



Helping Hands for Families

Everything Grows!

Can you picture your brain and your child's brain as healthy, growing trees? These trees are in good soil with a warm climate and just the right amount of rain. They keep growing and growing!!

Our brains, like trees, do best when they have what they need to grow and be healthy. We all know that good nutrition, exercise and sleep help to keep our brains growing and healthy. But did you know that the messages we tell ourselves and our children can also make a positive difference?

Here are some messages that help keep our minds healthy and growing:



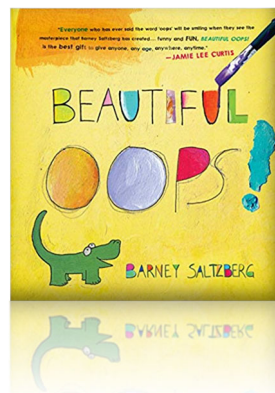
- ♥ Everyone makes mistakes. Intelligence or ability does not give us a pass—we're all human!
- ♥ Learning and using problem-solving skills is valuable for parents and children
- ♥ When we make mistakes or have not resolved a problem right away, think "not yet" - give it a rest and try again another time.
- ♥ Be proud of and praise you and your child's efforts, not the results.

These simple messages keep us learning and trying. They tend to result in higher levels of ability and achievement in life, school and work. They help us learn from our mistakes and embrace challenges and constructive criticism.

On the other hand, telling yourself and your children that you must be "smart," have the answers or else, or not make mistakes, can stunt your mind's growth. These messages tend to make us give up more easily, shy away from challenges, and feel threatened by others' success.

You and your child can read these children's books to encourage your growing minds!

The Girl Who Never Made Mistakes, by Mark Pett
What Do You Do with an Idea?, by Kobi Yamada
What Do You Do with a Problem?, by Kobi Yamada
Beautiful OOPS, by Barney Saltzberg
The Dot, by Peter H. Reynolds
Ish, by Peter H. Reynolds
How to Catch a Star, by Oliver Jeffers
When Pigs Fly, by Valerie Coulman
Rosie Revere, Engineer, by Andrea Beatty
Sam and Dave Dig a Hole, by Marc Barnett



Source: HeadStart Primary <https://www.headstartprimary.com/blog/growth-mindset/>

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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
608-355-4808

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
Come Bounce With Us!
Free ideas & giveaways!
Tons of activities!

Mission

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



ONLINE! Tips, Ideas, Videos

Parents and other adult family members are so important to the growth and development of your children's brains! Here are four FREE early learning resources that offer proven, fun and easy-to-follow info and tips!



For example, you can watch a video of real parents talking with their young kids, or a cartoon video of interacting with your child. Or you get tips and ideas. For example, at the grocery store, talk about the colors you see. What color is the broccoli? Do you see a red apple?

[Talking is Teaching](http://talkingisteaching.org/) <http://talkingisteaching.org/>

What: Fun, simple tips for parents/caregivers to talk with your babies and young kids each day

- Videos and easy-to-read information about brain development
 - Emailed tips for turning everyday moments into opportunities for brain growth (early literacy, early math and social emotional development)
- English and Spanish*



[Raising Caring Kids](https://parenting.extension.wisc.edu/raising-caring-kids/) <https://parenting.extension.wisc.edu/raising-caring-kids/>

What: For parents with children in 1st through 5th grades for building your kids' relationship skills

- Short articles about making good choices, managing feeling, standing up for yourself, staying calm and so much more!
- Short cartoon videos that demonstrate problem-solving, persistence and other useful skills

[STRIVE for 5!](https://striveforfive.com/resources) <https://striveforfive.com/resources>

What: Instant tools and ideas to promote children's early brain and language development. In the **Downloadable Resources** . . .

- Click **Little Things Cards** for activities parents/caregivers can do with their kids infant to age 5. Then scroll down to **Tips for Parents & Caregivers**. The **Learning Milestones** pdf shows parents how important you are in your baby's development.

[Vroom](http://www.vroom.org) www.vroom.org

What: 1,000 free brain building activities families can slip into your normal daily routine

- Online videos and easy-to-read information about brain development birth to age 5
- Free app with more than 1,000 activities (also available online or in printable PDFs)

English and Spanish

Oven-Baked Sweet Potato Fries - 6 servings

3 sweet potatoes

3 tablespoons olive oil

Salt and pepper to taste (optional)

1. Wash and peel sweet potatoes. Cut into 1/4-inch slices.
2. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
3. On a baking sheet, spread in a single layer.
4. Bake at 425 °F for 20 minutes or until tender and golden brown, turning once or twice to brown evenly.



Sweet and Deliciously Tender

Source: <https://www.canr.msu.edu/resources/>