



# The Family Times

Fall 2011 Newsletter

*Encourage, Strengthen and Support Families*

## AUTUMN ADVENTURE

(for families with children 10 years & younger)

**Join us for an evening of family fun!**

Monday, September 19, 2011

5:00 - 7:00 p.m. at Pierce Park, Appleton  
\$2.00 suggested donation/person or \$8.00/family  
(includes picnic dinner at 5:30 p.m.)

Register in advance at [www.thedacare.org/classes](http://www.thedacare.org/classes)  
or by calling (920) 830-6877.



Take a ride on the Borky Express  
Bring your camera for a family photo  
Games & activities for all ages

For scholarship info, call 739-4226 x108.

## FAYTH & CHARITY

Fayth Rudolph, daughter of Parent Connection intern Charity Rudolph, celebrated her 9<sup>th</sup> birthday on July 31st. She will be in 4th grade at Woodland Elementary. She asked her friends to bring gifts for our teen parent baby closet. "I wanted to help some babies and toddlers get diapers and stuff they don't have. I just hope it helps a little." Fayth loves to dance, read, play softball and volleyball, listen to music, and play with her friends.. **Thank you Fayth** for being so generous and thinking of others! We appreciate your help in helping others.



## Being a calm, positive parent

Often, as much as children are loved and wanted, it's easy to develop a negative attitude about them. Influenced by the media, friends, neighbors and fatigue, parents sometimes come to view children as an overwhelming burden. It's true that when a baby enters family life, there are many new duties and demands involved in keeping him or her contented and healthy. Naturally, parents are anxious and worried about doing everything correctly. New moms especially often pick up the message that it's their duty to devote every minute to their children, constantly entertaining them and catering to their every whim. For those parents who work outside the home, the burden seems even more overwhelming. Yet an attitude of devotion and self-sacrifice can work against children and parents and against having a happy and peaceful household. Choosing to be a parent who has a calm and positive attitude is not difficult.

- Don't view your child as an enemy. Sometimes parents unknowingly take on their parenting role as if it involved a constant battle of wills. Let your child know by your touch, voice, and words that you love and cherish her. But let her come to know that you, too, are a person with your own needs. Holding on to who you are while being concerned for your child will prevent unnecessary demands on her part and irritation and frustration on yours. It also gives youngsters a sense of security and sets the stage for the firm and fair rules of discipline older children need.
- Adopt easy-going approach and don't worry about being a perfect parent. It's not necessary to follow every rule of childcare to the letter. What feels natural to you is usually what's best. When little ones are cared for in a calm and unhurried way and allowed to develop at their own pace, you can almost be guaranteed they will blossom and thrive.
- Look forward to each day with joy. Few things establish bonding more firmly than getting into the spirit of whatever you are doing with your child. Act as if bath time or meal time were the most important things in the world to you at the moment. Since daily routines have to be performed anyway, why not make them fun for all of you? For most of us, being a parent involves on-the-job training and this can be scary. Yet it helps a lot when our attitude toward our children and ourselves, is caring and nurturing.

# Parent Connection Parenting Workshops-Fox Cities Fall 2011

**Registration:** Unless otherwise noted, register for these workshops by calling TheDaCare at 920-830-6877 or register on-line at [www.thedacare.org/classes](http://www.thedacare.org/classes).

## **Love and Logic** (0-6 years)

Learn practical techniques for raising responsible kids! Learn to discipline your children without losing their love and respect.

Dates: Sep. 19, 26, Oct. 3, 10 (Monday)

Time: 6:00-8:00 pm

Location: Prince of Peace Church,  
2330 E. Calumet, Appleton

Cost: \$15.00/person (includes book)

Childcare: Available with pre-registration

## **Your Child's Amazing Brain**

Examine the research for early childhood brain development, and how the first three years are crucial to forming the wiring system of the brain.

Date/Time: Sep. 22, 6:00-8:00 pm (Thur)

Location: Family Resource Center,  
1165 Appleton Road, Menasha

Cost: Free

## **It's Not What I Thought**

This FREE support group will focus on mothers with infants one year and younger. (Tuesday)

Dates/Time: Sep. 27, Oct. 4, Oct. 11,

Oct. 18, Oct. 25, Nov. 1; 11:00am-12noon

Location: Prince of Peace Church,  
2330 E. Calumet, Appleton

## **Thriving Threes**

Explore stages of development, discipline strategies, and creating a learning environment.

Date/Time: Oct. 5, 6:00-8:00 pm (Wed)

Location: Family Resource Center,  
1165 Appleton Road, Menasha

Cost: \$5.00/person

## **Two Homes, No Battles**

Successful co-parenting skills for divorced or separated couples. Discover practical ideas and skills to create a more nurturing environment.

