



# Helping Hands for Families

## Tips to Help Preschoolers with Scary Events

- Watch for changes in behavior, such as tantrums, lost appetite or unusually quiet or angry behavior.
- Distracting children from feeling sad or worried won't make the feeling go away. Instead, notice children's feelings and help children find ways to feel better: "I see you are sad. I feel sad sometimes too, and it helps when I talk about it or ask for a hug."
- Help children label their feelings: "Are you mad that our car was broken in the accident? Are you scared that it might happen again? Do you want to talk about it?"
- Be truthful when talking about scary events even if it means saying, "I don't know." ("I don't know why this happened. It is scary but I love you and I'm going to care for you.")
- Avoid making the event even scarier. Limit the news reports and adult conversations children hear about scary events.
- Encourage play. Children often work through their fears when drawing or playing make believe.
- Keep your routines. Familiar patterns and environments can help children feel secure.



## "Look for the Helpers" says Mr. Fred Rogers

Children can be scared or emotionally overwhelmed by things that we as adults might not find scary. For instance, TV commercials about sick animals in an animal shelter or hungry children in the world may alarm children.

Mr. Fred Rogers famously said, "Look for the helpers. You will always find people helping." You can help children reframe scary or sad situations by looking with them for the "helpers"—doctors, firefighters, veterinarians, volunteers, teachers, police officers, etc. Looking for and talking about these helping people with children assures them that during scary events, many safe spaces and people can be found.



University of Wisconsin-Extension

Articles in this newsletter about scary emotions were written by UW-Extension Family Living Educators. More useful ideas on many topics can be found at: [fyi.uwex.edu/parentingthepreschooler/](http://fyi.uwex.edu/parentingthepreschooler/)

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

**2018 FAMILY  
ADVENTURE DAY  
SAT, APRIL 21  
10AM—1PM  
MONTELLO VARSITY GYM**

**ACTIVITIES, PRIZES,  
FACE PAINTING,  
ENTERTAINMENT!  
FREE!**

## Learning Emotional Habits to Last a Lifetime

Emotions are a healthy response to stressful and scary situations. It is alright to cry or punch a pillow. However, every frustrating or scary event in a child's life is also an opportunity to teach emotional self control and a healthy style of coping.

Think for a moment about athletes in the middle of a game. When the referee calls a foul on a player they all respond differently. One player might slam the ball down or yell mean words at the referee, while another player may shake his head in disbelief but continue to play the game in a respectful way. The first athlete responded in an immature way, while the second player responded maturely.

We can show our children how to respond in a mature way to life's challenges by teaching children healthy coping skills and modeling how to stay calm.

Source: [fyi.uwex.edu/parentingthepreschooler/](http://fyi.uwex.edu/parentingthepreschooler/)

### HEAD START NOW ENROLLING

for 2018-2019 school year  
SCHEDULE APPOINTMENT

If your child is prenatal to age 5

Call Mary Kamin 608-296-2141 extension 2213

Marquette Early Learning Center CAP Services

### PRESCHOOL SCREENING

Have a child between age 2.5 and 4 years old?

CALL FOR APPOINTMENT

Montello School District  
Wednesday, April 25, 10am-7pm

Call office 297-2128 ext. 444

or email: [shutchings@montelloschools.org](mailto:shutchings@montelloschools.org)

Westfield School District  
Friday, April 6, 8am-3pm

Call Anne Moody 608-296-2141 ext.1046

or email: [moodya@westfield.k12.wi.us](mailto:moodya@westfield.k12.wi.us)

## Look for Pinwheels!



The Child Abuse Prevention Blue Ribbon campaign began in the spring of 1989 when a grandmother lost her grandson at the hands of her daughter's abusive boyfriend. She tied a blue ribbon to her car's antenna to represent the color of her grandson's bruises. She asked her community to do the same.

Each year Marquette County places blue pinwheels in the Health and Human Services grass to represent the number of children reported as possible abuse in the year prior. From April 1-30, **406 pinwheels** will be placed to encourage everyone to "Speak up and Save a Child." Please call [608-297-3124](tel:608-297-3124) if you suspect child abuse in Marquette County.



## Shake Your Pudding!

Makes 1/2 cup

1/2 cup cold low-fat milk

2 tablespoons dry instant **any** flavor pudding

**Remember to wash your hands!**

1. Measure milk and pour into a small container with a tight-fitting lid or a Ziploc bag.
2. Add instant pudding. Snap on lid and shake (or massage bag) for 30 seconds. Pudding will set up after a few minutes. Refrigerate if served later.

Source: <http://www.kidsacookin.org/desserts/Shake-Your-Pudding.pdf>

