



April 2023 • Volume 15 • Issue 4



PSN Family Resource Center NEWSLETTER

What's Inside:

Diaper Distribution

Parent Cafe

**Safe Kids Strong Families
Events in April**

Pinwheel Garden

Elements of Positive Parenting

When you have bits of cereal in your hair or you're listening to the wails of a tiny person who refuses to get in the car, the term "positive parenting" may make you grit your teeth and roll your eyes. But positive parenting isn't about being perfect, always being cheerful, or having the most photogenic Instagram. Positive parenting gives words to what parents do every day—challenges included—and keeps the big picture in mind.

Here are some key elements that power a positive approach to parenting:

1. Imagine your child's point of view, especially during tough moments. We all want to keep our cool! Sometimes it helps to remember that your child's perspective is very different from yours. She really is devastated that she can't wear sandals when it's snowing. Say to yourself, "She is small and still learning," or "She's only 2."
2. Notice and celebrate your child's strengths, abilities, and capacity to learn and develop. Each child is unique, growing and learning at his own pace. Maybe your daughter is a bold explorer who gets into everything, or your son hangs back until he gets to know someone. Make a conscious effort to really see your child. The number one thing every child needs is someone who is crazy about him.
3. Delight in moments of connection with your child. It's easy to get distracted by the day-to-day grind of parenting: dishes, laundry, naps, and transitions from one activity to the next. Remember to pause and make eye contact while buckling him into his car seat. Offer big smiles when he wants to show you something and offer close cuddles while you read a book. This is the magic we can find when we make a little space in the everyday grind for love and connection.

4. Respond with interest and sensitivity to your child's cues. Every child communicates her needs differently. Taking the time to watch and learn your child's cues and communications teaches her that she's important and cherished. Your baby may let you know he needs a break by turning away. Your toddler may let you know the mall has too much stimulation by having a tantrum in the food court. Responding as sensitively as you possibly can in these moments ensures your little one gets what he needs from you.

5. Provide consistent, age-based guidelines, limits, and boundaries. Parenting is a combination of nurture and structure. All children need guidance on how to behave. Maintaining predictable routines and setting kind, firm limits really helps. Your child is more likely to cooperate with your guidance if you crouch down at her level, make eye contact, and put your hand on her shoulder before telling her it's time for a diaper change.

6. Recognize and regulate your own feelings and behaviors before responding to your child. This sounds like common sense, but it is way harder to pull off than many of us thought. Young children are naturally driven by their strong emotions. We do better as parents (and role models!) when we take deep breaths and calm ourselves first before responding to their behavior.

7. Know that parenting can be stressful and missteps are part of raising a child. We can't be calm, cool, and collected all the time. There will always be moments when we lose our tempers. Apologizing when you're wrong and setting things right is part of building a relationship, and helps children learn how to do this as they grow older.



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

For the full article visit parentingforbrain.com.



**FREE DIAPERS TO
FAMILIES IN NEED!**

DIAPER DISTRIBUTION

**April 20
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 & 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**

Join Parent Café

Incentives Available:

- Bus tokens available if needed.
- Refreshments & Snacks provided.

Join Parent Café,
a safe space to
meet and talk
with other families
about the joys and
challenges of
parenting.

April 6th, 1-2:30PM

Register here!



Join us the first and third Thursday of every
month from 1-2:30pm at the, Kenosha County
Job Center, 8600 Sheridan Rd. Kenosha WI.
53143, Entrance B

Registration Required:
<https://tinyurl.com/ycyrbk77>

Upcoming Café date:
April 20th, 2023

For questions: Alison Haas
(262)605-6545
Alison.haas@kenoshacounty.org

Safe Kids-Strong Families/Child Abuse and Neglect Prevention Month Events

April 1— Guardians of the Children Pinwheel Garden @ Job Center at 1PM. Pinwheels will be on display throughout April!

April 5—Triple P Event: The Power of Positive Parenting. Virtual event, 10-12pm. Please RSVP @ <https://tinyurl.com/2p9fuetz>

April 12—Triple P Event: Raising Confident Competent Children. Virtual event, 10-12pm.
Please RSVP @ <https://tinyurl.com/2p9fuetz>

April 18—Family Dinner & Game Night/Strong Family Awards @ Job Center-Door B, 5pm. Join us for dinner & games & help us recognize strong families in Kenosha! Please RSVP @ <https://tinyurl.com/mwpsfacf>

April 19—Triple P Event: Raising Resilient Children. Virtual event, 10-12pm. Please RSVP @ <https://tinyurl.com/2p9fuetz>

April 27—Connie Reyes Award & County Executive Proclamation @ Job Center, 4pm. Recognizing excellence in prevention.

April 23—Family Fun Run/Walk @ Kemper Center. Check-in starts at 8:30am, run/walk at 9am.
Please RSVP @ <https://forms.gle/L3S2ftTec61eWYbW7>

April 29—Kenosha County Families Branching Out Resource Fair

Help us recognize strong families in Kenosha! Nominate a Strong Family here: <https://forms.gle/DLvzJapxMV8RD8PPA>

For more information visit our facebook page at facebook.com/SKSFKeno or contact Alison Haas at 262-605-6545.

APRIL 2023

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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

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

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www.PSNFamilyResourceCenter.com

