



October 2023 • Volume 15 • Issue 10



PSN Family Resource Center NEWSLETTER

Positive relationships between parents and children: why they're important

Children learn and develop best when they have strong, loving, positive relationships with parents and other carers. That's because positive relationships with parents and carers help children learn about the world – whether the world is safe and secure, whether they're loved, who loves them, what happens when they cry, laugh or make a face, and much more.

You can build a positive relationship with your child by:

- being in the moment with your child
- spending quality time with your child
- creating a caring environment of trust and respect.

There's no formula for getting your parent-child relationship right. But if your relationship with your child is built on warm, loving and responsive interactions most of the time, your child will feel loved, safe and secure.

Being in the moment: why it's good for parent-child relationships

Being in the moment is about tuning in and thinking about what's going on with your child. It shows your child that you care about the things that matter to them, which is the basis for a strong relationship.

Here are ideas for being in the moment with your child:

- Show acceptance, let your child be, and try not to give directions all the time. If your child wants to pretend the building blocks are people, that's OK. You don't have to get your child to use them the 'right' way.
- Notice what your child is doing and encourage it without judgment. For example, 'Are the big blue blocks the shopkeepers? And is the little red block going shopping?'
- Listen to your child and tune in to their feelings. For example, if your child is telling you a long story about what happened during the day, they might really be saying that they had a happy day.
- Stop and think about what your child's behaviour is telling you. For example, if your teenage child is hanging around in the kitchen but not talking much, they might just want to be close to you. You could offer a hug or let them help with dinner, without needing to talk.
- Part of being in the moment with your child is giving your child opportunities to take the lead. For example:
 - Let your child lead play by watching your child and responding to what your child says or does. This is great for younger children.
 - Support your child's ideas. For example, if your older child decides to plan a family meal, why not say yes?
 - When your child expresses an opinion, use this to learn more about your child's thoughts and feelings, even if they're different from yours.

[Read the full article here.](#)

What's Inside:

Diaper Distribution

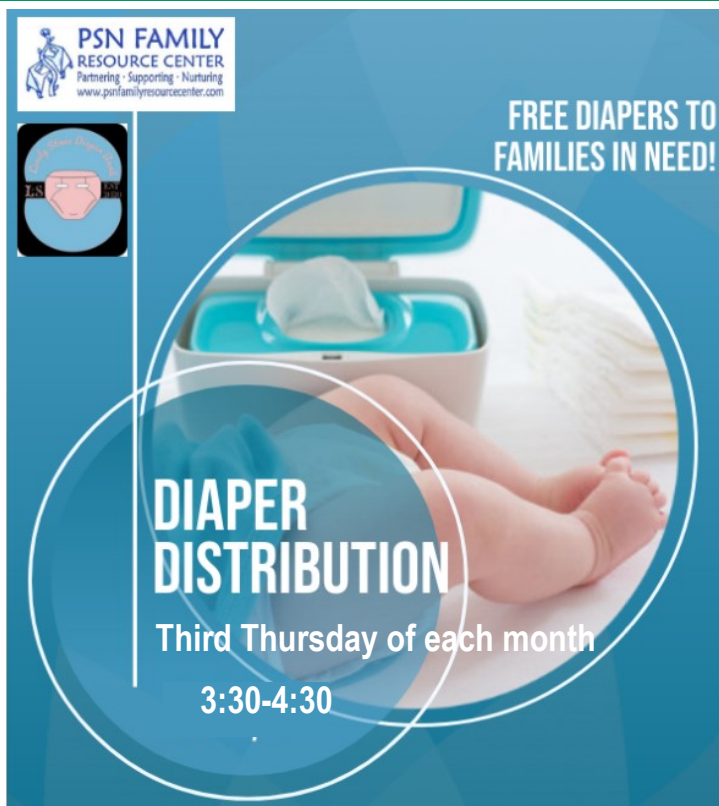
**Triple P Parenting
Workshops**

Boost Child Development

My Family Tree



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



FREE diaper distribution!

No registration necessary.

Diapers are first come-first served with limited supplies.

Sizes newborn, 2, 3, 4, 5, 6

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.

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.



Workshops—Virtual Parenting Sessions

Triple P is **VIRTUAL!** Join us on Zoom to get simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

Seminar dates:

- October 10, 2023 Coping with Stress
- October 17, 2023 Balancing work and Family
- October 24, 2023 Self Esteem

Each session will run from **5PM—7PM**

Registration is required. Sign up here: <https://tinyurl.com/2yek3m5r>

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

Prefer one-on-one parenting help? We can offer a virtual or in person experience fit to your family's needs. Contact Chelsea at Chelsea.colwill@kenoshacounty.org for more information.

10 Things Parents Can Do This Fall to Boost Their Child's Development

Have outdoor adventures every day you can. Outdoor activities are the perfect way to give your child's motor skills a pick-me-up this fall. Choose activities that involve both gross motor skills (running, hopping, climbing, catching) and fine motor skills (grasping tools, digging, stacking). You might try making an outdoor adventure path or obstacle course for children to follow, or going on a neighborhood nature walk or scavenger hunt.

