



## Parenting Today

By Jen DiMatteo | Family Wellness & Parent Education Program | Parent Connection

Understanding how to raise and care for children is something we learn as we go through life. We learn from our own childhood experiences and by seeing how others take care of kids. Our parents learned from their parents too, and this knowledge gets passed down to us. The way we parent is shaped by what we've learned, how we act, and how we react to the world. When we make decisions about parenting, we think about our own experiences and personality, our co-parent's experiences and personality, and the unique personalities of our children. The world is always changing, so we need to consider that too.

There isn't just one right way to be a parent, and every family is different. What works for one family might not work for another. We can learn new ideas and information that fits our own families. There are helpful books to read, classes to take, and groups to join. All of this gives us new ways to think about things. We can feel good about how we already parent, while also learning new approaches we never thought of before. Joining classes and groups lets us meet other parents and caregivers. We realize that we're not the only ones facing challenges, and we can hear about what others have tried.

It's also okay to admit that we don't have all the answers and need to ask for help. Here in Northeast Wisconsin, we have many resources to turn to. Parent Connection and our community partners are here to help make things a bit easier. There's no need to feel ashamed about asking for help. It's okay to feel stressed or overwhelmed when taking care of your children. Making mistakes or not knowing everything is also okay. Raising children is the most important and difficult thing we'll ever do, but it also brings the chance for amazing rewards. So reach out, ask questions, read those books, and take those classes – it's all worth it.



*"Thank you for taking the time with me. Even though I was already walking this path, the information you shared and discussed was insightful as well as helpful in helping me be a better parent."*

# PARENT EDUCATION WORKSHOPS & EVENTS

[Clicking the Class Date on our digital newsletter links you to the Online Registration](#)

Scholarships available, Contact the Workshop Team at [workshops@familyservicesnew.org](mailto:workshops@familyservicesnew.org) or (920) 739-4226 ext. 127



## September

Positive Solutions for Families  
[Tuesdays, Sept 19, 26, Oct 3, 10](#)  
Plan to attend all four sessions  
In-Person Appleton

6:00-8:00 pm | Cost: \$15.00

For parents/caregivers of kids from pre-school through elementary age, this evidence-based workshop offers information, tips & techniques on topics such as: Misbehavior & how we contribute, Empower kids to be confident, capable & independent, Regain control & let go of guilt, Handle extreme behaviors in a positive way, Calm the crazies & fire up the fun, Staying strong through the ages & stages.

*This curriculum is offered in many early learning programs helping parents get their children ready for school & to help build understanding & communication between families and teachers.*

## October

Love and Logic:  
Adults Supporting Youth  
with Challenging Pasts  
[Mondays, Oct 16, 23, 30](#)  
Plan to attend all 3 sessions  
In-Person Appleton

6:00-8:00 pm | Cost: \$15.00

*This workshop is for any adult serving or living with children & teens who have experienced loss, hardship or trauma.*  
Cut through the complexity of working with youth with challenging pasts & provide real solutions that can be applied immediately. We will discuss the steps to build relationships, deal with defiance, show empathy, minimize power struggles & support opportunities for success.

## November

Special Presentation:  
Mental Health 101 for Parents  
[Date to Be Confirmed](#)

[Check our Website for Updates](#)

In-Person Appleton | Cost: FREE

*You asked, and we are happy to bring this to you!* Join us for a Special Presentation on Mental Health, open to the community, presented by NAMI Fox Valley (*National Alliance on Mental Illness*). **Topics will include:** Define mental health vs. mental illness; Identify at least one warning sign of a mental health condition; Understand the impact of mental health conditions; Identify at least one barrier to mental health treatment services; Identify at least one resource for mental health support.

Developmental Milestones  
[Tues, Nov 14](#) In-Person Appleton

5:30-7:00 pm | Cost: FREE

Parents will learn about developmental milestones for their children ages 0-12 months, why it's important to recognize key ages & stages, what to do if you have concerns about your child's development & how to help your child flourish. Join us to learn and get answers to your questions.

Baby Basics for New & Expectant Dads  
[Mon, Nov 27](#) In-Person Appleton

6:00-9:00 pm | Cost: \$10.00

**Just for dads!** This hands-on class will help you learn: handling, feeding, burping, changing & calming a newborn; what to expect in the upcoming months; how to enhance your baby's future; get answers to your questions.

