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PSN Family Resource Center NEWSLETTER

What's Inside:

Diaper Distribution

**Triple P Positive Parenting
Program Seminar**

**Black History Month
Activities to do with Kids**

A Pocket Full of Hearts

The Kindness Study

“Kind” is a word we use a lot—but what does it really mean? Sometimes kids—and parents—have trouble defining kindness (does it just mean “nice”?). In 2016, Sesame Workshop conducted a survey called “K Is for Kind.” We wanted to hear what being kind meant to parents and providers, and what role kindness plays in kids’ lives.



Here's what the research team found:

- 70% of parents worry that the world is an unkind place for their kids.
- 78% of teachers thought it was more important for children to be kind to others, rather than be successful in school.
- Teachers think parents can help kids grow kinder. 34% of teachers felt that all or most parents are raising their kids to be empathic and kind.
- 40% of parents think their own child is very helpful.
- Being polite (having manners) and showing empathy were sometimes used interchangeably.

Words like “please” and “thank you” are important, and so are manners and polite behavior such as sitting nicely at a table. But it’s empathy—being able to connect deeply with others’ feelings, and understanding and embracing each other’s differences and perspectives—that benefits us all. Empathy starts by watching grown-ups model it. And any moment, in any place, can be an opportunity to demonstrate and talk about empathy.



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

<https://sesamestreetincommunities.org/topics/caring/?activity=the-kindness-study>



FREE DIAPERS TO
FAMILIES IN NEED!

DIAPER
DISTRIBUTION

February 17
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 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.



Triple P Seminar—Virtual Parenting Sessions

Join us on Zoom to get simple and practical strategies to help build strong, healthy relationships, confidently manage children's behavior and prevent problems from developing.

Workshop dates:

- ⇒ February 1—The Power of Positive Parenting
- ⇒ February 8—Raising Confident, Competent Children
- ⇒ February 15—Raising Resilient Children

Session will run from **10AM - Noon**

Registration is required. Sign up here: <https://tinyurl.com/mverpx5r>

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



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.

Black History Month Activities to Do with Kids

Get Creative with an Art Project

Make a Handprint Heart Sandbox Academy encourages an activity that honors the beauty of different skin colors and diversity. Using construction paper in various skin tones, trace your child's hand multiple times and cut it out. Cut a large heart out of butcher paper. Glue the hands in the shape of a heart using the butcher paper as a guide. As a final step, make a wreath with your child's handprints to celebrate diversity.

Experiment with Eggs Heather Aulisio, M.ED, education consultant at Mom Loves Best, believes an egg activity can easily and effectively help you talk about Black History Month with kids who are early elementary age or younger. Children view two eggs—one white and one brown. When cracked open, they see the egg is the same on the inside, regardless of the egg's color on the outside. This is a wonderful way to lead to learning about people with different skin colors and backgrounds.

Create a Collage Children of all ages love to create collages. Using magazines, the internet, books, or newspapers, allow children to cut out, position, and paste images of African American influencers on a piece of poster paper. After viewing clips and reading stories about each figure, children can also look for other items of significance and arrange and glue them near each person.

Cook a Special Dinner Together

Author Sandye Zdanwic and teacher Sarah Miller recommend researching and cooking traditional cuisines from predominantly Black countries. Families may enjoy cooking a meal together and exploring a variety of traditional African dishes from South Africa, Nigeria, Haiti, Jamaica, and traditional Southern America.

Look at maps and discuss where different spices and certain specialty dishes come from. Parents and kids can work together to choose recipes, shop for ingredients, and even prepare the food. Talking about the histories of these dishes also offers a great dinner conversation with your children, and it's a unique way to teach kids important life skills about cooking.

Volunteer or Donate as a Family

Consider donating funds to national organizations—like Black Lives Matter, Equal Justice Initiative, or Center for Policing Equity—or local organizations in your area dedicated to addressing inequality. Evite Donations makes it really easy to create a virtual fundraiser.

Read a Book That Celebrates Black History

There are many children's books that celebrate Black history in ways kids of all ages can understand. Here are a few of our favorites:

- Carter Reads the Newspaper by Deborah Hopkinson
- A is for All the Things You Are by Anna Forgeron Hindley
- Come Look With Me: Discovering African American Art for Children by James Haywood Rolling, Jr.
- A Child's Introduction to African American History by Jabari Asim
- I Am Every Good Thing by Derrick Barnes and Gordon C. James
- Undefeated By Kwame Alexander
- Heart and Soul by Kadir Nelson
- Show Way by Jacqueline Woodson

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



A Pocket Full of Hearts



Think about how you love your family. In each heart, make a drawing or write a few words to express how much you care for them. What are some things you love about your family? What do you do together that makes you feel happy inside? Cut out the hearts and place them inside your family members' pockets to surprise them with a pocket full of hearts.

