



HELPING HANDS FOR FAMILIES – FALL



- ♦ Walk Safely: Look both ways before crossing the street. Only cross at crosswalks, corners, and using traffic light signals.
- ♦ Always walk on the sidewalk. Put down devices and keep your head up.
- ♦ Have kids carry glow sticks or flashlights.
- ♦ Choose the right size costume to avoid trips and falls.
- ♦ Drive Safely on Halloween: Slow down and be alert in residential neighborhoods and take extra time to look for kids at intersections.

Baby 101



Judgement free zone to ask questions about pregnancy, baby care, staying healthy as parents, and more! Each household will receive a gift and be entered to win a prize.

Who: Anyone pregnant, wanting to become pregnant, or that has a baby up to one year old.

October 25th, Westfield Village Hall, 3pm-6pm

Ingredients:

- 1 can(15oz) black beans, rinsed & drained
- 1 jar(13oz) corn relish
- 1/2 cup canned kidney beans
- 1/2 cup quartered cherry tomatoes
- 1/2 cup chopped celery
- 1/4 cup chopped sweet orange pepper
- 1/4 cup sliced pimiento-stuffed olives
- sliced red onion (if desired)
- 2 tsp minced fresh parsley

Directions:

1. In a large bowl, combine all ingredients.
2. Cover and Refrigerate until ready to serve.



Marquette County Family Connections Coalition

Volume 17—Issue 3
Fall 2022

**Marquette County Health
Department**
608-297-3135

**Marquette Early Learning
Center & Head Start**
608-296-2141 x 2217

**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

**Work Smart 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 Connections
Coalition links families
to community agencies
for information,
education and support.



Marquette County Parent Café

Parent cafés are a fulfilling way for parents to talk, listen, and support each other with stressors, worries and challenges that many have struggled with alone. Parent Cafés help build strong families using The Five Protective Factors.

Monday, September 19th
Westfield Elementary School
329 Hawk Lane, Westfield

Monday, October 17th
Forest Lane Community School
222 Forest Lane, Montello

Monday, November 28th
Forest Lane Community School
222 Forest Lane, Montello

Thanks to a Primary Prevention Grant through the Child Abuse and Neglect Prevention Board, we will again be offering concrete supports each time you attend a cafe.

Free dinner will be available each evening from 5:30-6:00pm
Café 6:00-7:30pm

Limited child care available
We will confirm availability of child care based on the requests we receive.

Registration is required so we can plan appropriately for dinner and child care.
Register by scanning the QR code:



For questions or to register by phone, please call Childcaring at 800-628-8534

*Virtual Parent Café sessions will also be offered December 15th, January 12th, and February 16th from 6:30-7:30pm



An EEO/AA employer, Extension University of Wisconsin-Madison provides equal opportunities in employment and

PAINTING WITH PINECONES

MATERIALS:

-PAINT SMOCK/TABLE COVER

-PINECONES

-PAPER

-WASHABLE PAINT

-BOX

INSTRUCTIONS:

1. PLACE THE PAPER IN THE BOTTOM OF THE BOX
2. SQUIRT SOME PAINT ONTO THE PAPER
3. TOSS 2-3 PINECONES IN THE BOX AND ROLL THEM AROUND UNTIL IT'S PRETTY
4. SET THEM UP TO DRY



Call the Health Department to see if your child is up to date on their immunizations.
608.297.3135

Let's Read!

Fall is the perfect time to make reading a part of your routine with your infant or toddler. Research continues to make clear that reading to and/or with your child is an important part of promoting social-emotional health. Particularly, when parents are intentional about what books they choose to share with their child. Early Childhood books that focus on relationships and emotions help children develop a vocabulary that allows them to label and describe their experience, wants and needs in a healthy way. You may also find that your child requests the same book over and over. Repetition is an important way that children make sense of new ideas. Hearing the same story again and again can also be very comforting to children. Reading together 20 minutes every day teaches most school readiness skills (e.g., vocabulary, counting, colors, social skills, etc.). The simple act of reading with a child every day has significant additional benefits including:

- Increases the number of children acquiring the essential early literacy skills required for entering kindergarten prepared and eager for school.
- Develops socially and emotionally confident children who have strong bonds and are at pace with their peers.
- Reduces the school achievement gap for K-12 students by helping children start and stay at grade level.
- Empowers parents and caregivers to become their child's first and most influential teachers.

<https://www.waterford.org/resources/childrens-books-about-mental-health/>

Triple P - Positive Parenting Program provides parents of children ages 0-16 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place. Questions? Contact Hannah Zellmer: hannah.zellmer@wisc.edu or 608 297 3139

October 6th, 5:30- 7:00 Raising Resilient Children (For parents of 0-12 year olds)

October 13th, 5:30-7:00 Raising Responsible Teenagers (For parents of 12-16 year olds)

November 3rd, 5:30-7:30 Managing Fighting and Aggression (For parents of 0-12 year olds)

November 10th, 5:30-7:30 Coping with Teenagers' Emotions (For parents of 12-16 year olds)

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