



Helping Hands for Families

Bedtime Routine Tips

- Allow your child to choose what pajamas to wear.
- Include a wind down time about a half hour before bed.
- Have a consistent bed time and stick to it whenever possible.
- Follow the same routine every night. For example, a typical bedtime routine might look like this: story, goodnight kiss, lights off, eyes closed for sleep. When you follow the same routine every night children will more readily accept the final steps.
- If your child gets up, leaves the room or calls for you, offer comfort, but do not become a source of entertainment. Say "I love you," then put your child back to bed. Repeat these steps until the child is ready to stay in bed.



Misbehavior - Could Sleep be the Reason?

Is your child irritable? Having trouble making decisions or controlling emotions? Having trouble following rules or getting along with others? If so, your child might not be getting enough sleep!

Although these behaviors could have other causes, lack of sleep is stressful for children's bodies and minds. Without enough sleep, children are often less flexible, more emotional, and less focused.

Why is Sleep Important?



- Sleep helps preschoolers learn.
- Sleep helps bones, muscles, and skin grow.
- Sleep helps a child's body recover.
- Sleep is when new pathways in your brain are formed.
- Preschoolers need 11-13 hours of sleep.

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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.

Don't let the FLU get you... Vaccinate your crew!

Influenza (Flu) is a contagious disease of the **RESPIRATORY** tract including the nose, throat and lungs and can be spread easily among young children. Symptoms begin suddenly with a fever, headache, tiredness, dry cough, sore throat, nasal congestion, muscle aches and joint aches.

Most of these symptoms are mild to severe; they can sometimes cause death. Last year's flu season, almost 4000 people in Wisconsin were hospitalized due to flu complications. Over 250 of them were children. Children are 2-3 times more likely to get the flu because their immune systems are still developing.

The flu is spread person to person by droplets of moisture when an infected person coughs, sneezes or talks. The droplets are inhaled by another person causing them to be infected as well. While symptoms usually appear 1-3 days after exposure, an infected person can be contagious and spread the virus 24 hours before symptoms appear and up to 7 days after.

The best way to prevent you or your kids from getting the flu is to get the flu vaccine in October or November. It takes about 2 weeks for the flu shot to boost your immune system, so **DON'T WAIT... VACCINATE!** Contact the Health Department at 608-297-3135 for more information on how to get your flu shot today!

Marquette County Safety Day, Sat Sept 23rd, 9-Noon

Come to Marquette County Health & Human Services Building, 428 Underwood Ave, Montello.

EXCITING ACTIVITIES FOR KIDS!

FREE CAR SEAT CHECKS!

POPCORN AND SCONES FOR SALE!

If you need a car seat and meet WIC financial eligibility, you must call 608-297-3135 to reserve your car seat before Saturday.

Toasted Pumpkin kin Seeds

Ingredients

Pumpkin Seeds and Salt

Instructions

1. Preheat the oven to 350 degrees F.
2. Scoop out all the seeds from the inside of your favorite pumpkin and place them in a large bowl. Pick out as much of the flesh and strings from the bowl but don't worry if some are still sticking to the seeds; it adds flavor)
3. Spray a baking sheet with non-stick spray or line with parchment paper. Spread the seeds across the baking sheet without overlapping too much and lightly season with salt.
4. Bake for about 20 minutes or until the pumpkin seeds are light golden brown. Be sure to stir the seeds halfway through the baking.
5. Remove from oven and carefully stir the seeds again to release any that may have



Sleep—A Few Simple Rules

- Limit food and drink before bedtime; avoiding stimulants (like caffeine).
- Tuck your child in while he or she is sleepy, but still awake.
- You cannot force a child to sleep, but you can have a rule that they must stay in bed quietly.

Sleep—Set the Stage

- Make your child's bedroom cozy.
- Use the bed only for sleeping, not watching TV or playing videogames.
- Play soft, soothing music or create white noise with a fan.
- Keep the bedroom cool and dark at bedtime.