



December 2021 • Volume 13 • Issue 12



# PSN Family Resource Center NEWSLETTER

## Good Questions (and Answers) About the Covid-19 Vaccines



*What's Inside:*

**Diaper Distribution**

**Triple P Workshops**

**What to Say to Kids When  
News is Scary**

**Family Activity: Our Circle  
of Care**



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

Everyone has questions about the vaccines, and they can be complicated. It can be especially challenging to explain the answers to young children! Here are some questions children may be asking, and ways you might respond.

### ABOUT VACCINES

How does the vaccine keep you from getting sick? The vaccine is a medicine that teaches your body to protect itself from a virus. That way, if the virus tries to enter your body, your body knows how to fight it off!

### GETTING THE VACCINE

- Does it hurt? Like any shot, it feels like a pinch—just for a second.
- Why do some people need two shots? With some of the vaccines, the medicine works best if you get it two different times. The first shot helps your body recognize the virus and gets it strong enough to fight it off. The second one makes it even stronger—and makes sure it stays that way! (That's true for many vaccines, not just for Covid.)
- Why did the vaccine make you not feel well? Does it mean you have Covid? No, the vaccine doesn't cause Covid. Some people don't feel well after they get the vaccine, but that means the medicine is doing its job—your body is working hard to learn to protect itself from the virus.
- How come some people got the vaccine before others? The people who got vaccinated first were the ones who would be in the most danger if they got sick. Neighborhood helpers, like doctors and ambulance drivers, also needed to go first so they could keep helping others.

### WHAT NOW?

- When will little kids get the vaccine? Doctors and scientists first had to make sure the vaccine was safe for grown-ups and older kids. Now children ages 5 years and older can get an age-appropriate dose of the vaccine, too. They are still working to make sure it is safe for very young children. Soon we will know more.
- Now that you got the vaccine does that mean you won't ever get sick? The Covid vaccine only protects us from the Covid virus.
- What can we do together now that you got the vaccine? When enough grown-ups are vaccinated, we can all be indoors together.
- Does getting the vaccine mean we will go back to normal? It won't happen right away or all at once, but being vaccinated is the best way everyone can go back to doing more of the things we love (like seeing people and visiting our favorite places).
- Why do we still have wear masks and keep a distance from others? There are a few reasons:
  - It takes the vaccine a while to do its job.
  - The vaccines work for almost everyone, but a small number of people can still get sick after they've been vaccinated.
  - We don't know for sure how likely it is that a vaccinated person can still carry and spread the virus.
  - For the vaccine to really work to end the pandemic, many people have to be vaccinated, and not enough people are yet.



FREE DIAPERS TO  
FAMILIES IN NEED!

DIAPER  
DISTRIBUTION

December 16  
3-4:00 pm

## 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](mailto: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 Informed Workshops

All sessions run from 10AM—Noon on Zoom

- December 8—Balancing Work and Family
- December 15—Tantrums
- December 22—Self Esteem

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

or contact Alison at 262-605-6545, [alison.haas@kenoshacounty.org](mailto: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](mailto:alison.haas@kenoshacounty.org) to find out about upcoming sessions and offerings.

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



*for every parent*



CHILD ABUSE & NEGLECT  
Prevention Board



# What to say to kids when the news is scary

## Limit their exposure to breaking news

"We can control the amount of information. We can control the amount of exposure," says Rosemarie Truglio, senior vice president of curriculum and content at Sesame Workshop.

Truglio says that for starters, try not to let your children experience the news without you. That includes letting the TV or audio play in the background. In 2017, 42 percent of parents of young children told Common Sense Media that the TV is on "always" or "most" of the time.

As a little girl growing up in rural Louisiana, Alison Aucoin remembers her father watching the evening news during the Vietnam War. "The way that our house was set up, it was kind of impossible for me to completely miss it."

Aucoin vividly recalls the rapid fire of rifles and the shouting of soldiers, but it was two words that the reporters and anchors kept using that truly frightened her.

"[I] heard the words 'guerrilla warfare' and ... thought, gorillas — like apes," Aucoin says. "And I literally had a plan for where I would hide in my closet when the gorillas came."

Truglio says that because we can't control the news itself, adults need to control the technology that exposes kids to potentially traumatic news.

