAY TO NATURE PLAY!

Bring the family to explore fun natural learning experiences!

Events held rain or shine!

Please RSVP on Facebook event or by calling 608-348-2846

Platteville

155 W Lewis, O.E. Gray Playground
Tuesdays
June 14 and 28, July 12 and 26
6:00 - 7:30 p.m.

or

Darlington

Shelter house behind Piggly Wiggly Plaza
Wednesdays
June 15 and 29, July 13 and 27
9:30 - 11:00 a.m.

A variety of learning stations and fun activities!

Hands-on experiences with adult participation!

Dress for the mess!
There will be dirt and water activities!

June 14/15

Let's Get Growing



June 28/29

Forest Fun



July 12/13

BEACH PARTY



July 26/27

LET'S GO CAMPING



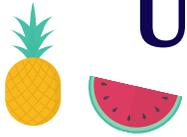
OUR MOST POPULAR ACTIVITY WAS ERUPTING A VOLCANO. JUST LIKE PETE'S!

We had so much fun at all of our spring Family Fun events. From Eric Carle to Things that Go and finally, Pete the Cat, kids' books were our inspiration for the crafts, sensory table, coloring sheets, snacks, and other activities!

Thank you to the following agencies for their support:



Updates from Family Connections



Please stay connected with our Facebook page for updates or program changes!



Family Resource Center Infrastructure Development Grant Renewed

A sizable grant from  that Family Connections was awarded in 2021 has been renewed for a second year!

The purpose of this grant is to create a uniform framework and set of standards at family resource centers throughout Wisconsin that support effective, quality primary maltreatment prevention services for families to promote well-being while reducing child abuse and neglect.

This grant has been instrumental in providing focus for the agency, trainings for staff, and funding for events that we have hosted over the past year. We look forward to seeing how it continues to help us better serve the community this upcoming year!

Family Connections' Wish List

- 3T/4T pull ups
- 4T/5T pull ups
- Size 7 diapers
- Baby wipes
- Baby wash and lotion
- Baby eczema cream
- Feminine products
- Walmart or Aldi Gift Cards
 - \$20 or \$25 cards preferred
- Gas cards ("fuel only")
 - \$25 preferred
- Laundry detergent or pods
 - small quantities preferred
- Or...Your Time!!!

Your donations are greatly appreciated!



Thank you for assisting us in helping local families!



Giving Tree

Would you consider helping us keep our Community Closet stocked? Let us know if you or someone you know would be willing to host our Giving Tree at their business!



Our Community Closet was beautifully stocked this past December...



However, these items have been distributed to area families in need and the closet is nearing EMPTY! Thank you for considering a donation or hosting the Giving Tree at a business in the area.

Want to make a difference in your community?



Join our **NEW** Parent Advisory Committee (PAC)

Open to parents, grandparents, and other caregivers! This committee provides Family Connections with input on designing programs and services that meet the needs of our community.

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 email staff.familyconnections@gmail.com.



Play and Learn Newsletter



110 W. Adams St., Platteville
608-348-2846
staff.familyconnections@gmail.com
familyconnectionswwi.org



NEW THIS SUMMER, PLEASE NOTE:
Great news--We are growing!
It has been fun to meet many wonderful new families in recent months. To accommodate the increase in attendance, we will hold two sessions of Play and Learn weekly. For planning purposes as well as the safety and enjoyment of all families, sign up will be REQUIRED starting in June.
See below for details.



Play and Learn Schedule

- June 9 Going on a Picnic 
- June 16 Make Dad's Day
- June 23 O-Fish-ally Summer
- June 30 Fruit-tastic
- July 7 Red, White, & Blue 
- July 14 Sun and Sand
- July 21 Water Fun 
- July 28 Sunflowers
- August 4 On the Farm
- August 11 Under the Sea
- August 18 Ahoy, Matey!
- August 25 Summer Flew By 

★ Let the children PLAY
stomp in puddles climb trees
Dig in the dirt go on a
bug hunt make mud pies
ROLL DOWN a hill build
a cubby make a daisy chain
create a garden for fairies
Playing outside makes children
★ smarter
healthier
happier
Let the children play http://progressiveearlychildhoodeducation.blogspot.com

Play and Learn sessions:

Thu 9:00-10:15 a.m. -or- Thu 10:30-11:45 a.m.

The Sign Up Genius link for that week's event will be made available each Monday morning via Facebook. If you do not have Facebook or have trouble using the sign up, call 608-348-2846 to reserve your spot. We look forward to seeing you!

All families are welcome to join the fun! Bring your little ones to engage in active play, story time, and an art activity.



Banana Choc-Chip Ice Cream



Method

Cover a baking tray with foil or baking paper.
Peel bananas and cut them into bite sized pieces.
Place banana slices on the baking tray in a single layer.
Freeze overnight until frozen solid.
Whizz the frozen bananas in a blender until they turn into ice cream.
Stir in the chocolate chips and serve.

Ingredients

- 3 or 4 bananas
- handful of chocolate chips

Stay Connected

Remember our Play and Learn room is open for your use Monday - Thursday between 9 and 3. Just call ahead!



Strengthening Families and Support



Family Strengths Spotlight



Online Sources for Help

from: <https://fiveforfamilies.org/the-5-strengths/knowning-how-to-find-help/>

Well Badger Resource Center This website provides health information and referral services through the site itself, www.wellbadger.org, as well as by phone, chat, email and text. Types of services include mental health and substance use, financial assistance, pregnancy and parenting support, health care coverage and services, financial assistance and children with special health care needs.

