

May 2023 • Volume 15 • Issue 5

PSN Family Resource Center NEWSLETTER

What's Inside:

**May is Mental Health
Awareness Month**
[Full article here.](#)

Diaper Distribution

**Thank You for SKSF
month!**

**How to Build Strong
Families**

Family Activities Bingo



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

Tips to Boost Your *Mental health*



Manage your stress

Like it or not, stress is unavoidable in life. But what you can do is manage and deal with stress well. For example, by spending time with loved ones or listening to your favorite song.



Get exercise

In fact, exercising will help your body release endorphins, get rid of stress, and improve your mood. Start to spend 0-15 min every day exercising.



01

Appreciate yourself

The first thing you can do is appreciate yourself. From now on, make it a habit to treat and see yourself positively. Be grateful for what you have so far.



02

03

Daily positive affirmation

The way you think about yourself can have a powerful effect on your psyche. Get used to using words that make you more positive, then this makes you more optimistic.

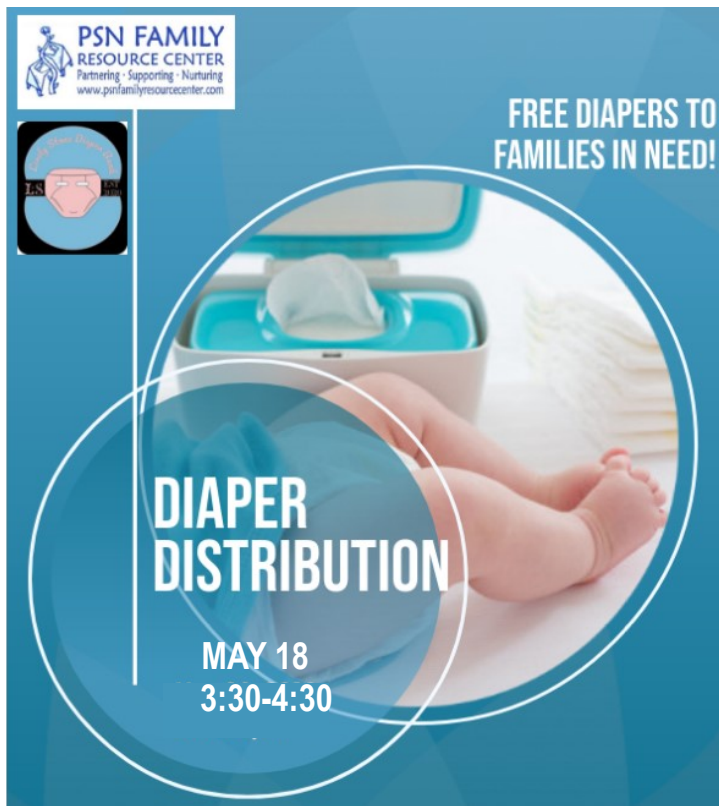
04

**YOU CAN
DO IT!**

05

Sleep on time

Lack of sleep can have a negative effect on a person's mood. Try to set your bedtime and sleep regularly every day.



FREE diaper distribution!

No registration necessary.

Diapers are first come-first served with limited supplies.

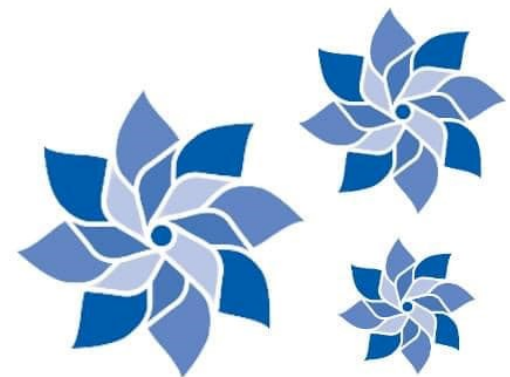
Sizes newborn, 2, 3, 4, 5, 6 & pull ups.

Kenosha County Job Center
8600 Sheridan Road
Drive up to Entrance B

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

THANK YOU!

Many thanks to everyone that planned, volunteered and participated in events for the **SAFE KIDS STRONG FAMILIES** campaign for Child Abuse and Neglect Prevention month in April.



