

April 2024 • Volume 16 • Issue 4

PSN Family Resource Center NEWSLETTER



April Parenting Tips



What's Inside:

Strengthening Families
Month

Diaper Distribution

5 in 5 Challenge

Find New Supports

Week of
April 6



Strength of the Week:
Zest
I take on each day with energy and excitement.

□ Tell yourself "I will not allow the bad news of the day to keep me from having fun with my child(ren)!"

"Zestfully Me" is what my children will see!

□ Approach self-care for your family with ZEST! Prepare healthy meals together, establish and maintain bedtime routines, and exercise as a family!

□ Want a boost of zest? Plan an afternoon outside to go on a family walk or fly a kite. Sounds exhilarating!



□ "You're not fully clean unless you're..." well you've heard the jingle. With everything in the news lately take the time to be sure your family is zestfully washing their hands. Hot water, lots of soap suds, and sing your favorite song for 20 seconds.

Week of
April 13



Strength of the Week:
Kindness
I am helpful and nice to others.

□ The best gifts don't always come in a package. The best gifts come from ordinary people doing ordinary things in their homes, schools, workplace, and communities. Share your experience of kindness with a family member as a "kind doer" or a "kind receiver."

□ It doesn't take much to be kind. If someone you care about is sad here are some things you can say. "It's okay to be sad." "I'll stay close so you can find me when you're ready." "I'm here for you."

□ Help your child(ren) exercise their kindness muscle. Think of someone you want to be kind to, (like the person who's not so kind to others) and imagine speaking directly to him/her in a kind voice and say "May you be happy, may you be safe, I wish you well today!"

□ Kindness is critically important during times of uncertainty. Remember that those around you may have more severe reactions to difficult news or crisis. Be there with a smile and a kind word for friends and family who may need it most.

Week of
April 20



Strength of the Week:
Mindfulness
I am present and fully engaged in the moment.

□ One way for you to respond to negative triggers is to **stop, breathe, and notice** what's happening with your body? **Reflect** on why this response is beneficial to you. **Respond** appropriately.

□ As you are washing hands take a moment to reflect on your day. Focus on the temperature of the water and how the suds feel. What went well today? What went poorly? Let go of the negativity as you rinse all the suds away. By the time you're finished mindfully washing your hands you will have done a thorough job!

□ The next time you're feeling a strong emotion bring it into focus by assigning it a color. Remember those. Notice what happens to the emotion as you make it clear.

□ Breathe in through your nose for a count of 4, hold, then breathe out through your mouth for a count of 7. Now think about your week. What successes can you remember? What challenges did you face? Smile, and tell yourself, "I've got this!"



Week of
April 27



Strength of the Week:
Love of Learning
I get excited discovering new things

□ **The Mistake Compass:** The message in the north, "Learning from our own mistakes"; the west is "Learning from the mistakes of others"; the east is "Learning from the mistakes of our teachers"; and the south is "Being willing to make as many mistakes as it takes." Finally, in the center of the wheel, "Learning that there is no such thing as a mistake."

□ Just like your stomach gives you a signal when it's time to eat so does your mind. The mind craves a good meal or a great dessert like, reading, creating, or learning something new. What is your mind craving?

□ When your child(ren) share with you something new they learned that day **make a big deal about it!** Recognize their strength of Love of Learning. Be grateful they are willing to share their knowledge!

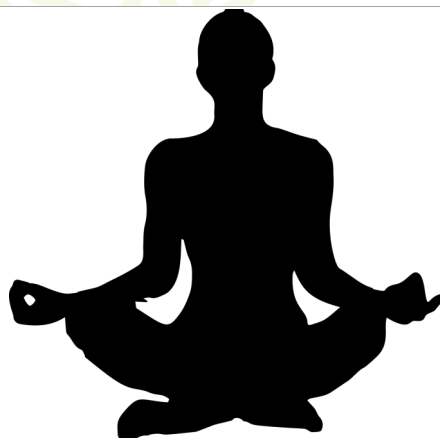
□ How cool would it be to learn to say a word or phrase in another language?

