



July 2021 • Volume 13 • Issue 7

PSN Family Resource Center NEWSLETTER

What's Inside:

Diaper Distribution

Triple P Workshops

25 Things to Do on the
4th of July

Bright by Text

JOIN US FOR EATING SMART ~ BEING ACTIVE!

A Series of 9 **FREE** Workshops *Live on Zoom for Parents*

**Childcare providers who are parents/guardians of children 0-18, may take the series for 9 FREE Registry hours.*

9 WEDNESDAYS JULY 21ST – SEPT. 15TH FROM 7:00 - 8:00 P.M.

SIGN-UP AT THIS LINK OR QR CODE: <https://go.wisc.edu/6h9qmf>

Scan Me to
Sign Up!



→ In an *Eating Smart Being Active* class, you will learn about
how to improve your health and the health of your family members.

→ Topics include:



Simple exercises
to increase your
energy



Health benefits
of lean proteins
(like chicken, fish
or beans)



How to save
money when
shopping for
food



How to make your
plate more colorful
with fruits and
vegetables



How to build
strong bones



How to choose
and use whole
grains in your
meals



How to limit
foods that are
high in fat, sugar
and salt



How to prepare
simple, healthy
recipes

*Those who complete the
series receive a **FREE**
package of cooking
tools and a cookbook!*



Questions? Contact:

Nicole Leipski, FoodWise Educator
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**FOOD
WISE**
Interventions, with love



Extension
UNIVERSITY OF WISCONSIN-MADISON



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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AAE employer, University of Wisconsin-Madison, Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service, or activity.



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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 Workshop

All sessions run from 5PM—7PM on Zoom

07/12/2021—Coping With Stress

07/19/2021—Balancing Work and Family

07/26/2021—Self Esteem

Registration is required: <https://tinyurl.com/har33bva>

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



25 Best Things to Do on the 4th of July for a Patriotic Summer Holiday

Say happy birthday to America with one of these fun activities!

While the 4th of July isn't as big a holiday as, say, Christmas or Thanksgiving, it is certainly a special day filled with endless summer activities. Given that it is one of the few summertime holidays, the 4th of July is traditionally associated with fireworks shows, block parties, beach outings, and spending time with loved ones. And for those who celebrate, Independence Day usually includes yummy backyard cookouts and red, white, and blue desserts.

But if you're struggling to figure out exactly what to do for the holiday this year, there are a variety of different options to choose from. Whether you're looking for a relaxed evening at home with your immediate family or you're excited to spend the day celebrating virtually, going into the day with a plan is always a good idea. After all, people's calendars are probably booking up quicker than you think.

Keep in mind that even if fireworks, hot dogs, and parades aren't quite your thing, the holiday is a nice excuse to slow down, relax, and make a solid effort to spend intentional time with your family and friends. Something as simple as a backyard picnic, sitting at the beach with a juicy book, or a nice hike can be as memorable as a 4th of July blowout. If you're still struggling to schedule something for the July holiday, here the best ways to spend the day.

1. **GO CAMPING.** Even if it's just in your backyard.
2. **MAKE SOME S'MORES.** Making s'mores together as a family is a great way to pass the time.
3. **HOST A BACKYARD COMPETITION.** Host a family soccer or badminton tournament to keep everyone entertained outside.
4. **TRY A NEW SPORT.** Experiment with kayaking, paddle boarding, yoga or pilates.
5. **GO HIKING.** Whether you are a seasoned pro or looking for a beginner-friendly trail for the whole family, a July day spent outside is a great idea.
6. **MAKE HOMEMADE POPSICLES.** Cool off with a cold homemade treat.
7. **CREATE A WATERPARK AT HOME.** Set up sprinklers and water games to keep the kids entertained for hours.
8. **READ A BOOK ABOUT AMERICAN HISTORY.** There are so many great kids' books about history and historical figures.
9. **REHEARSE AND PERFORM FAMOUS SPEECHES.** Think of it as an American themed talent show.
10. **HAVE A HOT DOG EATING CONTEST.** If there's one food that represents the 4th, it's hotdogs!
11. **PACK A PICNIC.** Make red, white and blue recipes and celebrate in a park.
12. **GO FOR A BIKE RIDE.** Get active on your day off.
13. **CELEBRATE ON THE BEACH.** Pack up for a fund day in the sun.
14. **TAKE A WALK IN THE PARK.** Use your day off to explore a new neighborhood park as a family.
15. **LOUNGE IN THE POOL.** Sometimes with holiday plans, less is more.
16. **HOST A POTLUCK.** Prepare potluck recipes, plan games for the kids and end the night with sparklers to light up the street.
17. **MAKE A FESTIVE CRAFT.** Plan a holiday-themed DIY project with the kids and decorate the house.
18. **HEAD TO THE BALLPARK.** Plan a Kingfish game with the whole family.
19. **WATCH A PARADE.**
20. **SCREEN A MOVIE OUTSIDE.** Or attend a community event showing a movie.
21. **PLAN A PARIOTIC GETAWAY.** Just be sure to check what's open ahead of time.
22. **BELT OUT SOME TUNES.** Bust out the drums (aka pots and pans) and other makeshift instruments.
23. **MAKE SOME RED, WHITE AND BLUE RECIPES.**
24. **HOST A COOKOUT.** Who doesn't love a summer cookout.
25. **FIND A FIREWORKS SHOW.** It isn't the 4th without fireworks!

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

Bright by

Text



Get texts to help support
your child's
physical, intellectual,
and emotional
development in their
next year!

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PBS Wisconsin
Education

