



The Family Times



Spring/Summer 2011 Newsletter

Encourage, Strengthen and Support Families

Butterfly Festival

Saturday, June 19th

9:00-11:00 a.m.

City Park, Downtown Appleton

Face painting and crafts, kids games, group butterfly release at 10:45 am, butterfly demonstrations, food and beverages.

\$10.00/Family (includes one butterfly)

Register by visiting
www.familyservicesnew.org
by June 10.

Please support Parent
Connection in
this great fundraiser.



Your Child's Amazing Brain

For parents with children birth-3 years



The experiences young children receive in the first three years of life are crucial to brain development. As your child receives loving care and stimulation, neural connections are formed between his brain cells. These connections form the wiring system of the brain. Your child's early experiences largely determine the strength and function of his or her brain's wiring system. Warm, responsive parents, who cuddle and talk to their children and provide an environment of learning, promote healthy brain development for their children.

Date: May 18, 2011 (Wednesday)
Time: 6:00-8:00 pm
Host Site: Family Resource Center
1165 Appleton Road, Menasha
Cost: Free
Child Care: Unavailable
Registration: Call Megan at (920) 739-4226 x127 or email mmclachlan@familyservicesnew.org

Behavior: Learning to deal with stressful situations

In order for children to learn how to deal with stressful situations, they need practice now when they have your help and support. Your behavior in stressful situations will affect your child's reactions. If you are able to remain calm, despite feeling upset, this will give your child a feeling of security.

This is especially important in very frightening situations such as a car accident, a fire, or a natural disaster. It is also important in the case of more routine problems such as when your child has made a mistake and is afraid of disappointing or angering you.

Naturally, you will have your own feelings to contend with and you should be honest with your child about them. Let him know, for example, that you feel frightened, too, in a bad winter storm, or that you feel sad about leaving behind friends and favorite things when you move.

This helps him feel more comfortable about such feelings in himself. But try to teach your child by example to put these feelings into words rather than becoming immobilized by them. Your child depends on you for comfort, reassurance, and stability, especially in stressful times.

Fox Cities

Topics to Increase Parenting Skills

(For parents of children ages 2-12 years)

Join other parents for an overview on a variety of parenting topics. All classes are free of charge with child care also available at no cost.

2011 Dates & Topics:

June 14 -Preventing Power Struggles

June 21-Anger Management

June 28-Parenting Styles

July 12-Self-Esteem

July 19-Rules, Rituals & Routines

Aug. 2-Positive Discipline

Time: 6:15 - 7:45 pm (Tuesday)

Location: First United Methodist, 325 E. Franklin St, Appleton

Cost:Free when registered in advance

Child Care: Free with advance registration

Registration:TIPS Hotline(920)540-7380.

Register for as many sessions as you wish!

The T.I.P.S. Series is brought to you by: the Parent Connection program of Family Services, Child Care Resource & Referral, Affinity Health System, UW-Extension Outagamie County, Children's Health Education Center, FI\$C, Head Start, First United Methodist Church of Appleton, and United Way Fox Cities.

AS ONE: A Healthy Relationship

This two-day workshop is for building skills for positive/healthy relationships.

For expectant parents or non-married co-parenting partners with a child under 3 months. Couples only.

Dates: May 13-14 OR June 24-25

Times: 4-8pm (Fri) and 9:30-4:30 (Sat)

Location: Family Resource Center, 1165 Appleton Rd, Menasha

Cost: FREE

Child Care: Not available

Registration: Call Megan at (920) 739-4226 x127 or email

mmclachlan@familyservicesnew.org

Baby Basics (for New & Expectant Dads)

This FREE class will teach you what to expect in upcoming new baby months: handling, feeding, burping, changing, cleaning and calming your newborn infant, and how to enhance your baby's future.

Dates: May 16, June 20, July 18, Aug. 15

Time: 6:00-9:00 pm

Location: Family Resource Center, 1165 Appleton Rd, Menasha

Child Care: Unavailable

Registration:

Call ThedaCare at (920) 830-6877 or

visit www.thedacare.org/classes OR

Call Affinity at (920) 738-2230 or

visit www.affinityhealth.org

Dads & Kids Group (For dads & their children, ages 0-5 years)

These FREE interactive social times are taught by dads, for dads and their children. Program is specifically designed with the needs and priorities of men in mind. Promises to be a fun learning experience for all!

