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PSN Family Resource Center NEWSLETTER

What's Inside:

Diaper Distribution and COVID Vaccine Clinic

Triple P Discussion Group

Helping Kids Celebrate Mom on Mother's Day

My Mom's a Superhero Activity

May is Mental Health Awareness Month

Mental Health awareness is important not only for parents, but for children, too. Below is an article on traumatic experiences in children.

The National Child Traumatic Stress Network (NCTSN) defines trauma as “the physical and emotional responses of a child to events that threaten the life or physical or emotional wellness of the child, or of someone critically important to the child (such as a parent or sibling).”

Every child responds to trauma differently, but if traumatic experiences remain unaddressed, they have serious long-term effects on children’s well-being. This is especially true when the trauma occurs during early childhood, when kids are forming trusting bonds of attachment, which set the stage for lifelong relationship problems.

What Are ACEs?

The experiences included in the CDC–Kaiser Permanente Adverse Childhood Experience (ACE) Study, a landmark study on childhood trauma (occurring before the age of 18), include:

- emotional, physical, or sexual abuse
- emotional or physical neglect
- witnessing violence against one's mother
- a parent's addiction to alcohol or other substance, or a family member's mental illness
- separation or divorce
- the incarceration of a parent
- involvement with the foster care system
- witnessing community violence
- living in an unsafe neighborhood
- bullying
- experiencing racism

Traumatic experiences may be one-time events or they may be frequent and repeated—part of a child’s environment, resulting in toxic stress that elevates unhealthy stress levels over time. One in four children experience more than one ACE, and ACEs have been proven to negatively impact brain development, learning and memory, social skills, and mental and physical health.

What Helps?

The good news is that our brains are plastic and our bodies are resilient, and there are protective factors that can lessen the impact of trauma:

- Parent/caregiver resilience and knowledge: parents who can cope and who understand their child’s development, positive parenting strategies, and their own responses to trauma;
- Nurturing and attachment: supporting the child through loving relationships and being attuned to his or her needs;
- Social connections: family, friends, neighbors, and community members who help;
- Basic needs: having food, shelter, clothing, and health care;
- Social and emotional skills: kids and parents being able to manage emotions and share feelings.

The single most effective protective factor is the consistent presence of one or more caring adults, therefore parents and other close caregivers ultimately hold the greatest power in their hands. As a provider who cares for families, you can remind parents of this powerful ability to buffer trauma’s negative effects and to help them leverage it.



Come for free diapers and receive the **COVID-19 vaccine!**

No registration necessary.

Diapers are first come-first served while supplies last.

Sizes newborn, 2, 3, 4, 5, 6 & pull ups.

Kenosha County Job Center
8600 Sheridan Road
Entrance B

Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org for more information.

TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.

Virtual Triple P Discussion Group

All sessions run from 5pm—7pm on Zoom

- May 13 Dealing with Disobedience
- May 20 Developing a Good Bedtime Routine
- May 27 Hassle Free Shopping with Children

Registration is required: https://zoom.us/meeting/register/tJwuc-6trDlpE9ax-CU6_Nuls8GMvlwoUkDL or contact Alison at 262-605-6545, alison.haas@kenoshacounty.org to reserve a spot.

Are you a parent or guardian looking for parenting classes or one-on-one parenting support? Triple P has a variety of levels to suit your family's needs. Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org to find out about upcoming sessions and offerings.



Ideas for Helping Kids Celebrate Mom on Mother's Day

Mother's Day is one of the best opportunities of the year to teach your children to respect their mom and to thank her in some small way for all she does. And, despite our wishes, kids generally will not do it on their own until you've worked with them over the years to consistently use Mother's Day as an opportunity to celebrate their mom.

It can be tough knowing just what to do to celebrate mom, and it takes a little time to think about and prepare just the right recognition. Here are 10 ideas that will help mom feel special, loved, and recognized on Mother's Day.

Prepare for Pampering

Mother's Day is a good day to spoil mom just a little. Ideas like breakfast in bed, some time alone to do things she loves, and a special dinner with her favorite foods (cooked by the kids with some supervision) can make the day seem a little more special for mom.



Write Her a Letter

You can help each of the kids write a letter to mom extolling all of her virtues and neglecting to mention any of her faults. Just a letter of appreciation, written by each child in their own style, can make any mom stop for a minute and feel the appreciation she needs to receive more often. These will be treasured keepsakes as well.

Get Out in Nature

If Mother's Day is nice outside, take some time to get the family together for an outing. Take an early morning walk in a nearby park or nature area. Drive up to the mountains or out to the beach. Go on a walk, and bring a surprise picnic to enjoy at the park. Getting outside into the nice spring weather with mom and the kids can be a refreshing way to celebrate Mother's Day.

Give Her Flowers

Flowers are a very traditional way to celebrate Mother's Day but they are almost always appreciated. Make sure that you plan a few days in advance and order a bouquet or an arrangement with some of her favorite flowers. Daisies are my kids' mom's favorite flowers and she always has some daisies for Mother's Day.

Make a Craft Project

Mothers love things that their children make for them with their own two little hands! Salt dough ornaments or decorations with rubber stamping are an easy project that moms can keep forever. Homemade spa items like bath bombs and DIY bath salts are thoughtful gifts that mom will surely use.

