



Helping Hands for Families

Baby Massage



*strengthen the bond
with your baby*

Why Baby Massage?

Baby massage is another way to say “I love you” to our children. Connecting and bonding with them from the first days and years of life strengthens family bonds. Massage serves as a vehicle for improved communication, both verbal and non-verbal. These techniques grow with the child and teach them how to “let go” of their stress.

Benefits for Baby

- relaxation and release of tension for baby and parent
- relief of baby’s gas and constipation
- regulation of body systems
- improved sleeping patterns
- body awareness

Research studies show the importance of nurturing touch in the healthy growth, development and maturation of children. Appropriate, loving touch at any age fosters the development of trust and meets the security needs of children.

Benefits for Parents

- feel more comfortable and confident in their parenting skills.
- more aware and responsive to their baby’s cues.
- feel closer to their baby and have a much stronger bond
- Helps relax and ease parent’s stress.

**If you are interested in learning Baby Massage,
please contact Rebecca Hardell at 608-297-3116**



**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 2114

**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

**WorkSmart Employment
& Training Services**
608-355-4806

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

Montello School District
608-297-7617

Mission

The Marquette County Family Connections Coalition (FCC) mission is to link families with community agencies through communication and collaboration.



**SAVE THE DATE!
Saturday, May 14th
10am-1pm
Montello Varsity Gym**

Shamrock Shake This shake rocks!

Level: Easy Serves: 2

Ingredients:

- 1 cup milk
- 1/2 ripe banana
- 1 cup lime sherbet



Directions:

Remember to wash your hands!

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.

Helpful Hints: To "blend" is to mix two or more ingredients with a spoon, whisk, electric mixer or blender. If you do not have a blender, use a whisk or mash the banana with a fork and shake up the ingredients in a covered jar!

Safety Tip: Check the "sell by" date on the carton of milk. That's the date when the store needs to sell it. Once the carton is open at home, it will only keep fresh about five days.

Free Fluoride Varnish For Children's Teeth

Children ages 6 months to 11 years old can receive free fluoride varnish through the Marquette County Health Department. Fluoride varnish is a protective coating that is painted on teeth to help prevent cavities and to help stop cavities that have already started.



Tooth decay is one of the most common preventable diseases in children. Children as young as 12-18 months can get cavities.

Cavities in baby teeth can affect your child's ability to eat, speak, sleep and learn properly. A healthy mouth is part of total health and wellness.

To schedule a time for your children, call the Health Department at 608-297-3135.

Free fluoride varnishes are funded by a special prevention grant.

Daily Exercise for Children is a Mental Boost!

Yet another study shows that even moderate daily exercise can help improve math scores and actually raise IQ numbers by almost 4 points. This time it was a study by the Georgia Health Sciences University. In the study, three groups of children were assigned daily exercise of 40 minutes, 20 minutes, or no exercise. Both groups that exercised improved! And those who completed 40 minutes did better than those completing 20 minutes. Here are a few ideas . . .



- Jumping Jacks competition
- Skipping rope
- Building a snowman
- Playing hide and seek
- Dodge ball
- Shoveling snow competition
- Dancing
- Wii activities
- Relay races
- Hula hoop games
- Pilates or yoga stretches
- Chores

FREE! CAR SEAT CHECKS & TRAINING

Marquette County Health Department has two certified technicians who can help make sure your car seat is installed properly.

Call the Health Department at 608-297-3135 to schedule an appointment.

