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PSN Family Resource Center NEWSLETTER

Family Activities for Fall

Are you looking for fun family activities to do this fall? Look no further! Turn off the tv, walk away from your computer, put your phone down, and get your family active with these easy autumn activities.

Play In the Leaves

Okay, so maybe do a bit more than play. Make household chores fun for kids and adults by choosing an outdoor chore like clearing leaves from the yard, and making it a whole family project! Everyone should have a job so the whole family works together to complete the project. Someone rakes, someone else picks leaves up and places them in a bag or bin, another person loads the bins into the car. Depending on the size of your yard and family, maybe there's someone using a leaf blower to round the leaves up. Make it interesting and divide into two teams and race each other. Don't forget to jump in the leaf pile!

Take a Hike

Go on a family hike and take advantage of the fall foliage. The higher you hike, the better the view!

Go to a Game

Does one of the members of your family play on a sports team? Next time there's a little league game, bring the whole family! Most public fields have playgrounds nearby and grass where kids can run around and roughhouse. Bring a ball or jump rope for kids to play with as they watch the game.

Have a Bonfire

Get to know your neighbors, invite them to join you and host a bonfire. Plan the event together as a family and go over safety precautions with children. Spend some time gathering brush before and cleaning up afterward together. Remember to check your town's rules about fires before having a bonfire.

Family Fun Run

Sign up for a road race as a family. A 5k is a surprisingly manageable distance for middle schoolers. Even if kids are too young to run, they'll love attending and cheering on their parents.

Garden With Your Kids

Plant bulbs as a family, and you can all enjoy their beauty in the spring time.

Play a Pick-Up Game

Fall is football and soccer season. Play a pickup game of basketball in the driveway or at a local park. If you're family is small, invite the neighbors to join you.

Fall Scavenger Hunt

Have an autumn themed scavenger hunt. Create a list of things you can find outside in the fall like pinecones, yellow leaves, acorns, and crabapples, and race to see who can find them all first. If this is too easy, make riddles for each item so participants have to figure out what the item is before they can begin to search for it.

Visit a Farm

Take the family to your local farm and enjoy apple and pumpkin picking, hayrides, and corn mazes. If there are no farms in your area, the local farm stand, or the farmer's market can offer a similar experience.

Catch a College Game

Fall is college football season. See if there's any smaller colleges in your area that have teams. Division II and III teams often have inexpensive tickets, but still have bands and cheerleaders and all the pageantry of larger college games. Make it a day trip, and tour campus in the morning! Most schools have free tours where they share historical info on the school's founding.

<https://pathways.org/10-family-activities>

What's Inside:

Diaper Distribution

Triple P Seminar

Food, Family Meals and
Mental Health

Mealtime Conversation
Starters



8600 Sheridan Road
Entrance B
Kenosha, WI 53143
262-697-4651



FREE diaper distribution!

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
Drive up to Entrance B

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

If you are in need of hygiene products, such as shampoo or soap, let us know when you arrive.

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 Seminar

All sessions run from 5PM—7PM on Zoom

October 18—The Power of Positive Parenting

October 25—Raising Confident, Competent Children

November 1—Raising Resilient Children

Registration is required: <https://tinyurl.com/yz8xsh38>

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.

Check out our facebook page for more information: facebook.com/preventionservicesnetwork/



CHILD ABUSE & NEGLECT
Prevention Board



Food, Family Meals and Mental Health

There are long-term mental health effects to eating well. When you're feeling down, healthy foods can pick you up. Research has shown that making healthy choices that include fruits, vegetables, whole grains and lean proteins can help keep depression at bay. Research has also shown that foods full of fat and sugar only increase the likelihood of depression and anxiety.

Eating Together

The link between good nutrition and good mental health is important for everyone, including the kids. Eating together with your family for just 20 minutes three to five times a week is all it takes to reap the benefits. Here are some tips to make the most of family time around the kitchen table:

- ⇒ Plan. Create a family calendar with everyone's work and activity schedules. Pick at least two days where everyone has time to join a family meal. Eating breakfast or lunch together over the weekend counts, too.
- ⇒ Unplug. Make the family dinner table a device-free zone — for everyone. Without these distractions, it's easier to focus on each other.
- ⇒ Talk. Ask everyone to share something about their day. Or think of a topic or question for a conversation starter, such as: What did you do today that you really enjoyed doing? What did you have for lunch in school? What friends did you talk to today? What was the best part of your day? Or start a round of knock-knock jokes. Conversation can be silly and lighthearted, especially with kids.