## For big stories, ask: "What have you heard and how are you feeling?"

While it's important to limit your kids' exposure to potentially frightening media, some stories are simply too big to avoid. And as kids get older, if they don't hear about it at home, they'll almost certainly hear something from classmates at school.

Tara Conley, a media researcher at Montclair State University, says adults should choose a quiet moment to check in with their kids, maybe at the dinner table or at bedtime.

The idea, she says, is to allow kids to "ask questions about what they're seeing, how they're feeling and what do they think." In other words: Give kids a safe space to reflect and share.

## Give kids facts and context

Check-ins also allow you to debunk memes, myths and misconceptions, and that's important in the social media maelstrom, says Holly Korbey, author of *Building Better Citizens*, a new book on civics education. In the days since the recent Iran news broke, she says, "My own teenagers were showing me these memes and rumors on Instagram spreading about boys being drafted for World War III, no kidding."

Korbey says, "One of the most important things parents can do in this scary climate is to talk to kids about facts. For example: 'No, there is not a draft, and no we haven't started World War III.'"

Truglio says that if scary news is happening far from home, the best thing a parent or caregiver can do is to reach for a map. Then, she says, a child could "see distance, that it's not in their immediate environment."

Some traumatic events, however, might be closer to home — a school shooting, for example. In that case, it's important to convey that, overall, such events are incredibly rare. After all, that's why it's news.

## When they ask why something happened, avoid labels like "bad guys"

Evan Nierman, a father of two, lives in Parkland, Fla. His son turned 11 the day after the 2018 shooting at Marjory Stoneman Douglas High School, and his daughter was 8. He says one of the toughest moments for him as a father was when his kids asked why the shooting happened. "And there's obviously not a great answer for that. It's hard to explain."

Truglio says we should resist the temptation to label anyone "bad guys" or "evil." It's not helpful, and it may increase fear and confusion. Instead, she says, talk about people being in pain, being angry and making bad choices. That's what Nierman and his wife settled on, telling their children that the shooter wasn't well and needed help.

And according to Truglio, there's one important thing parents shouldn't be afraid to say: I don't know.

"Sometimes we don't have the answers to all of these whys," she explains. "It's important for parents to say ... 'I don't know why it happened.'"

## Encourage kids to process the story through play and art

Children often try to make sense of what they see and hear through art and creative play. Sometimes it can be disturbing for adults to see children reenact or draw something scary or violent, but this kind of play serves an important purpose.

Conley says, "Play is part of reconstructing [children's] own stories." She calls it "meaning-making" and says adults do it too — by discussing stories with friends or even sharing memes on social media. "It also helps us make sense of the world around us ... when we're being bombarded with information," she explains, "and it helps us discern credible information."

## Take positive action together

Alison Aucoin, who shared her memories and fears of the Vietnam War, is white; her daughter, Edelawit, was adopted from Ethiopia. Edelawit was just 7 years old when Michael Brown, a black teenager, was shot and killed while unarmed by a white police officer in Ferguson, Mo., in 2014.

"I was scared that something like this would happen to me," Edelawit, now 12, says, and ever since, whenever a similar, police-related shooting happens, she and her mother follow a few steps. First, her mother shares the news.

"I always have time to process it," Edelawit says. "And then she says what I can do to protect myself. And then we go and protest."

"In talking with our children," Conley says, "we also have to show them how we're helping too, and asking them, 'How do you see yourself as a helper in these situations?'"

You might consider bringing your child to a peaceful rally or protest, collecting donations together or writing to an elected official. A sense of agency can dramatically reduce a child's anxiety.

In other words, don't just look for the helpers...be the helpers.



# 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.

**Visit us during open hours, Tuesday, Wednesday and Thursday, 10am—2pm.  
Check in at Entrance D.**



## 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)

Charmaine London, Service Coord.  
[Charmaine.London@kenoshacounty.org](mailto:Charmaine.London@kenoshacounty.org)

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

Jaclyn 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)



Find us on:  
**facebook.**

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

## Family Activity: Our Circle of Care

There are so many people who care about you and are working hard to keep your family safe. Start by writing or drawing in a picture of yourself, then your family members and friends, then the helpers in your community. Tape this picture up to remind you of all the people you can reach out to for care and support.