Date: May 12 (Thursday)

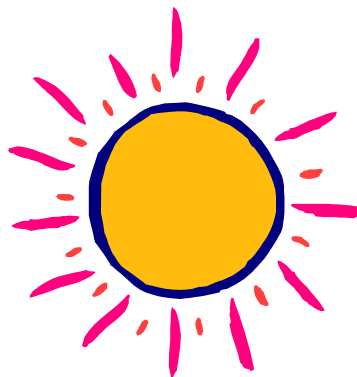
Time: 5:30-7:00 pm

Location: Family Resource Center, 1165 Appleton Rd, Menasha

Registration: Drop-in group, no registration necessary.

June 19—Meet at Butterfly Festival

July/August-Dates/locations TBD



Oshkosh

Registration: Unless otherwise noted, register for these workshops by contacting Angie at 920-233-6630 ext. 106 or amccarthy@familyservicesnew.org.

Love and Logic - Early Childhood (for parents of children ages 0-6 years)
Reviews the guiding principles of shared control, shared thinking and decision making, applying empathy before delivering consequences, and learning to provide opportunity for building self-control.

Dates: May 6, 13, 20 (Friday)

Time: 10:00 am-12 noon

Location: Parent Connection, 36 Broad St Suite 150, Oshkosh

Cost: \$30.00/person

Child Care: Unavailable

1-2-3 Magic

A behavior management program for parents with children ages 3-12 years. Learn to stop the behavior you don't want and how to deal with your child's testing and manipulation.

Dates: June 13 & 20 (Monday)

Time: 10:00 am-12 noon

Location: Parent Connection, 36 Broad St, Suite 150, Oshkosh

Cost: \$20.00/person

Child Care: Unavailable

Baby Basics (see description at left)

Dates: May 14, July 9 (Saturday)

Time: 9:00am-Noon

Location: Aurora Medical Center, 855 N. Westhaven Drive, Oshkosh

Dates: June 11 & Aug.13 (Saturday)

Time: 9:00am-Noon

Mercy Medical Center, 500 S. Oakwood Road, Oshkosh

Cost: Free

Child Care: Unavailable

Registration: Call 920-233-6630 x102

It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself. ~Joyce Maynard

Family Resource Center Fox Cities

A Place to Grow  A Place to Gather

1165 Appleton Road, Suite A, Menasha WI 54952

Phone: (920) 886-0123 Fax: (920) 886-1331

Spring/Summer 2011

Parenting Workshops (Offered by Parent Connection)

Registration: *The following classes are held at the Family Resource Center, 1165 Appleton Rd, Menasha. Child care is available with pre-registration unless otherwise noted.*

Just for You (15-21 years)

Enjoy a FREE evening for yourself. Dinner will be provided followed by childcare and an activity "just for you."

Date: May 13 (Friday)

Time: 5:00-7:00 pm

Registration: Call Kalyn at 920-739-4226 x111

Summer dates and locations TBD.

It's Not What I Thought it Would Be... How to survive your baby's 1st year

This FREE support group will focus on mothers with infants one year and younger. Topics include nutrition, baby blues, coping strategies, calming a fussy baby, infant feeding and more.

Dates: May 3, 10, 17, 24, 31 (Tuesday)

Time: 11:00am-12 noon

Registration: Call Megan at (920) 739-4226 x127

Terrific Twos

This workshop explores the world of two year olds including typical behavior, stages of development, safe learning environment and the importance of routines.

Date: June 8 (Wednesday)

Time: 6:00-8:00 pm

Registration: Call ThedaCare at (920) 830-6877 or visit www.thedacare.org/classes

Toilet Learning

Toilet learning is different from toilet training. While toilet training is something that an adult does to a child, toilet learning is when children play an active part in their own learning. Toilet learning begins with knowing the signs that tell you children are ready to use the toilet. Learning will happen when you teach in a way that does not punish and does not use treats or rewards.