Bake pretzel letters together. As the sweltering summer gives way to cool fall breezes, baking edible letters with your child will fill your home with extra warmth and help them with motor, problem-solving, and early literacy skills. Wash your hands with your child first, and then cut pizza dough into strips (or make your own dough with a recipe like this one). Help your child form letters with the dough, and show them how to brush the letters with a beaten egg, sprinkle them with salt, and bake until golden brown. Review the sounds that each letter makes as you form the shapes. Eat up your ABCs together! (To help reinforce early math skills, you can also make pretzel numbers.)

Go on a special date. For some social skills practice, go on an afternoon "date" with your child (for example, have a picnic at a local park). Before you head out, go through the steps of getting ready together. Have your child put on a special or favorite outfit, wash hands and face, use the bathroom, and brush teeth. Give your child a mirror so they can see how great they look. On your date together, be extra polite: say "please" and "thank you" and model taking turns and making requests.

Create an autumn-themed sculpture or table centerpiece. Working as a team with your child, gather materials from outside (twigs and branches, acorns, pine cones, pretty stones) and around your home (newspaper, Popsicle sticks, small boxes, plastic containers, bits of ribbon, and fabric). For fine-motor practice, give your child masking tape, pipe cleaners, duct tape, and some glue for joining materials together. Put the materials in a place where your child can work on their special creation for a few days and let the sculpture dry. When it's done, proudly display it on the table, your mantel, or another prominent location in your home.

Give kids their own day jobs. Children enjoy having their own daytime jobs that make them feel important and needed, especially if their older siblings have gone back to school. To boost their confidence and help strengthen their social and motor skills, select age-appropriate jobs for them. Toddlers can take on table-wiping duty and help you sweep up the floor, while older children can prepare their own snack, fold laundry, and set the table for dinner. Children who look up to older siblings and parents might also like to have a pretend office in a corner of your home where they can write letters, have their own "meetings" with a toy phone or laptop, and type important emails with an old keyboard.

Have outside fun with fall leaves. To sharpen fine and gross motor skills, see how many fun activities you can do with the leaves in your backyard or around your building. Head outside with your child to rake leaves together, and jump in or leap over the piles. See how many leaves you can catch as they fall. Collect and sort leaves of different colors, sizes, and shapes.

Make a gratitude book honoring family and friends. Many families enjoy celebrating the Thanksgiving holiday together. This skill-boosting activity can be a sweet way to help your child express gratitude for family members and friends this fall. Help your child make their own book of all the special people in their life. Print out photos of family members and friends, let your child arrange and glue them onto sturdy sheets of paper, and help them staple the pages together or tie them with ribbon. Give them supplies they can use to decorate the book: glitter pens, sequins, stickers, bits of shiny paper, pictures cut from old greeting cards and magazines. When your child is done, look at the book together and talk about the special people in the photos and why you're thankful for them. Not only will this book be a cherished memento, this project will also help your child strengthen fine motor, communication, social-emotional, and problem-solving skills.

Share stories about your day at the dinner table. Family dinners are an excellent way to help develop social-emotional and communication skills. This fall, whenever you can, gather the whole family around the table for dinnertime and let each family member take turns talking about their day at work, at school, or in the community. Avoid asking questions with "yes" or "no" answers; instead, ask each person at the table open-ended questions: "What was the best thing that happened today?" "What made you laugh today?"

Engage with books at bedtime. Snuggling up on a chilly night for some shared reading is one of the most important activities you can do with a young child. Not only is it a much-needed way to relax together, it also strengthens your child's communication and language skills and sets the stage for early literacy development. Choose some autumn-themed books and engage your child while you read: ask them what happened at the beginning, middle, and end of the story, or have the child act out the story with you and pretend to be different characters. To support social-emotional skills, read books about feelings and talk with your child about the story: "Lion got really scared in this story. Do you feel scared sometimes? What makes you feel better when you get frightened or worried?"

Make autumn leaf notecards. Collect some colorful leaves from your yard, neighborhood, a park, or a roadside. (Leaves that are small and delicate work best.) Place the leaves between sheets of paper towels or newspaper, and then lay them between heavy books. Give the leaves a few days to dry and flatten out. When they're dried, have children glue them to a folded piece of paper or cardstock to make notecards. Help children write someone a special note or ask them to draw a picture inside the card for the person they want to give it to. This is a great way to reinforce fine motor skills!

Combine the tips in this article with your own creative ideas, and you can transform any day into a rich and varied learning experience. Whatever activities you do with your child this fall, enjoy exploring, discovering, and learning together.

[Click here for the full article.](#)

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

Erin Morey, Director of Operations
Erin.Morey@kenoshacounty.org

Liza Schultz, Director of Services
Elizabeth.Schultz@kenoshacounty.org

Chelsea Colwill, Parent Education Spec.
Chelsea.Colwill@kenoshacounty.org

Zach Gianakos, Service Coordinator
zach.gianakos@kenoshacountywi.org

Alison Haas, PPP Coordinator
Alison.Haas@kenoshacounty.org

Maria Saenz-Estevez, Service Coord.
Maria.Saenz-Estevez@kenoshacounty.org

Jackie Tenuta, Service Coordinator
Jaclyn.Tenuta@kenoshacounty.org

Rose Verdiguell, Service Coordinator
Rose.Verdiguell@kenoshacounty.org

Julie Perrault, PSG In Home Therapist
Julie.Perrault@kenoshacounty.org



Find us on:
facebook®

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



Name: _____

My Family Tree

