

Helping Hands For Families - Spring

Sponge Easter Eggs

Supplies:

- Sponges
- Paint
- Paper
- Paintbrush
- Scissors

Instructions:

- Gather all supplies,
- Cut sponges into ovals/egg shapes.
- Let the kids paint the sponges anyway they would like and place on paper.
- They can continue to decorate the eggs on the paper.
- Enjoy their masterpiece!





Banana Oat Bars

Ingredients: -Olive Oil or Butter -2 large, very ripe bananas

-1 tsp vanilla extract

-2 cups old-fashioned rolled oats

-1/4 cup pitted, chopped, dried dates

-1/2 tsp salt (optional)

-1/4 cup chopped nuts of your choice -nutmeg or cinnamon (optional)

Instructions

- 1. Preheat oven to 350 degrees, and lightly coat pan with olive oil or butter.
- 2. Peel the bananas and place them in a bowl. Mash them thoroughly until no large chunks are left.
- 3. Stir in vanilla, add oats, and stir again.
- 4. After the oats are incorporated, add the dates, salt, and nuts, and mix again.
- 5. Transfer the mixture to the baking dish and pat it down so it is evenly spread.
- 6. Sprinkle the bars with cinnamon or nutmeg, and place in the oven for 30 minutes or until they are crisp on the edges.
- 7. Remove from oven, and let cool for 10 minutes.
- 8. Cut into 9 bars, and enjoy!

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 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



FACE PAINTING, MAGICIAN, & FARM ANIMALS



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, March 6th

Forest Lane Community School 222 Forest Lane, Montello Theme: Welcome to the Jungle of Parenting

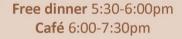
Monday, April 17th

Endeavor Elementary School 414 S Church St, Endeavor Theme: Spring Cleaning-Unload the Garbage and Recycle

Monday, May 22nd

Westfield Elementary School 329 Hawk Lane, Westfield Theme: Lets Taco 'bout Parenting Today

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



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

















The Family Health La Clinica WIC Program will continue to offer phone appointments through the summer and beyond. WIC offers healthy foods, nutrition education, breastfeeding support, referrals to other community services, and more! WIC is for pregnant and postpartum women, infants, and children up to age 5 (dads, grandparents, and other legal guardians are able to get WIC for their eligible children/foster children!)

Give us a call to schedule an appointment! 920-787-5514

TOUCH A TRUCK August 19th, 2023

10:00am-1:00pm

Marquette County Fair Grounds

Play and Learn Westfield, WI Every Tuesday Starting Jan 10th Ethel Everhard Public Library 117 E 3rd Street Westfield, WI 9:45 am

PLAY TIME SNACK TIME

Montello, WI 2nd and 4th Thursday of every month Montello Public Library 128 Lake Street, Montello, WI 10:30 am

LEARNING TIME



Kids deserve the best.

Free Virtual Parenting Class -9 Sessions designed for ages birth-ten years old

To register call 715.896.8437 or email centralwigroups@childrenswi.org