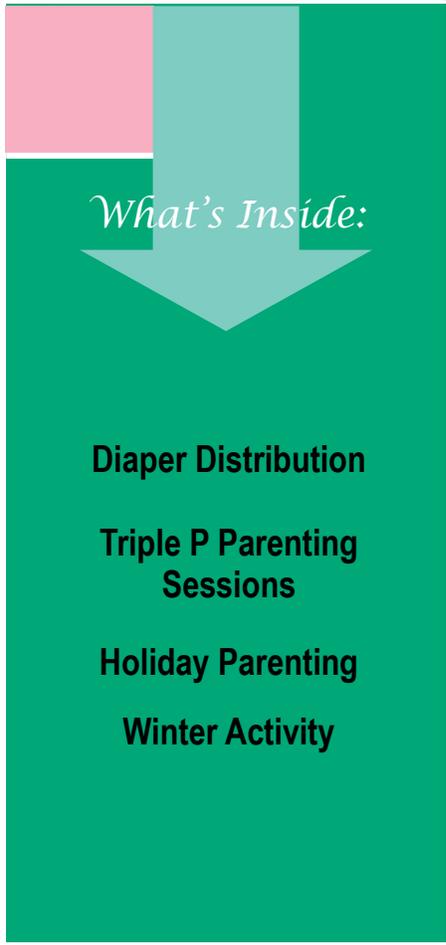




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PSN Family Resource Center NEWSLETTER



What's Inside:

Diaper Distribution

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Winter Activity

Parenting on the Go Bags

There are Five Strengths that help families raise their children to be strong and secure. This "Parenting on the Go" Bag can help you to use these Strengths when you are out and about with your children.

- When you bring along safe learning activities for your child's age and play with your child, you are **Parenting as your Children Grow**.

- When you point out the characters' feelings as you read a book to your child, you are **Helping your Kids Understand Feelings**.

- Having things that keep your child busy when you need to talk with other adults, gives you time for **Connecting with Others**.

- Having activities that entertain your child, reduces your stress too, which **Builds Inner Strength**.

- **Knowing How to Find Help** means that you are willing to take help when it is offered, like accepting a bag full of stuff to make life easier.

- This "Parenting on the Go Bag" can help nurture your strengths and build connections with your children during your everyday activities and errands.

- The items in the bag can help you to be prepared when you are out and about with your child.

- Having interesting activities can encourage independent play, promote good behavior in public, and help maintain a positive relationship between you and your child.

- The items in the bag are starter items. You should add other items that fit the needs and interests of your child and you. You will probably need to substitute in new ones every so often as

your child's needs and interests change or as the toys, games, and books get lost and broken.

Growing children frequently get irritable and uncooperative when they are hungry, so it is important to also bring healthy snacks when you are on the go.

Snack ideas include fresh fruit or berries, dried fruits (of appropriate size to not be a choking hazard), goldfish crackers or pretzels, cheese cubes or sticks, and finger veggies for children (not babies or toddlers), such as baby carrots, grape tomatoes, or green pepper slices.

Take a moment to understand that your child's age, ability, and temperament will determine the type of activities and length of time. Expecting a two-year old or a sport obsessed second grader to color quietly throughout a 30-minute appointment will probably not work.

Items in the bag: age-appropriate items to entertain your child both independently, in case you need to attend to other tasks, or to play together with you, when you find a few minutes to engage with your child. Older children can also play activities with one another.

Reach out to the PSN Family Resource Center for your Parenting on the Go Bag and for extra support in parenting needs.



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



FREE DIAPERS TO FAMILIES IN NEED!

DIAPER DISTRIBUTION
Third Thursday of each month
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

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.



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.

- December 5—The Power of Positive Parenting
- December 12—Supporting Your Partner

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

Registration is required. Sign up [here](#).



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

Holiday Parenting: Navigating Stress and Generating Joy

There tends to be a lot of pressure on families during the holidays. We often feel the need to create an idyllic holiday experience for our children, which translates to packed calendars, sugar-laden treats and budget-busting buying sprees. As a result, the holidays can end up being a frenzied and stressful time — but it doesn't have to be this way!

The following tips will help you navigate stress and generate joy this holiday season:

Create some white space on your calendar. Re-evaluate the number of parties and events you reply yes to this year. Leave some open space on the calendar for unstructured time with your family. This is when spontaneous family fun happens or when you get to enjoy sweet snuggles with your child.

Maintain your family's sleep routine. The holidays are notorious for throwing you and your child off your regular sleep routines. Adults and children need adequate sleep all the time, but especially during the holidays with all the stimuli and activity. Try to keep your normal bedtime routine in place as much as possible to avoid stress and exhaustion.

Watch out for sugar overload. Sweet treats are a great part of the holidays, but too much sugar, white flour, sprinkles and food coloring can lead to cranky children and irritable adults. Excess cookies and candy contribute to blood sugar spikes that are followed by crashes, so try to limit sweets to a special holiday dessert after a healthy, well-balanced meal.

Keep it simple. Making ornaments, presents and holiday décor is a fun way to express creativity, enjoy quality family time and even help ease financial stress.

Make mealtime meaningful. Let mealtime be a time of coming together and enjoying the moment. During the holidays, make an extra effort to eat your meals at the table together as a family. Eat from nice dishes, light a candle, take a breath and say words of gratitude, or just take a moment to be grateful for your food.

Cherish silence. Make time for a bit of silence every day, whether it's in the morning before the children wake up, during their nap or right before you turn in. Silence or turn off all electronics, find a comfortable seat, close your eyes and focus on how your breath feels coming in and going out of your body. A moment of meditation can go a long way during the craziness of the holidays.

Create joyful rituals. Find some time for family fun with simple holiday rituals you and your children will always remember. Read a holiday story or watch a holiday movie with your children, take turns saying what you are thankful for, or sing holiday songs in the car.

This holiday season, slow down, create space for yourself and your family, and enjoy the natural flow of life rather than bogging down your schedule with commitments. You will probably find your days much more enjoyable and meaningful. You may even want to continue some of the above tips in the new year to help you navigate the stress of daily life.



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

WINTER ACTIVITY SHEET

T M O B A Z T R N O E X G Z Y M W
 A T M G F O T Q S R F M W C Q G I
 M I T T E N S V I S H K Z O Z P N
 S N O W F L A K E Q N N N L F Y T
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 G R C G G C Z Q R F T M S V C N J
 R G L E L R L E P R F F F L U O K
 A V H S C A R F Q V I E U H B N A
 V O Y B E K P I C F X M K O G S D

FIND THE FOLLOWING WORDS:

- | | |
|--------|-----------|
| COCOA | MITTENS |
| COLD | SCARF |
| FROST | SNOWFLAKE |
| ICE | SNOWMAN |
| ICICLE | WINTER |