Give Away a Day Away

While spending quality time with mom on Mother's Day, give her a gift certificate for a day away from all of her worries. Collaborate with the kids on what to do, but consider some ideas like a spa day, a day at the beach, a day with a book where the family brings her meals and treats, or a day playing tennis with her friends. The idea of a day away can be pretty exciting for a mom who needs such a respite.

Make Her a Customized Gift Basket

As much as moms love thoughtful gifts, imagine how she would react to a bunch of them all at once! A gift basket with a few of her favorite things—like snacks, lotions, perfumes, books—is a welcome gift and communicates that you know her, love her, and know just what she wants.

Prepare a Happy Memories Box

Run to the craft store, bring home a decorated tin (maybe with hearts on it), and then help the kids write some of their favorite memories with mom on index cards and put them in the box. You can even print up some pictures of these memories if you have them. It is a lot easier than making a scrapbook, and she can pull the box out occasionally and remember the fun times with the family.

Make a Donation on Her Behalf

Does mom have a cause that she feels strongly about? There are lots of worthy organizations that need financial donations and helping the kids learn about them and gather their spare change helps them learn about being charitable. Then prepare a card that lets mom know what you gave and to which organization.

Make Mom a Video

This one takes a little extra planning, but it would be an amazing way to make her feel special. Have each child talk on camera about mom—what they love about her and the fun memories they have. Then compile the video clips, add some pictures and music, and get it ready for the big day. Then play the video after Mother's Day dinner and watch her beam!

Whatever you do, helping kids make Mother's Day special for their mom is a small investment but it pays big dividends in terms of how mom feels and how kids learn to show respect and appreciation.

PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.



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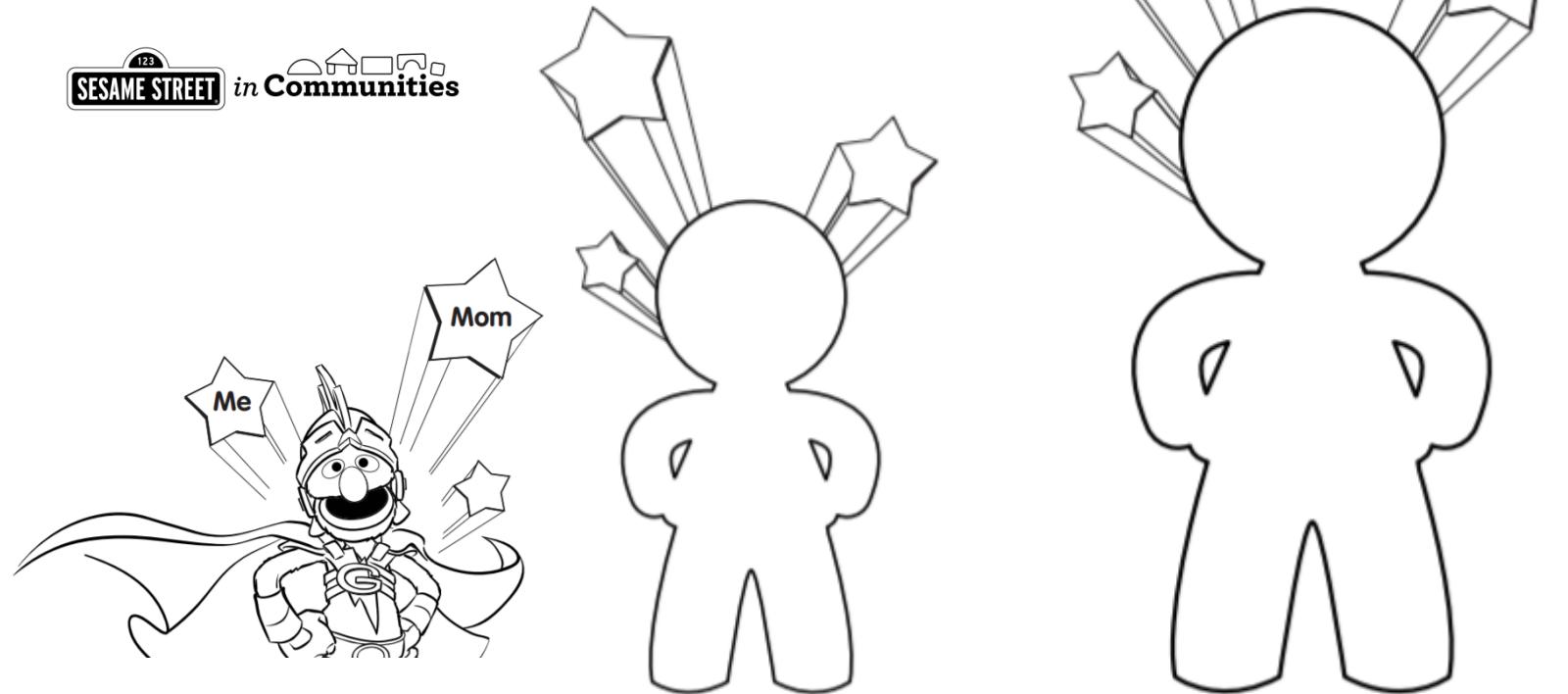
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Like us on Facebook or visit our website:
www.PSNFamilyResourceCenter.com.

My Mom's a Superhero!

Moms love and help us in so many ways. They are real-life superheroes! Color the shapes below to look like you and your mom.

123
SESAME STREET in Communities



My mom is a superhero because she _____