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# PSN Family Resource Center NEWSLETTER



## What's Inside:

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Mindfulness:  
A Journey Together

## Reading with Your Child

Read Across American kicks off on March 2nd, 2024. In honor of that celebration we want to point out the importance of reading at all ages. Visit your local public library to check out books and learn about [community events](#).

There is no more important activity for preparing your child to succeed as a reader than reading aloud together. Fill your story times with a variety of books. Be consistent, be patient, and watch the magic work.

It's no secret that activities at home are an important supplement to the classroom, but there's more to it than that. There are things that parents can give children at home that the classrooms cannot give.

### Start young and stay with it

At just a few months of age, an infant can look at pictures, listen to your voice, and point to objects on cardboard pages. Guide your child by pointing to the pictures, and say the names of the various objects. By drawing attention to pictures and associating the words with both pictures and the real-world objects, your child will learn the importance of language.

Children learn to love the sound of language before they even notice the existence of printed words on a page. Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word. When the rhythm and melody of language become a part of a child's life, learning to read will be as natural as learning to walk and talk.

Even after children learn to read by themselves, it's still important for you to read aloud together. By reading stories that are on their interest level, but beyond their reading level, you can stretch young readers' understanding and motivate them to improve their skills.

### One More Time

You may go through a period when your child favors one book and wants it read night after night. It is not unusual for children to favor a particular story, and this can be boring for parents. Keep in mind, however, that a favorite story may speak to your child's interests or emotional needs. Be patient. Continue to expose your children to a wealth of books and eventually they will be ready for more stories.

### Talking about stories

It's often a good idea to talk about a story you are reading, but you need not feel compelled to talk about every story. Good stories will encourage a love for reading, with or without conversation. And sometimes children need time to think about stories they have read. A day or so later, don't be surprised if your child mentions something from a story you've read together.

### Remember when you were very young

It will help, however, if we open our eyes to some things adult readers tend to take for granted. It's easier to be patient when we remember how much children do not know. Here are a few concepts we adults know so well we forget sometimes we ever learned them.

There's a difference between words and pictures. Point to the print as you read aloud.

- Words on a page have meaning, and that is what we learn to read.
- Words go across the page from left to right. Follow with your finger as you read.
- Words on a page are made up of letters and are separated by a space.
- Each letter has at least two forms: one for capital letters and one for small letters.

Read the full article [here](#).



**PSN FAMILY  
RESOURCE CENTER**  
Partnering • Supporting • Nurturing

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

# LIBRARY SCAVENGER HUNT

HOW MANY OF THESE THINGS CAN YOU FIND DURING A VISIT TO THE LIBRARY?

A BOOK WITH A  
PICTURE OF A CAT  
ON THE COVER

NAME OF BOOK

A SCIENCE  
FICTION BOOK

NAME OF BOOK

A BOOK ABOUT  
AN IMAGINARY  
ANIMAL

NAME OF BOOK

A BOOK WITH  
RECIPES

NAME OF BOOK

A BOOK WITH  
THE WORD "GROSS"  
ON THE FRONT

NAME OF BOOK

A BOOK ABOUT  
THE HISTORY  
OF TRAINS

NAME OF BOOK

A FAIRY TALE

NAME OF BOOK







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



## 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:**



**Dealing  
with  
Disobedience**

**March 7**

**Balancing  
Work and  
Family**

**March 14**

**Self Esteem**

**March 21**

Questions? Contact Julie King  
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262.359.7790



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

# 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](http://www.PSNFamilyResourceCenter.com)

## Teach Knowledge and Development Through Shared Learning Moments

### Mindfulness:

#### A Journey Together

In our fast-paced world, teaching our children about emotional self-regulation and mindfulness is more important than ever. Let's embrace the quiet moments where a parent and child practice mindfulness together. Consider the variety of pathways for promoting positive, pragmatic, and effective outcomes for everyone can have a positive impact in how we parent and nurture our children.

Mindfulness techniques like deep breathing or meditation can help both children and parents manage stress, enhance focus, and foster emotional balance.

