



Helping Hands for Families

Families can get stronger!

What is the size and shape of your family? Small or large, birth or blended, all families share a need to care for each other over time. Here are FIVE STRENGTHS to keep aiming for in your family. No family is perfectly strong, but we can all be on the path to getting stronger!

- **Build your inner strength.** Commit to caring for yourself in healthy ways such as deep breathing, nutritious food, reasonable scheduling, movement and stretching, growing patience and gratitude, and a little time for your own interests.
- **Connect with others.** Look for people with whom you can share, talk, swap, play, or vent. Try to reach out, say hello, and introduce yourself. Or connect other parents together, too.
- **Parent as your children grow.** Children do not come with a manual and parenting is a continuous process of learning. You are your child's first teacher! You can seek sound ideas and input from reliable sources like those listed on this page or go online to uwex.parenting.edu
- **Know how to find help.** Everyone needs help now and then. Asking for help is a sign of strength. The agencies listed on this page are a good place to start!
- **Help your kids understand feelings.** When you and your children can name, understand and manage your feelings, you are far more likely to get along and do well as a family, as students, as employees, and as people overall!



The Five Strengths for Families were identified by the Center for the Study of Social Policy, a national child and family public policy and research organization, as part of their Strengthening Families Protective Factors Framework™. For more information in Marquette County contact Sue Allen, UW Extension (608) 297-3139

You're Invited to Parent Cafés

5:00-5:30pm Dinner

5:30-7:00pm Café-style time with parents

September 17 - Westfield Elementary School

September 24 - Forest Lane Elementary School

October 1 - Oxford Elementary School

Free dinner and child care provided.

Come to one or more!

We appreciate your registration so we can plan accordingly. Contact Childcaring at

1-800-628-8534 or info@childcaring.org or

locally Hannah Zellmer 608-697-4355.



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Marquette County Family Connections Coalition

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

**Marquette County
Family Adventure Day
Saturday, April 27, 2019
@ Montello High School
For families in
Marquette County!**

Mission

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



Is your child entering Kindergarten?

All children entering into kindergarten are required to be up to date on their vaccinations before starting school. At four-five years old, children are typically due for the Dtap, MMR, Polio and Varicella vaccines.

All of these are contagious and can be life threatening especially in children.

The easiest way to prevent these diseases is with vaccination. Here are some parent tips for making shots less stressful for your kids:

1. **Be prepared.** Read vaccine materials, write down any questions you may have, take a favorite book or toy to comfort your child
2. **Be honest.** Explain that shots can pinch or sting, but it will go away quickly. Encourage older siblings to support your child, and avoid telling scary stories or making threats about shots.
3. **Distract your child.** Cuddle, sing, or talk softly letting your child know that everything is okay. Read a book or tell a story while you hold your child firmly on your lap, helping to comfort them.
4. **Pay extra attention.** Use a cool, wet cloth to reduce soreness or redness use a non-aspirin pain reliever for a fever, and give your kids extra liquid for 24 hours.

Source: Marquette County Health Department.
Questions? Call 608-297-3135.

TWO Mobile Food Pantries!

Wednesday, September 26, 2018
4:00 p.m. - 6:00 p.m.
@ Marquette County Food Bank
N2973 Hwy 22, south of Montello

Wednesday, October 3, 2018
4:00 p.m. - 6:00 p.m.
@ Westfield Elementary School
Spread the Word!

September is Child Passenger Safety Month

Do you have questions about child car seats? Do you know what your child or grandchild should be using?

Please call the Health Department to talk with the Certified Car Seat Technician. Her number is 608-297-3135.

If you receive WIC, or fall within WIC income guidelines, you may be eligible for a free car seat through a grant. Ask us!!



BE INFORMED!
Make sure your child is in the appropriate car seat for their age and size.

SAFERCAR.GOV/THERIGHTSEAT



Early Head Start Enrollment
Children 0-3

Call NOW 608-450-0491
Or 608-296-2141 x2217



Worksmart Network is amazing! If you are unemployed, underemployed, or laid off you can get high-quality career services and skill training options for good jobs.

Get connected to our area's most rewarding industries.

Learn more at www.worksmartnetwork.org or call 608-355-4808.



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