Date/Time: Oct. 6, 6-8 pm (Thur)

Location: First English Church,  
326 E North Street,

Appleton

Cost: \$5.00/person



## **Toilet Learning**

Learn the signs for toilet readiness and stress-free toilet learning techniques.

It is important to teach them to listen to their bodies and to feel good about learning something new. The goal is to empower your child to use the potty and feel proud of his/her accomplishment.

Date/Time: Oct. 19, 6:00-7:30 pm (Wed)

Location: Family Resource Center,  
1165 Appleton Road, Menasha

Cost: \$5.00/person

## **Terrific Twos**

Explore typical behavior, stages of development, safe learning environment and importance of routines.

Date/Time: Nov. 3, 6:00-8:00 pm (Thur)

Location: Prince of Peace Church,  
2330 E. Calumet, Appleton

Cost: \$5.00/person

## **Raising Boys** (0-10 years)

Explore gender differences in brain development, ways to connect with your son, learning styles, school issues, and what boys need to thrive.

Date/Time: Nov. 9, 6:00-8:00 pm (Wed)

Location: Gegan Elementary School,  
675 Airport Road, Menasha

Cost: \$5.00/person

## **1-2-3 Magic** (3-12 years)

Learn how to STOP the behavior you don't want and START the behavior you do want. (Thur)

Dates/Time: Nov. 10 & 17, 6:00-8:00 pm

Location: First English Church,  
326 E. North Street, Appleton

Cost: \$5.00/person

Childcare: Available with pre-registration

## **Love and Logic** (6-13 years)

Join us for this interactive three week series that puts parents in control, teaches children to be responsible and prepares them for the real world. (Mon)

Date/Time: Oct. 10, 17, 24; 6-8 pm

Location: Little Chute Elementary School,  
901 Grand Avenue, Little Chute

Cost: \$15.00/person

Childcare: Available with pre-registration

## **FATHERHOOD PROGRAMS**

### **Baby Basics**

(for New and Expectant Dads)

This FREE class will teach you what to expect in upcoming new baby months.

Dates/Time: Sep. 26, Oct. 17, Nov. 21,

Dec. 19, 6:00-9:00 pm (Mondays)

Location: Family Resource Center,  
1165 Appleton Road, Menasha

### **Dads and Kids Group**

These FREE interactive social times are offered to dads, by dads, and their children birth to 5 years. (Thursdays)

Dates: Sep. 8, Oct. 13, Nov. 10, Dec. 8

Time: 5:30-7:00 pm

Location: Family Resource Center,  
1165 Appleton Road, Menasha

Register by calling Andrea at  
(920) 739-4226 ext. 108

## **TEEN PARENT PROGRAMS**

### **Just for You-Young Parent Group**

(15-21 years)

Enjoy a FREE evening for yourself.

Dinner will be provided followed by childcare and an activity "just for you."

Dates: Sep. 16, Oct. 21, Nov. 18, Dec. 16,

Time: 5:00-7:00 pm (Fridays)

Location: Family Resource Center,  
1165 Appleton Road, Menasha

Register by calling Kalyn at  
920-739-4226 x111

### **Parents as Teachers Home Visitation**

A Parent Connection home visitor will meet with you at your home or another location during a time that works for you. Home visitors will bring activities for your child and answer any questions. Please call (920) 739-4226 x 108 to register.

### **Teen Parent Mentoring Program**

The Teen Parent Mentoring Program matches any pregnant or parenting teen, ages 13-21, with an adult, female mentor. We can help you with: health care, educational and employment goals, child development, parenting, community services, and family planning. Please call (920) 739-4226 x 153 for more information or to register.

Scholarships are available—For more information, call (920) 739-4226 x108

## Topics to Increase Parenting Skills

(The TIPS series is offered for parents with children ages 2-12 years)  
Join other parents for an overview on a variety of parenting topics.

**Dates/Topics:** Sept. 27—Positive Discipline  
Tuesdays Oct. 4—Anger Management  
Oct. 11—Self-Esteem for the Whole Family  
Oct. 18—Communication Styles  
Oct. 25—Feeding Bodies, Not Just Filling Bellies  
Nov. 1—Preventing Power Struggles

**Time:** 6:15-7:45 pm

**Location:** First United Methodist Church, 325 E. Franklin Street, Appleton

**Cost:** Free when registered in advance

**Child Care:** Free for children ages infant to 9 years with minimum four-day advance notice

**Registration:** Call the TIPS Hotline at 920-540-7380. Come to one or all!

*The TIPS series is brought to you by: Family Services, Affinity Health System, UW-Extension Outagamie County, FISC, Head Start, First United Methodist Church of Appleton, and United Way Fox Cities.*

### Family Resource Center Update

Due to current limited funding for the FRC, we will be offering some of our classes at the FRC and some at other locations in the community. We will keep you updated to future FRC news.

