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# PSN Family Resource Center NEWSLETTER

## The Ability to Cope: Building Resilience for Yourself and Your Child

### How Can I Help Build Resilience in My Child and Myself?

It is possible to build family strengths even while living under stressful conditions or during difficult times. The following are tips for fostering resilience — putting energy into even one of these activities each day can help you and your child.

**Take good care of yourself and show your child that you're doing it.** Make time to take care of yourself through daily activities such as healthy eating, exercise, spiritual practice, artistic expression, and rest. This supports your efforts to feel strong and models for your child good habits that can last throughout his or her lifetime. Another important part of self-care is to remain connected to others, such as family and friends, and the larger communities from which they come. This can mean engaging in prayer groups, volunteer activities, or family gatherings that might provide a space where you feel accepted and not alone. Your good self-care, including your attention to family and friends, will help foster the bond with your child.

**Build a strong parent-child bond.** Develop a loving bond with your child by showing affection and responding to his or her needs. Nurturing your child with warmth and attention can help him or her feel secure and support your own effectiveness as a parent. Although this may sound like something every parent hopes to achieve, if you are feeling depressed or stressed, such attention may be hard to muster up regularly. Try planning a simple activity together every day, like having an after school snack together, reading a book or watching a favorite TV show, or making a meal. The important

part is the consistency of your attention.

**Encourage social skills.** As difficult as it can be for us to admit we are struggling, reaching out to your own friends can give you support and reduce feelings of isolation during times of stress and crisis. Oftentimes your friends may reach out to you first. Accepting that support can help your child see the value of having friends and getting along with others. Think about situations where your child can be with others and make friends. Make time for and encourage him or her to play with children and participate in positive group activities such as sports or clubs. This can be another shared bonding activity, if you and your child join sports or play groups together. Try new activities, and acknowledge your child's efforts and successes. Help your child learn from hardships or mistakes. Be patient with yourself and acknowledge your own successes, big and small.

**Maintain a daily routine.** Knowing what to expect day by day and at different times of the day helps children grow and have a sense of security. Keep consistency at home by making sure your child has a routine in the morning,

Simple daily family rituals with your child such as eating together, singing favorite songs or reading a story together before bedtime can be very valuable. Encourage your child to have fun, play, and enjoy positive aspects of his or her childhood. Investigate some safe and inexpensive places to go in the neighborhood such as your local public library or park. Getting out can do you both some good!

*What's Inside:*

Diaper Distribution

Triple P Seminar

Stress Of Parenting

Move It Out!



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

[Read the full article here.](#)



FREE DIAPERS TO  
FAMILIES IN NEED!

DIAPER  
DISTRIBUTION

November 17  
3-4:00 pm

## FREE diaper distribution!

No registration necessary.

**Diapers are first come-first served  
with limited supplies.**

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](mailto: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.

### Triple P – Seminar

Seminar is for parents of pre-adolescent children, ages 0-12 . This program is a great opportunity to connect with other parents and learn new parenting strategies.

Session topics include:

- November 8, The Power of Positive Parenting
- November 15, Raising Confident, Competent Children
- November 22, Raising Resilient Children

Each session will run from 4:30—6:30

**Registration is required:** <https://tinyurl.com/4yd72xb6>

Check out our facebook page for more information: [facebook.com/preventionservicesnetwork/](https://facebook.com/preventionservicesnetwork/)

**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](mailto:alison.haas@kenoshacounty.org) to find out about upcoming sessions and offerings.**



*for every parent*



CHILD ABUSE & NEGLECT

**Prevention Board**





Join us for the third program in KUSD's "Family Health & Wellness Series"

# STRESS OF PARENTING

THURSDAY, NOVEMBER 10, 2022

6:00 PM - 7:30 PM

GREWENOW ELEMENTARY

7714 20TH AVENUE

PLEASE ENTER THROUGH DOOR #1



An optional light meal will be served at 5:30, prior to the start of the program.

Topics include:

- How stress impacts parenting
- Recognizing stress warning signs
- Developing a coping plan

Presented in partnership with Kenosha County's Prevention Services Network.

Free childcare available.

Registration is required no later than Sunday, November 6.  
To RSVP, scan the QR code here

Watch for more information on upcoming topics:

FEBRUARY - MINDFULNESS

MARCH - DIGITAL ADDICTIONS

MAY - MENTAL HEALTH AWARENESS

HOPE YOU CAN JOIN US!

QUESTIONS? [ENGAGE@KUSD.EDU](mailto:ENGAGE@KUSD.EDU)



Sponsored by KUSD's Community  
School Relations Office

# 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.



## Meet Our Staff

Erin Morey, Director of Operations  
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Like us on Facebook or visit our website:  
[www.PSNFamilyResourceCenter.com](http://www.PSNFamilyResourceCenter.com)



## MOVE IT OUT!

Physical movement and exercise can be great ways to care for yourself while caring for your children. Try this movement game with the whole family. Point anywhere on this page (to make it a surprise, close your eyes). Together, try the movement you choose.

