



February 2024 • Volume 16 • Issue



# PSN Family Resource Center NEWSLETTER



## *What's Inside:*

**Triple P Series at KUSD**

**Diaper Distribution**

**Triple P Parenting  
Seminar**

**Lady Bug Craft**



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

## Valentine's Day is the perfect time to show love to your children

There are many ways to show children love, and Valentine's Day on Feb. 14 is a perfect time to be more mindful of those ways that work best.

Love isn't just something we feel; it's something we do. These suggestions give parents, grandparents and anyone else who loves a child concrete ways to show that love. Loved children grow up to be confident, secure adults.

- Say, "I love you," often to your child, no matter his or her age. This is probably the most important thing you can do.
- Use plenty of positive and encouraging words when talking with your child. Positive language begets positive behavior.
- Make an extra effort to set a good example about how to connect and talk with other people at home and in public. Children learn from observing and imitating their parent's behavior.
- Respond promptly and lovingly to your child's physical and emotional needs. Be available to listen to your child when she wants to talk with you even if it's not the best time for you.
- When your child is angry, grouchy or in a bad mood, give him a quick hug, cuddle or other sign of affection he responds to and then talk with him about the event when he's feeling better. Never respond in violence if your child is in a bad mood.
- Use non-violent forms of discipline. Parents should start using both rewards and restrictions many years before adolescence to help establish ways to encourage strengths and address concerns during the teenage years.
- Make plans to spend time alone with your child or teen doing something she enjoys. Encourage your child to be active by going on walks, bicycle riding, or playing ball with you.
- Spend time together as a family on a regular basis, such as one evening each week, and turn off cellphones and tablets during these family times.
- Consider owning a pet. Having a pet can help children, especially those with chronic illnesses and disabilities, feel better by increasing their physical activity, enhancing their overall positive feelings, and offering another way to connect with someone they care about.
- Help your child foster positive relationships with friends, siblings and members of the community. Have friends over for a meal, to play games, help others in need or for any positive group activity. Encourage your child to play sports or be involved in activities that show teamwork.
- One of your most important gifts as a parent is to help your child develop self-esteem. Your child needs your steady support and help to discover his strengths. He needs you to believe in him as he learns to believe in himself. Loving him, spending time with him, listening to him and celebrating lessons learned from his mistakes and successes are all part of this process.

<https://uoflhealth.org/articles/valentines-day-is-the-perfect-time-to-show-love-to-your-children/>



# Parenting Program Series

Triple P (Positive Parenting Program) gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

**Chavez Learning Station**  
6300 27th Avenue

**5:00 - 6:30 pm**  
\*Free childcare and an optional meal is provided\*

Sign up for one...or all...of the topics below by scanning the QR code here:



**Power of Positive Parenting**

**February 15**

**Raising Confident, Competent Children**

**February 22**

**Raising Resilient Children**

**February 29**

**Dealing with Disobedience**

**March 7**

**Balancing Work and Family**

**March 14**

**Self Esteem**

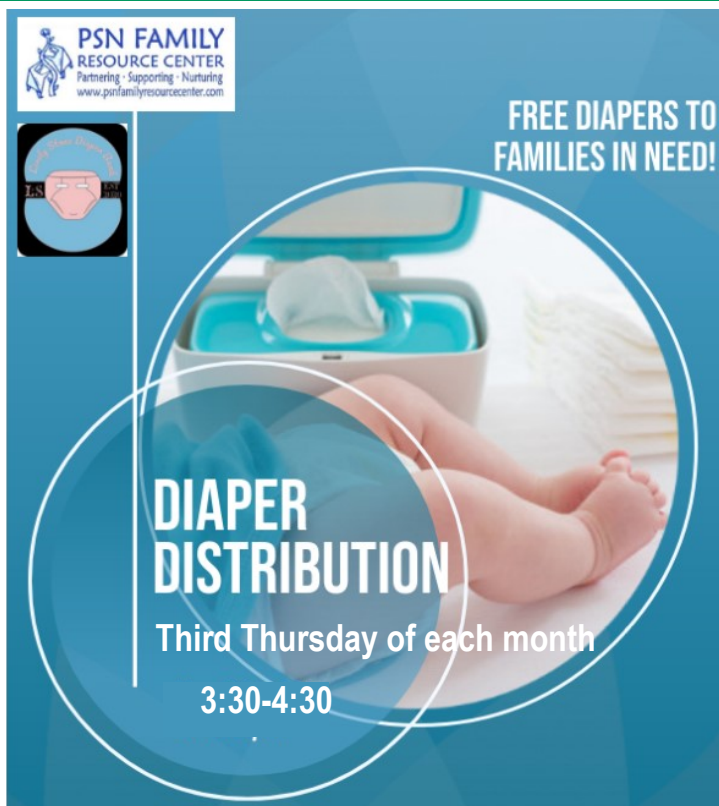
**March 21**

Questions? Contact Julie King  
jaking@kUSD.edu  
262.359.7790



Presented in partnership with  
KUSD Community School  
Relations Office & Kenosha County  
PSN Family Resource Center





## 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](mailto:alison.haas@kenoshacounty.org) for more information.

## Spotlight on Parenting - Seminar

A free series for parents of children ages 0 – 12

The Triple P-Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So, you can choose what will suit you and your family best. will suit you and your family best.

Triple P can help you: Encourage behavior you like, deal with problem behavior, become confident as a parent, be realistic about parenting and taking care of yourself.

Session topics include:

- February 13<sup>th</sup> The Power of Positive Parenting
- February 20<sup>th</sup> Raising Confident, Competent Children
- February 27<sup>th</sup> Raising Resilient Children

**Each session will run from 12:30-2:30 pm**

**Registration is required:**

<http://tinyurl.com/mrx7h5p8>



**For questions contact:**

**Alison Haas at [alison.haas@kenoshacounty.org](mailto:alison.haas@kenoshacounty.org) or (262) 605-6545**

# 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  
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Find us on:  
**facebook.**

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

# Valentine's Day LADY BUG