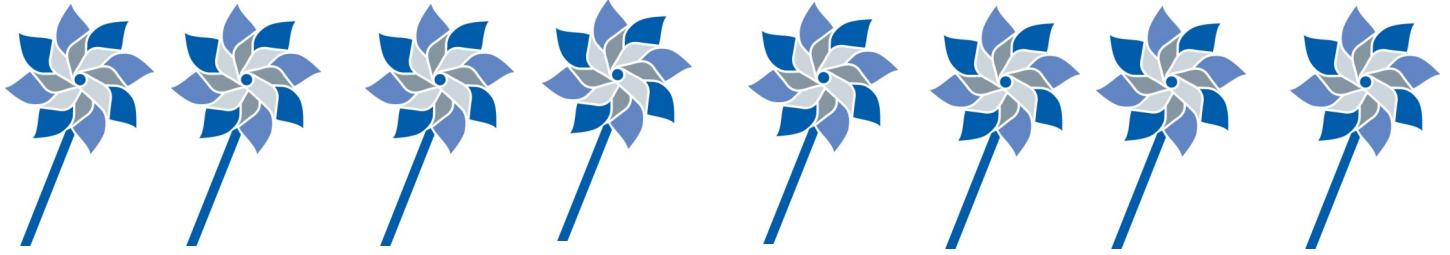
Challenge: Learn to say "Hello, nice to meet you" in German. Share with others what you've learned!

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Entrance B
Kenosha, WI 53143
262-697-4651





It's that time of year again!

April is Strengthening Families/Child Abuse and Neglect Prevention month. The Safe Kids Strong Families committee has put together a variety of FREE family friendly events to help spread awareness of this important topic. Please consider attending one or more of these exciting events and share with your friends and family.

April 5th is Wear Blue Day! We would love to see you wearing blue, take a picture and post it on our Safe Kids strong Families facebook or Instagram [#SKSFKeno](https://www.instagram.com/SKSFKeno).

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Follow the Safe Kids Strong Families Facebook page for information on registering for any of the April events or call Chelsea at (262) 697-4689

Help up recognize **strong families** in Kenosha

Nominate a Strong Family here:

<https://tinyurl.com/t555vhcj>



Safe Kids Strong Families Events

- * **March 30**—Guardians of the Children Pin Wheel Garden @ Job Center at 1pm. Pin wheels will be on display throughout the month!
- * **April 3**—Triple P Event: The Power of Positive Parenting. Virtual event, 10-12pm. Please RSVP @ <https://tinyurl.com/32hdfb55>
- * **April 5**—PSN's Family Resource Center open house! Please join us for light refreshments & a fun family craft 12-2pm.
- * **April 5**—Wear Blue Day—Wear blue all day to show support for Child Abuse and Neglect Prevention Month!
- * **April 10**—Triple P Event: Raising Confident Competent Children. Virtual event, 10-12pm. Please RSVP @ <https://tinyurl.com/32hdfb55>
- * **April 17**—Triple P Event: Raising Resilient Children. Virtual event, 10-12pm. Please RSVP @ <https://tinyurl.com/32hdfb55>
- * **April 18**—Family Dinner & Game Night/Strong Family Awards @ Job Center-Door B, 5-7pm. Join us for dinner & games & help us recognize strong families in Kenosha! Please RSVP @ <https://forms.gle/svES4nTH9vbG9N6b6>
- * **TBD**—Connie Reyes Award and County Executive Proclamation @ the Kenosha County Job Center, 4pm. Recognizing excellence in prevention work.
- * **April 27**—Family Fun Run/Walk @ Kenosha County Center; 19600 75th St. Check-in & T-shirt pick up at 8:30am, run/walk at 9am. <https://forms.gle/f49u7EU3rzqLJsVZ8>
- * **April 27**—Kenosha County Families Branching Out Resource Fair @ the Kenosha County Center; 19600 75th St., 10:30-2pm.



**FREE DIAPERS TO
FAMILIES IN NEED!**

DIAPER DISTRIBUTION

Third Thursday of each
3:30-4:30

Safe Babies

SECURE AT HOME & ON THE GO



Correctly used child
safety seats can reduce
the risk of death by as
much as 71 percent.

FREE Carseat Program

Did you know that
4 out of 5 car seats
are installed
incorrectly?

FREE Pack-N-Play Program

Why is Safe Sleep
important? When you
put your baby "safe to
sleep" for every sleep,
you reduce the risk of
sudden infant death
syndrome (SIDS) and
making your baby less
likely to suffocate
accidentally during
sleep.



