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PSN Family Resource Center NEWSLETTER



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Assistance (VITA)**

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From My Heart to Yours



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

Winter weather advisory: Why car seats and bulky coats are an unsafe mix

Winter coats affect how your child is secured in their car seat

When those winter winds blow, it's a natural parental instinct to bundle your kids up before heading out. And while that's fine if you're going for a walk or sledding, if you're driving anywhere it's important to keep in mind that puffy winter coats affect how your child is secured in their car seat.

The extra padding of a bulky coat makes it impossible to get the harness properly snug. Even though it might feel like the harness is snug, in a crash the extra material will compress, making the harness too loose to be effective. Loose harness straps on a car seat drastically increase the chance that your child could be injured in the event of a collision.

What are parents supposed to do?

So, you're probably thinking, what am I supposed to do? It's winter in Wisconsin. The temperatures are hovering around the single digits and I don't want my kid to freeze.

- When getting ready to use a car seat in the winter, dress your child in thin, warm layers such as fleece or Thinsulate.
- For rear-facing babies in an infant seat, once the child is secure in the seat, put a warm blanket over them (it's best to keep this blanket in the house when not in use so it's not sitting in a freezing car all day or night).
- For older, rear-facing toddlers or for forward-facing children, once the child is snug in the harness you can put their coat on backward over their arms and shoulders to keep them warm until the car's heater kicks in.

It is understandable the thought of having to go through this each time you get in and out of the car is daunting, especially as you're trying to keep yourself warm as well. But it really is important, even if you're just going for a quick jaunt around the neighborhood. Studies have shown that most crashes occur within 20 minutes or less from home and at relatively slow speeds. Motor vehicle crashes, wherever they occur, are the leading cause of death in children older than 1.

Car seat safety guidelines

Before you drive away, make sure to follow these car seat safety guidelines:

- The chest clip should always be at armpit level.
- The harness should fit snugly against the child without any twist. You shouldn't be able to pinch any slack in the harness at the shoulder.
- For rear-facing seats, the harness height should be at or below the top of the child's shoulder.
- For forward-facing seats, the harness height should be at or above the top of the child's shoulder.

If you are in need of a car seat for your child or have concerns about installing your car seat, contact Rose Verdiguél at 262-697-4635 to schedule an appointment.

<https://childrenswi.org/newshub/stories/winter-weather-advisory-why-car-seats-and-bulky-coats-are-an-unsafe-mix?>

Free Income Tax Assistance

If you earn up to \$57,000, the Kenosha County VITA program can prepare your basic tax returns for **FREE!**



United Way
of Kenosha County
VOLUNTEER INCOME TAX ASSISTANCE

2021 Free Income Tax Assistance

Service is available starting in February

Choose the option that works best for you!

For more information, please visit
www.kenoshaunitedway.org/VITA or call
262-960-9178 to learn about our multiple
filing options!

Option 1

Try our new contact-free service. Simply upload your
tax documents to GetYourRefund.Org

Connect with your trusted IRS-certified Kenosha
County VITA tax preparers online.

An internet connection, email address, and images of
your tax documents are all you need to get started.

Option 2

Schedule an in-person interview to drop off your tax
documents with VITA volunteers who will prepare your
return. Visit:

www.kenoshaunitedway.org/VITA

Appointments and face masks are required!

Option 3

File your own tax return at
www.MyFreeTaxes.com

*Due to the Federal required deadline of April 15, 2021, priority will
be given to those filing both their Federal and State returns.*



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.



for every parent

Triple P Virtual Stepping Stones Seminar

****Specifically designed for parents of children with a disability.****

- February 16, 10AM—12PM *Positive Parenting for Children with a Disability*
- February 23, 10AM—12PM *Helping Your Child Reach Their Potential*
- March 1, 10AM—12PM *Changing Problem Behavior into Positive Behavior*

Registration is required: Contact Alison at 262-605-6545 or
alison.haas@kenoshacounty.org to reserve a spot.



CHILD ABUSE & NEGLECT
Prevention Board

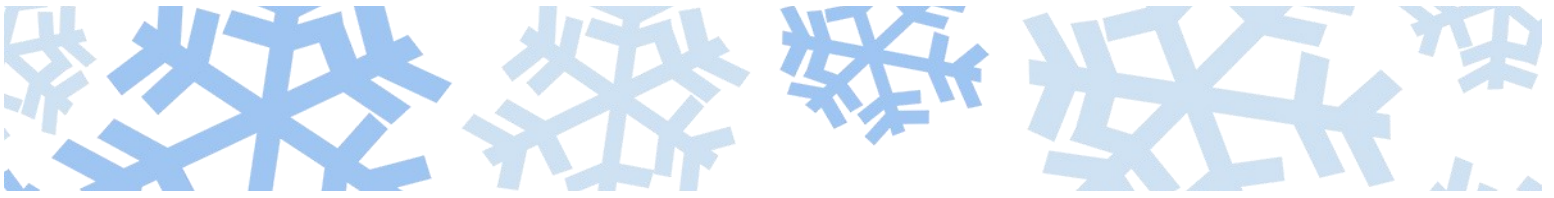


Are you a parent or guardian looking for parenting classes or one-on-one parenting
support? Triple P has a variety of levels to suit your family's needs. Contact Alison at
262-605-6545 or alison.haas@kenoshacounty.org to find out about upcoming sessions
and offerings.

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

A Wonderland of Winter Learning

Sneak in some of these educational activities this winter.



