



Helping Hands for Families

Taking Care of Your Mental Health

Parent Mental Health

Taking care of your children is just as important as taking care of yourself. Here are a few tips on how to reduce stress, anxiety, and other negative feelings.



Physical Self Care: This includes anything that takes care of your physical being like going for a walk, stretching, taking a 15 minutes dance break, eating healthy, or simply sleeping more. If you're looking for something new, try gardening at your local community garden.

Emotional Self Care: Spend time with people who contribute to positive emotional health. You could meet up with your favorite parent group or call a friend. Or spend a quiet moment with yourself journaling, painting, or drawing. Even if it's just for a short time, taking a break from daily stressors can drastically help your wellbeing.

Social Self Care: Seek out social support systems in your area, maintain boundaries by delegating tasks and saying "no," seek out social engagements that fulfill YOU.

Spiritual Self Care: Spend time (even if it's only a little) self-reflecting, meditating or doing yoga. Anything that helps you quiet your mind. This might mean simply turning off or putting down electronics.

If you are experiencing extreme stress for more than 2-3 weeks, please seek out formal help!

Parent Stressline: (608) 241-2221 (8am-10pm daily)

Or contact your Primary Care Provider

Child Mental Health

A child's mental health is just as important as their physical health and deserves the same quality of supports.

Physical Child Health: Get outside and get active at least 30 minutes per day! If you're having trouble doing this at home try joining a local school sport! For more ideas contact the Health Department or UW Extension for resources!

Emotional Child Health: Turn off electronics and TALK! Let them talk through painting, drawing, or journaling. Anything that promotes a healthy outlet for their emotions.

Social Child Health: Play an interactive game with your family such as: hide n seek, Red Light Green Light, Simon Says, or building an obstacle course together using household items.

Resources: https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Marquette County
Family Connections
Coalition

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Marquette County Health
Department
608-297-3135

Marquette Early Learning
Center & Head Start
608-296-2141 x 2217

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

Work Smart Employment
& Training Services
608-355-4808

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Marquette County Family
Connections Coalition links
families to community
agencies for information,
education and support.

**MARQUETTE
COUNTY
FAMILY
ADVENTURE
DAY!
TBD 2021**

Child Safety Month

This November marks Child Safety Month. With children staying in the home more than ever it's important to **LOCK UP** hazardous or dangerous materials.

This includes:

- **GUNS**
- **PRESCRIPTION MEDICATION**
- **ALCOHOL**
- **CLEANING PRODUCTS**

If you would like a Medication Lock Box contact the Marquette County Health Department

Virtual Learning Tips

Routine is key: Plan and stick to a routine that supports your child's learning habits. You should include snack breaks, outdoor recess, and social time just like at school.

School Space: If you can, set up a space in the house that is used only for school times! This will help your child focus and mentally prepare for school even if it's in the home.

Social Interaction: Socialization is a main component of school. If you feel your child is missing out on key peer interaction, you could try setting up a virtual homework group where kids can talk about their day with each other while getting some work done! With younger kids, you could coordinate virtual group crafts or drawing time.

Engagement: Consider keeping your child's cell phones off (or at least on 'do not disturb') in order to help them maintain focus. If you find lack of engagement is becoming an ongoing issue, bring it up with their teacher and come up with solutions together!

Resource: <https://achievethevirtual.org/tips-effective-virtual-learning/>

Parent Cafes

Feeling stressed? Need support from other parents in the community?



Parent Cafes are a fulfilling way to talk, listen and support each other with the stressors, worries and challenges of parenting. Parents build a strong network of families who help each other stay strong. Small group conversations are based on the Five Protective Factors, and facilitated by a parent host. All fall cafes will be virtual.

Parent cafes will be held on Oct. 5, Oct. 19, Nov. 2, Nov. 16, & Nov. 30 from 6-7 pm.

For questions, please call 800-628-8534 or email info@childcaring.org

Flu Shot Clinics



ADULTS

September 29th
1:30pm-3pm Montello-Marquette County Highway Department

October 2nd 9:30am-11am Oxford Fire Department

CHILDREN

*The dates for in-school flu clinics will be announced soon.

All children of school age can get a FREE flu vaccine through the Health Department.

Please call (608) 297-3135 with any questions!

- Slice zucchini into rounds and brush with olive oil
- Bake at 400F for 5 minutes
- Top with sauce and your favorite pizza toppings
- Bake until zucchini is tender and cheese is melted, about 10 minutes



Enjoy!

Giving Tree



Apply NOW for children (newborn to age 12).

Deadline: Oct. 19, 2020

Find applications at the Marquette County Library, The Care & Share Food Bank, Marquette County Department of Human Services, and Marquette County elementary schools. (608) 332-7900

