



Helping Hands for Families

Moving Toward More Family Peace

- ☺ Take care of your family by reserving some time and energy for yourself.
- ☺ Keep expectations realistic. Try not to compare yourself to others and watch out for "shoulds" because they can push you too far.
- ☺ Exercise stress away by walking, running, dancing, or whatever moves your muscles. It feels so good!
- ☺ Remember to be extra careful with relationships in times of stress.
- ☺ Turn up quiet. Take time-outs from TV and other electronics for periods of family calm.
- ☺ Adults, strive to understand each other instead of arguing, especially around children.
- ☺ Get to know what stresses you out. Be aware of how stress affects your mood and thinking.
- ☺ Model your positive stress management choices to your child.
 - Minimize multi-tasking and over-scheduling.
 - Practice stress reducers you can use anytime/anywhere to calm yourself (breathing exercises and brief meditations work great).
 - Boost your mood by treating yourself often to happy thoughts, memories, photos, and laughter.



Why Reduce Family Stress?

We can improve our parenting and other family relationships!

We can limit our children's exposure to intense or long-term stress. This protects their development!

We make better decisions when we are not reacting out of anger, fear, and other stressful emotions.

UW
Extension
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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 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

Mission

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

Winter Time is Fun Time!

Inside!

- Make Slime - Mix 4-ounce bottle of glue with 1/2 Tablespoon of baking soda, and 1/4 Tablespoon of contact saline solution. You can add other things to it such as glitter glue, food coloring, or shaving cream. Make Oobleck: Mix 1 part water to 2 parts cornstarch. Food coloring optional. Pair this activity with the book "Bartholomew and the Oobleck" by Dr. Seuss. <https://www.livescience.com/21536-oobleck-recipe.html>
- Paint like a famous artist: Tape paper on the underside of a table and have the child lay on their back and paint like Michelangelo. Splatter paint like Jackson Pollock! Paint a self portrait like Frida Kahlo, or water colors like Claude Monet. Pair it with a children's book about the artist from the library.
- Get kids moving . . .
Cosmic Kids yoga <http://www.cosmickids.com/> or turn on some music and have a dance party, or build a fort with blankets and pillows.

Outside!

- Go on a winter hike to John Muir Park or another nearby natural area. Dress warmly and take a snack!
- Play the 5 senses game. Identify and describe 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste (if safe).
- Make ice ornaments: Gather dried leaves, flowers, etc. from the yard. Place items in muffin tin along with a looped string. Pour water over it and freeze. Hang around your yard.
- Make pinecone bird feeders: Find a pinecone. Spread peanut butter on it. Roll it in bird seed. Tie string around it and hang it from a tree.
- Paint the snow. Get some watercolors or other paints. Build a snowman, snow fort, or other snow sculpture and have fun painting it.
- Winter scavenger hunt. Make a list of 10 things that you can find outside in the winter near your home and have the kids search for those items (examples: frost, animal tracks, a chickadee, an icicle, etc.)



Warning: Car Seats and Winter Coats!

What is one of the biggest mistakes a parent can make when using car seats during the cold months? Strapping your child into their car seat with a puffy winter coat on—don't do it! They can too easily slide out when the coat compresses. Instead, use **several layers of children's clothes (see picture below)** to help to keep them snug in their seat, then strap them in and add a warm blanket on top. Don't forget hat and mittens!

Of course, make sure your car seat is installed and fitted properly by making an appointment with the Marquette County Health Department Certified car seat technicians. Call 608-297-3135 for an appointment. It's free!



Save the Date!
MARQUETTE COUNTY
Family Adventure Day
Saturday, April 21, 2018
10 am—1 pm
Montello School Varsity Gym