Cooking Together

Meal planning and cooking together contribute to the well-being of the family. Benefits can include spending quality time together, doing something positive for your body, experiencing an enjoyable activity, relieving stress, learning healthy eating and building healthy habits from a young age. Plus, you'll have at least one extra pair of hands helping at mealtime, too! Here are five ideas on how to spend quality time with your kids in the kitchen:

- ⇒ Give them age-appropriate tasks. For the younger kids, ask them to help measure, stir, mash and juice citrus, for example. Older kids can separate eggs and peel fruits and vegetables.
- ⇒ Make it fun. Buy or make homemade aprons for each family member and play music while cooking.
- ⇒ Create teachable moments. Look for opportunities to reinforce your kids' reading, math and life skills. Ask kids to read the recipe aloud, write the shopping list and use telling time skills.

- ⇒ Encourage creativity. Let the kids design a weekly family menu or family meal calendar to hang on the refrigerator. Have the little ones garnish the plates. Let them have fun and make it their own restaurant.
- ⇒ Talk about what you're thankful for. Gratitude is a habit and practice that may actually help your well-being. Talk with your kids about simple ways to express gratitude.

10 Supper-Time Timesavers

Here are some tips on how to save time or money — or both — and reduce the stress at mealtime.

1. Buy pre-chopped produce. Use onions or garlic often? Try buying frozen chopped onions or jarred minced garlic.
2. Prep once, use twice — or more. If you prefer to buy whole produce, think ahead when prepping it. For example, need only half an onion for tonight's dinner? Chop the whole onion, use half for tonight's meal and freeze the other half. Measure the quantity, divide into airtight freezer-friendly containers and label with the contents, the amount and the date.
3. Cook once, eat twice. Cook in quantity and freeze the extra amount or use in a different way later in the week.
4. Buy in bulk or on sale. Buy extra of what you know your family likes and eats often, such as chicken, when it goes on sale and freeze it. Here are some more ways to shop smart and save.
5. Shop for seasonal produce. Buying what's in season can help save money.
6. Build a well-stocked pantry. This helps you easily put together a nutritious meal without having to run to the grocery store as often.
7. Substitute what you have on hand. Don't have black beans? Don't stress. Use whatever beans you have in your pantry, such as pinto or kidney. Replace the almonds with pecans or walnuts, if that's what you have on hand.
8. Use labor-saving devices. When you are tight on time, use a slow cooker — it's one of the easiest cooking appliances to use. You simply set it and forget it. Use other kitchen tools, such as an apple slicer to quickly slice apples and a food processor to chop nuts and onions, to help ease the work.
9. Make cooking a family activity. Let mealtime be a time to bring the family together. Get the kids involved.
10. Spend time now, save time later. Planning ahead can really pay off when you're juggling work, kids, school, activities and more.

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.

**Visit us during open hours, Tuesday, Wednesday and Thursday, 10am—2pm.
Check in at Entrance D.**



Meet Our Staff

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Find us on:
facebook®

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

mealtime conversation starters WITH YOUR KIDS

1. What was your favorite part of today?
 2. What was your least favorite part of today?
 3. What is one of your favorite all time memories?
 4. If you had \$20 to do anything you wanted with, what would you do with it?
 5. What do you want to be when you grow up?
 6. Describe your dream vacation.
 7. What qualities do you think make a good friend?
 8. Describe yourself in one word.
 9. If you could be invisible for one day, what would you do?
 10. What is your favorite book?
 11. What is your favorite meal?
 12. What is your favorite movie?
 13. If you could make your own movie what would you call it?
 14. If you had to give all your toys away, who would you give them to?
 15. If you could only keep one toy, which one would it be?
 16. What is your favorite word? Why?
 17. What is the funniest joke you know?
 18. If you could change one thing in the world, what would you change?
 19. Who do you want to be most like when you grow up?
 20. If you could build anything in our backyard, what would you build?
- Your turn! What questions do you want to ask mommy/daddy?