Whether your kids enjoy developing their powers of natural observation or prefer playing in the snow, winter is an opportunity for family learning. Do a bit of research before you head out, pack a few simple things, and you're on your way: sketch pads, construction paper, scissors, pails and shovel, food coloring, a few spray bottles — and a carrot!

Natural Fun:

1. Create a sundial. Search for a long stick with your child. Once you find it, set it in the snow. You and your child can try to tell the time throughout the day by where the stick's shadow is cast. (At high noon the shadow will be at its smallest for the day, and depending on your latitude, there might not be a shadow at all.)
2. Start a nature sketchbook. Buy an inexpensive artist's sketchpad or book, and have your child begin a winter nature diary. Each time you take a walk, ask her to observe something up close in nature, draw the item, then write down descriptive details and date the entry.
3. Identify trees during a walk in the winter woods. Draw your child's attention to the shape and bundling of evergreen needles and patterns on bark. Borrow a naturalist's guide from the library to help make your identifications. You might put your child in charge of using the reference book — this will build his research skills.
4. Go on a berry hunt. Pick berries with your child, leaving the leaves attached. Try to identify them together (but don't eat them!). Use a naturalist's guide or check the Web before or after your search to find clues.
5. Observe the night sky. Before your trip, you and your child can work together to research the constellations and planets that may be visible on a cold clear night at the latitude and longitude where you are staying. Practice picking them out in the heavens by first tracing the constellations on paper.
6. Search for animal tracks. The best time is early morning when snow is pristine — you'll find the tracks of nocturnal animals. Have your child draw and label what you see. Visit www.bear-tracker.com before you leave for your trip and download pictures of tracks for various animals.

Snow Play

1. Play snow "basket"-ball. Scoop out a large bowl-shaped area in the snow and make a ton of snowballs, then see who can land the most into the basket.
2. Try snowball catch for variation.
3. Team up for snow hockey or golf. Use a broom for hockey, or bring along a toy club for golf.
4. Have fun with outdoor tic-tac-toe. You and your child can use a long stick to draw the grid and the Xs and Os. Or color snowballs (use a spray bottle filled with watered-down food coloring) and throw them into the grid to play.
5. Go snow bowling. Line up inverted pails of snow with your child, then try to knock them down with snowballs.
6. Build a snowman, of course. Use stones, branches, and berries to decorate (and a carrot for his nose!). Have your child take the lead and see what sort of creative snow sculpture you two can produce.

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

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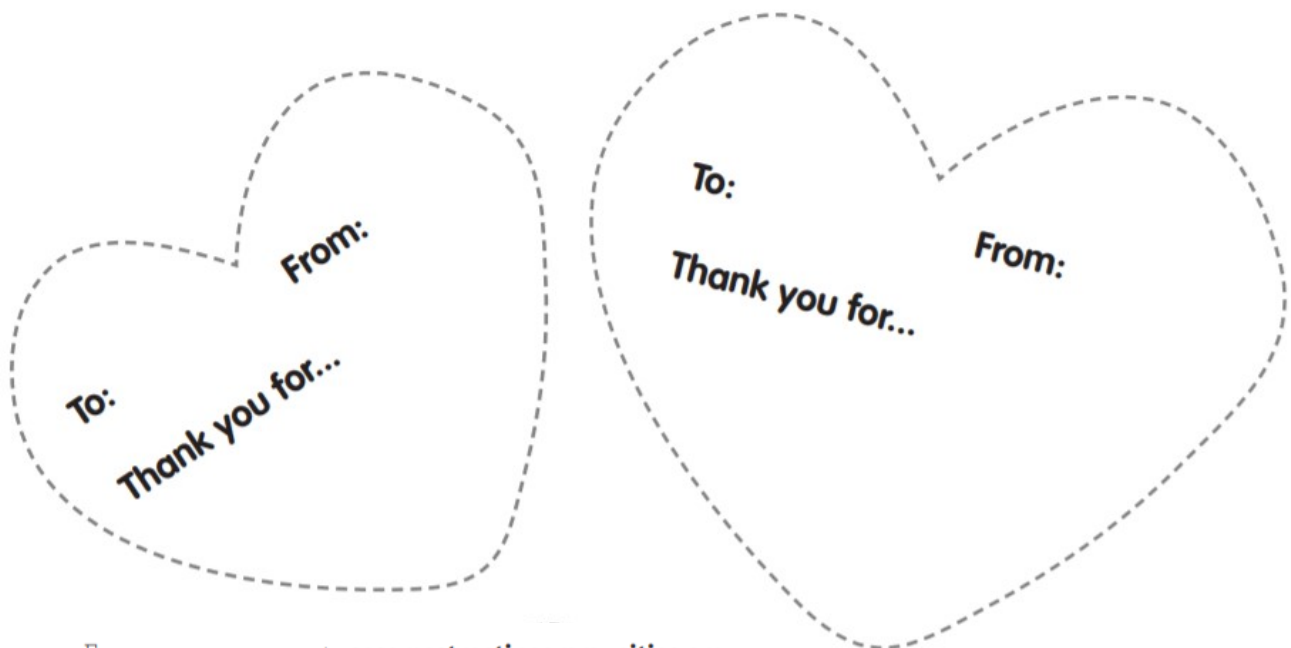
Find us on:
facebook®

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



From My Heart to Yours

Family members help each other in many ways each day. Let's celebrate them! Maybe dad or mom helped you get dressed, your sister shared her favorite toy, or your brother read you a book. Decorate and cut out a thank you heart to share with a family member who helped you today. A grown-up can write down your words.



For more resources, go to sesamestreetincommunities.org