For questions or registration
reach out to Alison Haas at:
(262) 605-6545
Alison.haas@kenoshacounty.org

We provide 1 free Car Seat and Pack-N-Play per family/lifetime.

Do You Qualify?

- Must be a Kenosha County resident
- Must be low income- state benefit recipients
- You will need your child's age, current weight, and height when setting up appointment
- Must review Car Seat and Safe Sleep education link prior to appointment

NOTICE

The Car Seat Program through the PSN Family Resource Center will be temporarily paused to allow new staff to be trained.

Additional information will follow in June.

Build on your family's strengths

Try the 5 in 5 Challenge

Use Family Strengthening Month as an opportunity to focus on your family's strengths.

Research shows there are 5 specific Strengths that help families weather difficulties, support their children's growth, and feel better connected. Focus on a different Strength every weekday using the checklists below. It's a simple way to try out new strength-building ideas and find out what meets your family's needs.



It's that time of year again!!

Meaningful Mondays	Toolbox Tuesdays	Recharge Wednesdays	Resourceful Thursdays	Feelings Fridays
<p>It's important to spend meaningful time with loved ones and to reach out to others for acceptance, advice, and a helping hand. Try these ideas for Connecting with Others:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go device-free during meals or family time <input type="checkbox"/> Take a class or join a club online <input type="checkbox"/> Reach out to the homebound or elderly <input type="checkbox"/> Join or host a virtual game night <input type="checkbox"/> Deliver dinner to a neighbor <input type="checkbox"/> Volunteer in COVID-safe ways <input type="checkbox"/> Send a text to an old friend <input type="checkbox"/> Schedule a hangout with your friends <input type="checkbox"/> Fit a good hug or snuggle into your day 	<p>Adding new skills to your parenting toolbox helps you be prepared as your children change and grow. Try these ideas for Parenting As Children Grow:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Share your parenting joys and concerns with other parents <input type="checkbox"/> Make time to connect one-on-one with your children <input type="checkbox"/> Tap your pediatrician for advice <input type="checkbox"/> Sign up for a virtual parenting class <input type="checkbox"/> Get to know your child's friends <input type="checkbox"/> Read a parenting website or blog <input type="checkbox"/> Work together to reach a family goal <input type="checkbox"/> Praise your child's good choices and positive behavior 	<p>Taking care of yourself is an important part of taking care of your family. Take time to relax, recharge, and reduce stress. Try these ideas for Building Inner Strength:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a bath <input type="checkbox"/> Call a loved one who makes you laugh <input type="checkbox"/> Reflect on a challenge you've overcome <input type="checkbox"/> Unplug with a book, a movie, or music <input type="checkbox"/> Stretch your muscles and exercise <input type="checkbox"/> Get outside for awhile <input type="checkbox"/> Breathe in slowly, count to 5, breathe out <input type="checkbox"/> Spend a little time on a favorite hobby <input type="checkbox"/> Enjoy eating a favorite treat <input type="checkbox"/> Light a scented candle <input type="checkbox"/> Play a video game 	<p>Having a strong support system made up of personal and community resources is essential for every family. Try these ideas for Knowing How to Find Help:</p> <ul style="list-style-type: none"> <input type="checkbox"/> List 3 people you can always turn to <input type="checkbox"/> Check out your local family resource center's services <input type="checkbox"/> Practice by asking for help with a small thing <input type="checkbox"/> Add the 211 Helpline to your contacts <input type="checkbox"/> Ask your circle for their recommendations <input type="checkbox"/> Thank someone for their support <input type="checkbox"/> Let a loved one know you're ready to help <input type="checkbox"/> Get to know your neighbors or parents at school 	<p>Kids who learn how to understand and manage feelings become better at dealing with challenges and building healthy relationships. Try these ideas for Helping Kids Understand Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read or tell a story about feelings <input type="checkbox"/> Share an emotion you are feeling <input type="checkbox"/> Talk about ways to express big emotions <input type="checkbox"/> Think through a challenge out loud <input type="checkbox"/> Encourage and praise kind behavior <input type="checkbox"/> Do a task that takes cooperation <input type="checkbox"/> Ask your child what they're feeling and why <input type="checkbox"/> Teach a calming skill like counting to 10 or deep breathing

Here's a tip! Use the boxes to keep track of your progress. Checkmark the ideas you'll use again and draw an X by those that didn't work for your family.

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



In Friendships



In Families



In Communities

This April, Find New Supports