Date: June 15 (Wednesday)

Time: 6:00-8:00 pm

Registration: Call ThedaCare at (920) 830-6877 or visit www.thedacare.org/classes

Play Groups

Explore and Learn Play Groups

Enjoy the company of other families and nurture your child's sense of fun. Age appropriate activities, parenting information and snacks provided. Registration is recommended, but not required.

- Families with children 24 months and younger: Wednesdays, 9:30 - 11:00 am
- Bilingual families (Spanish/English) with children 5 years and younger: Thursdays, 10:00 am - Noon

The last playgroup will be June 30 for the summer.

Drop-In Playtimes

An interactive stay and play time for parents, caregivers and children, ages 5 and younger. Stop in when your schedule allows during the following times:

- Mondays from 9:30 am - 11:30 am
- Mondays (4th of month) from 5:30 pm-7:30 pm
- Tuesdays from 1:30 pm - 3:30 pm
- Friday from 10:00 am - Noon

The last drop-in playtime will be June 28 for the summer.

Children's Trust Fund WI (CTF) provided financial support for the Family Resource Center Fox Cities since 2006. Recently, Children's Trust Fund announced that beginning July 1, 2011, they will eliminate funding for the majority of Family Resource Centers statewide. The Family Resource Center Fox Cities has been impacted by this decision and as a result, will not offer playgroups and drop-in play times after June 30, 2011. Family Resource Center partner agencies, Child Care Resource and Referral, Inc., Parent Connection of Family Services and the Appleton Area School District, are exploring options to continue programs at the Family Resource Center in September 2011.

Dads & Kids Events

The Dad & Kid Luau in Appleton and the Sports Spectacular in Oshkosh were amazing! Thanks to the YMCA, Boys & Girls Club, and HeadStart for partnering with us on these successful events.



Discipline: Remember the Golden Rule

The next time you reprimand or punish your child when she misbehaves, think how you would feel if you were in her shoes. Would you feel hurt, misunderstood, or angry if someone treated you the way you are treating her? Or would you feel that person understood your point of view, even though he or she wasn't pleased with what you'd done?

When you were growing up and someone yelled at you or made you feel bad because you'd misbehaved, what did you learn? Did you learn to hide the truth from your parents in order to avoid punishment?

Wouldn't you rather that your child trust you instead of being afraid of you? And wouldn't you prefer that she learn not to do something because she understands why it's wrong rather than from fear of punishment? If so, try to remember to treat her as you, yourself, would like to be treated.

Single Parent Support Group

Parent Connection will continue to offer a FREE Single Parent Support Group for divorced, separated, single and never married parents during the summer months. The group will meet the 2nd Wednesday of every month from 6:00pm-8:00pm at the Menasha Family Resource Center located at 1165 Appleton Road. The group is a way for parents to share tips and offer strategies regarding single parenting. Registration is not required for the group and childcare is not provided. Topics for the summer groups include the following:

- May 11-Establishing Rules in Two Different Homes
- June 8-Keys for Success as a Divorced parent
- July 13-The Juggling Act of Single Parenting-Tips on Creating Balance
- Aug. 10-Money Matters-Making it Work with One Income

Please contact Kelly at (920) 233-6630 ext. 107 with questions.

Become a Fan!

Parent Connection is now on Facebook—Visit our website for a direct link to our fan page. www.familyservicesnew.org/parent-connection

Parent Connection receives a portion of its funding from:



Parent Connection is a program of Family Services of Northeast Wisconsin, Inc. Visit us at www.familyservicesnew.org/parent-connection for excellent parenting links!

To receive our newsletter by email, contact Laura at lmccarthy@familyservicesnew.org. If you wish to unsubscribe, please reply with "Unsubscribe"

Family Services of Northeast Wisconsin, Inc. 1810 Appleton Road, Menasha, WI 54952



NON-PROFIT ORG.
U.S. POSTAGE
PAID
GREEN BAY, WI
PERMIT NO. 92