211 Call this free 24/7 helpline to talk to trained resource specialists who can connect you to community, health and human service resources.

Child Care Resource and Referral Agencies Find up-to-date lists of childcare providers near you with openings as well as information on how to select the best quality and fit for your family.
<https://supportingfamiliesogether.org/find-child-care/>

Community Action Agencies – These regional organizations are located throughout the state to coordinate services such as job training, energy assistance, food distribution to food pantries, housing assistance, health services assistance, legal and violence prevention services, parent education and childcare referral.

Connect with our local SW Wisconsin agency:
<https://swcap.org/>

Organizations for Families with Children who have Special Needs – This webpage contains links to organizations that seek to serve families who's children have special needs. Included are a variety of organizations that provide information and resources, support families in advocating for the children and connect families experiencing similar challenges to one another.
<https://dpi.wi.gov/sped/families/agency>

OR... CALL YOUR LOCAL FAMILY RESOURCE CENTER (THAT'S US!) AND WE CAN CONNECT YOU TO A RESOURCE!

Knowing How to Find Help

Seeking support in times of need and knowing how to accept help when it's offered.



Sooner or later, every family needs help. Although asking isn't always easy, recognizing your family's needs and **reaching out to others for support is a sign of strength.** Advocating for your family can **increase your self-confidence** and your ability to be persistent. Knowing how to accept help when it is offered demonstrates **courage** and **resourcefulness** to your children.

<https://fiveforfamilies.org/the-5-strengths/knowning-how-to-find-help/>
(emphasis ours)



NETWORK WITH OTHERS:

Those with similar needs or experiences are often the best sources of information for how you can get your own needs met.



Be strong enough to stand alone, smart enough to know when you need help and brave enough to ask for it.

WWW.LIVELIFEHAPPY.COM



Strengthening Families and Support

Remember the 5 Strengths

1 **Helping Kids Understand Feelings**
A thumb's up is a way we show emotions.

2 **Parenting as Children Grow**
You are your child's first and most important teacher.

3 **Connecting with Others**
Like your middle finger, you shouldn't stand alone.

4 **Building Inner Strength**
Your fourth finger represents a commitment to caring for yourself.

5 **Knowing How to Find Help**
Last, but not least, ask for the help you need.

Five for Families.org

© 2018 Child Abuse and Neglect Prevention Board | Special thanks to the Michigan parents who created this concept.

...To Keep Your Family Strong

Ask for help not because you're weak, but because you want to remain strong.

LES BROWN

Support Others Who Need Help

from: <https://fiveforfamilies.org/the-5-strengths/knowning-how-to-find-help/>

Helping others doesn't have to take a lot of energy or money.

Small gestures can mean a lot to someone and increase awareness of your own resources and strength.

Listen: Be available, attentive and non-judgmental. Being a sounding board allows others to come up with their own solutions, feel supported and become ready to move forward.

Pass along: Sharing things we no longer use can mean a lot to another family, such as outgrown kids clothes, extra toys, or unused sports uniforms.

Give your time: Hang out, pitch in or do something for someone that they can't do for themselves.

Be appreciative: Tell others the things that you enjoy or admire about them. Express gratitude for their friendship.

Summer Bucket List

- GO Camping
- VISIT AN Aquarium
- OUTDOOR Movie Night
- HAVE A Picnic
- GO Swimming
- GO Stargazing
- MAKE Popsicles
- HAVE A Cook Out
- GO TO A Baseball Game
- GO ON A Hike
- HAVE A Beach Day
- GO ON A Road Trip
- GO ON A Nature Walk
- READ A Book
- GO TO a Water Park
- HOST A Sleep Over
- HAVE a Bonfire
- BUILD A Sand Castle
- EAT Ice Cream
- PLAY Mini GOLF
- GO Biking
- OUTDOOR Concert
- MAKE S'mores
- STATE Fair
- RUN Through Sprinklers
- CATCH Fireflies
- CHALK The Driveway
- WATCH fireworks
- GO TO a Carnival
- FAMILY Vacation



FAMILY CONNECTIONS
of Southwest Wisconsin

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

Please consider supporting Family Connections of SW WI

Family Connections is a non-profit organization funded 100% by grants and private donations.

Make a donation

Make checks payable to:
Family Connections of SW WI
P.O. Box 647, Platteville, WI 53818



ShopWithScrip

Earn money for us while you shop!



Visit shopwithscrip.com

Enrollment code: MV2S9PBQJ7EY



You shop. Amazon gives.

Choose "Family Connections of Southwest Wisconsin" as your organization to support!

Play and Learn
continues on Thursdays
through summer.

****NEW THIS SUMMER****
Sign up will be required.
Please see page 3 for
details.



The best thing you can do for
your children is give them the
space to explore.



www.kowforafamilylocalre.com

Board of Directors

Diana Arians Cyndi Reuter
Nathan Curry Heather Ringberg
Casey Gradel Julie Soja
Kari Lopez Terry Wood

**We are looking for additional
board members!**

Contact us if you are interested or
would like more information

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

Follow us on

and visit our website

familyconnectionsswwi.org



**Thank you to the
following agencies
for their support:**



Platteville Thrift Shop



of Platteville

