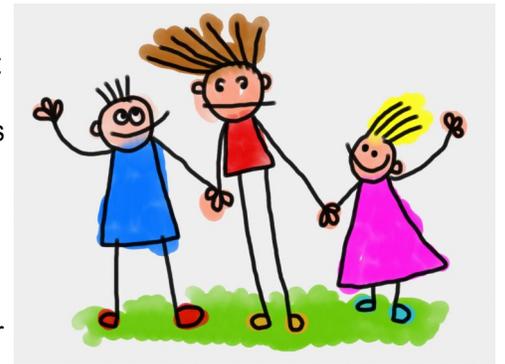


August 2023 • Volume 15 • Issue 8

# PSN Family Resource Center NEWSLETTER

## FAMILY FUN MONTH

Family Fun Month rolls around in August each year. It is the perfect reason to take that long-awaited family vacation together or to simply put away all the devices and have some good 'ol fashioned quality time with each other. With the month of August serving as the golden hour of summer, expect to make the most of it by surrounding yourself with your loved ones and enjoying their company. After all, no one has your back more than family does, so it's best not to take for granted the wonderful messiness of family relationships. Family Fun Month is there to remind you to take a break, so we bring you some ideas for how you can fully utilize the last month of summer. So before the chaos of school, work, and extracurriculars threatens to engulf you and your family, make the most of this month by finding ways to create special FAMILY FUN MONTH ACTIVITIES



### Take a trip

We're sure you don't need to be told this twice. Whether it's a local staycation, camping trip, road trip, or an actual getaway to someplace completely different — there's nothing like a change of scenery to rejuvenate everyone. Trips provide the best opportunities for making memories that will last a lifetime (and maybe more), so get planning. There's something for every budget.

### Learn something new

Like with team-building activities, families can try something completely new by learning a new skill together. Be it cooking, a new language, a craft — there are so many options out there. This can be something that's taken up and lasts the entire month.

### Observe unique August holidays

With family fun being the mandate for the entire month, make the most of it by tapping into our pool of other wacky and fun holidays that occur in August to make the most of all that this month has to offer. It's that time of year when delicious celebrations like National Ice Cream Sandwich Day and National S'mores Day come around, in case you were looking for an excuse to treat that sweet tooth. International Friendship Day also occurs in August, so feel free to personalize these unique holidays and make them your own by coming up with ways to observe them with your near and dear memories together.

Read the full article [here](#).

What's Inside:

Diaper Distribution

Triple P Parenting Workshops

Prosocial Activities

Word Search



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

**FREE DIAPERS TO FAMILIES IN NEED!**

**DIAPER DISTRIBUTION**

August 17  
3:30-4:30

## FREE diaper distribution!

No registration necessary.

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

Sizes newborn, 2, 3, 4, 5, 6

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.



### Workshops—Virtual Parenting Sessions

Triple P is going **VIRTUAL!** Join us on Zoom to get simple and practical strategies to help them build strong, healthy relationships, confidently manage their children’s behavior and prevent problems developing.

Seminar dates:

- August 10—Behavior at School
- August 17—Self Esteem
- August 24—Being Bullied

Each session will run from **11am—1:30pm**

**Registration is required. Sign up here:** <https://tinyurl.com/3xzh2eym>



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

**Prefer one-on-one parenting help? We can offer a virtual experience fit to your family’s needs. Contact Chelsea at [Chelsea.colwill@kenoshacounty.org](mailto:Chelsea.colwill@kenoshacounty.org) for more information.**

# The Importance of Prosocial Activities

While having time to recharge is essential for everyone, excessive time at home typically has more drawbacks than benefits. Encouraging kids and teens to participate in prosocial activities, even with the ongoing pandemic, is important to prioritize.

What are prosocial activities?

Prosocial activities involve social skill building and often collaboration with similarly aged kids. While participation in sports is one of the most common forms of social skill development, prosocial activity can also include:

- Clubs (e.g., art, chess, biking, robotics, scouts, etc.)
- Recreational classes
- Day camps or overnight camps
- Creative arts/music/theater
- Volunteer opportunities through a religious or community organization

According to Amanda Heins, PsyD, supervising psychologist, not engaging in these kinds of activities can be detrimental to a child's mental health, well-being, and overall development.

Why are prosocial activities beneficial for kids' mental health?

Dr. Heins says prosocial activities "offer natural ways to learn, practice, and strengthen life and social skills. These essential skills can boost mood and overall mental health and well-being."

Prosocial activities and organized sports can also have positive implications on self-esteem, the ability to collaborate, problem solve, building empathy toward self/others, and resilience.

"With many of these activities, not every day will be perfect," Dr. Heins explains. "Going through challenging situations (e.g., tough loss in a sport game) helps to build that resilience and growth mindset. All these learning moments are essential. When you have these key ingredients in place, the sky is the limit in terms of what you can strive for."

allow for practicing of essential social skills and building and sustaining friendships while being physically active. It is the ultimate package deal."

Research also has shown kids and teens who are physically active tend to sleep better, they believe the activity will entail (to confirm whether they have an accurate understanding) and what feelings and questions they have.

Dr. Heins recommends parents encourage their children to talk with their friends to see what activities they are involved in (or you and your child can reach out to their friends' parents). Ultimately, the best way to find a prosocial activity that your child or teen will enjoy is by working collaboratively with them.

"It is important to set clear and realistic expectations," she says. "Identify the number of activities you believe your child can manage, while also balancing school and other responsibilities. This way, your child understands it is not a question of whether they participate in an activity, it is a matter of which activities."

Read the full article [here](#).

# 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

Erin Morey, Director of Operations  
[Erin.Morey@kenoshacounty.org](mailto:Erin.Morey@kenoshacounty.org)

Liza Schultz, Director of Services  
[Elizabeth.Schultz@kenoshacounty.org](mailto:Elizabeth.Schultz@kenoshacounty.org)

Chelsea Colwill, Parent Education Spec.  
[Chelsea.Colwill@kenoshacounty.org](mailto:Chelsea.Colwill@kenoshacounty.org)

Alison Haas, PPP Coordinator  
[Alison.Haas@kenoshacounty.org](mailto:Alison.Haas@kenoshacounty.org)

Maria Saenz-Estevez, Service Coord.  
[Maria.Saenz-Estevez@kenoshacounty.org](mailto:Maria.Saenz-Estevez@kenoshacounty.org)

Jackie Tenuta, Service Coordinator  
[Jaclyn.Tenuta@kenoshacounty.org](mailto:Jaclyn.Tenuta@kenoshacounty.org)

Rose Verdiguél, Service Coordinator  
[Rose.Verdiguél@kenoshacounty.org](mailto:Rose.Verdiguél@kenoshacounty.org)

Julie Perrault, PSG In Home Therapist  
[Julie.Perrault@kenoshacounty.org](mailto:Julie.Perrault@kenoshacounty.org)



Like us on Facebook or visit our website:  
[www.PSNFamilyResourceCenter.com](http://www.PSNFamilyResourceCenter.com)

## Sesame Street Word Search

- |                 |               |               |
|-----------------|---------------|---------------|
| DARKLEY         | GORDON        | ROSITA        |
| BERT            | GROVER        | RUBBER DUCKY  |
| BIG BIRD        | HOOPERS STORE | SESAME STREET |
| COOKIE MONSTER  | LOUIS         | SLIMY         |
| COUNT VON COUNT | MARIA         | SNUFFY        |
| ELMO            | OSCAR         | TULLY         |
| ERNIE           | PRAIRIE DAWN  | ZOE           |