Congratulations to the winners of the Strong Family Awards, the Aviles, Berry and Bycroft families. Thanks to everyone who nominated a family this year.

Congratulations to Kim Kurklis for the Connie Reyes Award for Excellence in Child Abuse and Neglect Prevention.

Special thanks to Kenosha County DCFS and to Rust-Oleum Cares for helping to support the efforts of the Safe Kids Strong Families Committee.

How To Build Strong Family Relationships

Here are some ways to build strong family connections:

1. Spend quality time

Set aside some time (maybe meal times) every day as family time, when you can talk about things and laugh together.

- Share family stories or ask everyday simple things to encourage conversation, such as “Hey, what did you do today in the school?”, “How are you finding your new Math teacher?”
- Set aside one-on-one chat time for everyone in the family to foster your bond. It can merely be five minutes before going to bed, but this can bring every member close to one another.
- Set some time apart exclusively for your partner.

2. Maintain good communication with everyone in the family

When your children or spouse want to talk, respect their need and listen to them with attention. Give them enough time to express themselves properly.

- Be approachable to talk about difficult things. Talking about feelings like anger or frustration or delicate issues should be welcomed instead of shunning them. Talking about them doesn’t mean you are encouraging them but are helping solve the problem. Also be welcoming even for uncomfortable conversations. That is how people build trust that they can go to family with any issue.
- Be ready for a spontaneous conversation with kids. They often talk about their feelings before going to bed or in the shower. Listen to them.
- Be prepared to talk about matters of concern, especially with teenagers. Families find it difficult to discuss sex, alcohol, drugs or finances with the younger members. However, it is through a conversation that you can address such matters.
- Encourage non-verbal conversation through simple gestures like a warm kiss on the forehead every night before your children go to bed. It can relay your love to them.

3. Appreciate everyone in the family

Appreciate every member for performing their duties well. For example, praising and thanking a teenager for taking care of a younger sibling will make them feel important.

4. Acknowledge and celebrate each other’s talents, differences and strengths

A good family always cherishes the uniqueness of each of its members and acknowledges their abilities and strengths. At the same time, they help each other correct their shortcomings.

5. Stay focused on the current problem

Do not bring up previous issues every time you have to address a problem. In that way, you can avoid unpleasantness and instead, focus on the issue at hand.

6. Work like a team

When your family works as a team, every member feels acknowledged for their contribution. Share household chores. Allow little children to participate in chores like picking up their toys or putting their shoes back.

7. Establish clear family rules

Make family rules that clearly mention how every member should behave and treat each other. For example, “We talk respectfully with everyone in our family,” or “In our family, we help each other no matter what.” Such small but clear rules can make the family stronger and peaceful.

8. Teach children to forgive and make amends

Healthy families teach its members how to apologize, and forgive others when someone makes a mistake. It teaches children to take responsibility for their actions. Try to have fun family rituals, which are special to your family, to increase the sense of belongingness.

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.

Contact the PSN Family Resource Center at 262-697-4651.



Meet Our Staff

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

Family Activities BINGO

See how many activities you and your family are able to complete! Can you get five in a row? Can you get the whole board?!

 <p>Go on a bike ride!</p>	<p>Go sight-seeing in your town!</p> 	<p>Clean the whole house together!</p>	<p>Go on a nature hike!</p>	<p>Have a talent show night!</p>
<p>Have a game night!</p>	<p>Create a photo album!</p>	<p>Learn a new skill together!</p>	<p>Plan and cook a meal!</p> 	<p>Go on a picnic!</p>
<p>Go camping!</p> 	<p>Have a family movie night!</p>		<p>Complete a large puzzle together!</p>	<p>Visit a historical site!</p>
 <p>Volunteer together!</p>	<p>Write and draw a book together!</p>	<p>Visit a park in the next town over!</p>	<p>Play a sport together!</p>	<p>Borrow books from the library and read together!</p> 
<p>Plant a garden in your yard!</p>	<p>Have a water balloon fight!</p>	<p>Create a board game together!</p>	<p>Exercise as a family!</p> 	<p>Learn an instrument together!</p>



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