## Parent Connection Parenting Workshops-Oshkosh Fall 2011

**Registration:** Call (920) 233-6630

**Baby Basics** (Free for new & expectant parents) 2nd Saturday of each month  
Time: 9:00am-12:00 noon 9:00am-12:00 noon  
Dates: Sept. 10 and Nov. 12 Oct. 8 and Dec. 10  
Locations: Aurora Medical Center Mercy Medical Center

### **Nurturing** (Birth to 12 years)

This 12-week group-based program teaches families how to communicate better and strengthen their relationships.

Dates/Time: Sept. 20-Dec. 6/5:30-8:00 pm  
Location: First United Methodist Church, 700 Linwood, Oshkosh  
Cost: \$40.00 (includes book)

### **Two Homes, No Battles**

Successful co-parenting skills for divorced or separated couples. Discover practical ideas and skills to create a more nurturing environment. Understand that children react differently to divorce at different ages. Learn what parents can do to make the transition less traumatic.

Date/Time: See website for details  
Location: Parent Connection office, 36 Broad Street, Oshkosh  
Cost: \$10.00/person

### **Active Parenting of Teens** (13-18 years)

This 6 week video-based parenting program provides concrete steps for effectively handling family problems through clear, honest communication and respective discipline.

Dates/Time: Oct. 12-Nov. 16/6:00-8:00 pm  
Location: Parent Connection office, 36 Broad Street, Oshkosh  
Cost: \$40.00 (includes book)

### **1-2-3 Magic**—See description on previous page

Dates/Time: See website for details  
Location: Parent Connection office, 36 Broad Street, Oshkosh  
Cost: \$20.00/person

### **Love and Logic** (0-6 years) - See description on previous page

Dates/Time: See website for details  
Location: Parent Connection office, 36 Broad Street, Oshkosh  
Cost: \$30.00/person



## Parent Connection Resource Guide of the Fox Valley

Our resource guide has been updated and can be copied/distributed as needed. It can be found on our website at:  
[http://familyservicesnew.org/parent-connection/  
community-resources.pdf](http://familyservicesnew.org/parent-connection/community-resources.pdf)

## Wisconsin Public Service Updates

### **Call for Help with Energy Bills**

If you're concerned about keeping up with energy bills, a call to Wisconsin Public Service can be the answer. Working with WPS upfront can prevent you from falling behind. WPS can help you with billing plans, assistance programs, special payment arrangements and more.

Additionally, you are encouraged to apply for financial assistance. WPS can provide information on energy assistance programs that will pay a portion of your winter heating costs if you qualify. Call 24-Hour Customer Service at **800-450-7260**.

### **Wish Someone a Warm Holiday**

Consider giving the gift of warmth this holiday season to an area family in need. Energy Gift Certificates from Wisconsin Public Service are unique, practical and welcomed by people of all ages. They're perfect for the coming holidays or any occasion for that matter. Your family, friends and neighbors will remember you warmly, every month.

To order yours, visit our website at **wisconsinpublicservice.com** or call 24-Hour Customer Service at **800-450-7260**. If you'd like your Energy Gift Certificates to arrive in time for Christmas, be sure to order no later than December 12, 2011.

### **Find us on Facebook!**

Parent Connection is now on Facebook- Visit our website for a direct link to our fan page.  
[www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)

## **Childhood learning doesn't always mean book learning**

It's true that some children, with parental guidance, are able to read and write at very early ages. But this doesn't mean that they are able to make proper evaluations of the things they do because what they do, many times, is just a conditioned responses.

Only when a child has developed the capacity to think, to direct her natural curiosity to find answers to meaningful questions, has true learning for that child been accomplished. Instead of being directed in all their activities, children learn a great deal as they play. They search for answers to their own questions, and they find answers in their make-believe games. Children come to a deeper understanding of themselves and others by pretending to be musicians, doctors, storekeepers, truck drivers, artists, and athletes.

When a child shares or takes turns with others, recognizes another's frustrations, acts out her own anxieties and conflicts—she is doing the plain, hard work of growing up through the natural processes of childhood. When we rush children into clever performance of skills, when we organize their daily lives so that there is not a moment for inner contemplation, we decrease the possibilities for genuine thought and individual growth.

Most of us have happy recollections of our childhood days. When life hurts, when they way grows weary, when we are vexed and baffled by unattainable but deep desires, or saddened by losses, so many times we find solace in remembering something of our yesterdays.



The truth of this is demonstrated by the hold that songs and poems we learned as children have upon us. These songs and poems appeal to us because their major note touches one of the deeper and elemental things in human nature: childhood.

Let's let children be children for a few shorts years of childhood. Let's let them accumulate precious memories that will serve them well in adult life.

Parent Connection receives a portion of its funding from:  
United Way, Parents Plus, Parents as Teachers,  
Child Abuse Prevention Fund, Outagamie & Winnebago  
counties, and Children's Trust Fund

*Visit us at [www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection) for excellent parenting links!*  
**Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.**

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