## December

Parenting to Your Child's Temperament  
[Tues, Dec 12](#) In-Person Appleton

6:00-8:00 pm | Cost: \$10.00

What do parents need to know about their temperament and their child's temperament? **Everything!** Temperament can help us answer questions and increase understanding about why our children are like they are. We will shed light on how you respond as a parent based on your temperament and how to recognize issues ahead of time to anticipate problems in behavior before they happen using temperament as a guide.

## Support Groups

NAMI Parent & Caregiver Support Group  
2<sup>nd</sup> Monday of Every Month  
In-Person Appleton

6:00-7:30 pm | Cost: FREE

[9/11](#), [10/9](#), [11/13](#), [12/11](#)

This Support Group is for parents & caregivers of school-aged children with behavioral & mental health challenges.

Our support groups provide participants with a relaxed, trusting and safe environment to share with and support others who can empathize with their experiences.

Participants share strategies and coping skills, discover community resources and experience the benefits of mutual compassion.

For questions regarding NAMI family support groups Contact Vivian Flanagan,

NAMI Fox Valley

Family Program Coordinator

[vivian@namifoxvalley.org](mailto:vivian@namifoxvalley.org)

or 920-740-3499

## On Demand

Potty Training

[Previously recorded video](#)

Cost: FREE

Potty training can test your patience and expectations, it can be repetitive, messy & frustrating. But caregivers can help children do this when they are ready!

This program helps you look for and prepare for "readiness" and talks about ways you can help and support a child during this important milestone in their development.



*"I appreciated the Facilitator's knowledge and openness to discuss issues in a practical manner, great class. The childcare provided was excellent."*

# PARENT EDUCATION WORKSHOPS & EVENTS

Visit [www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection) to learn more about our programs. Call to speak with a Parent Connection team member: Fox Cities (920) 739-4226, Oshkosh (920) 233-6630, Shawano (715) 853-0923



## Parent Education Workshops are for Everyone

Parent Connection offers evidence & research based curriculum and invites professionals from our communities to speak on topics that benefit families.

We offer ***scholarships*** to families in our service areas (*Outagamie, Winnebago, Shawano, Menominee & parts of Calumet Counties*).

***Free childcare*** is available at most In-Person workshops. Limited spots, ***register early!***

We reserve the right to cancel workshops with low enrollment. Fees will be refunded for any cancelled workshop.

Visit our Website & Facebook page for the most current Parent Education Workshops & Events:

[www.familyservicesnew.org/parenting-classes](http://www.familyservicesnew.org/parenting-classes)

[www.facebook.com/ParentConnectionWI/Events](https://www.facebook.com/ParentConnectionWI/Events)

or Contact the Workshop Team at:  
[workshops@familyservicesnew.org](mailto:workshops@familyservicesnew.org)  
(920) 739-4226 ext. 127

*"What I enjoyed most about the workshop was the conversation along with the learning material. Thank you for all the information and support."*

## Community Events

### Autumn Adventure Fox Valley

Thurs, Sept 14 | 4:00-6:00 pm

Pierce Park Pavilion

1035 W. Prospect Ave., Appleton

FREE Community Event

for families with children 10 & under

**"Read & Stroll with  
Your Community Partners!"**

Enjoy food, activities, and of course... Reading Adventures as a family! Bring your littles in a stroller or wagon and walk through a path of reading, crafts & games as they meet Fox Valley's Friendly Community Partners! You'll get to decorate your stroller or wagon and earn a chance to Win a Raffle Prize!

Please register for this event:

[www.surveymonkey.com/r/AutumnAdventure2023](http://www.surveymonkey.com/r/AutumnAdventure2023)

Questions? Contact Meaghan  
at [mcoughlin@familyservicesnew.org](mailto:mcoughlin@familyservicesnew.org)

### Octoberfest Shawano

Sat, Oct 7 | 10:00 am-3:00 pm

Downtown Shawano, free live music, food, craft vendors, kids' games, scarecrow context & more!



**Parents as Teachers®**

#### Home Visiting:

This FREE early learning program is designed for parents-to-be & parents and their babies residing in Outagamie, Winnebago, Shawano, Menominee & parts of Calumet Counties.

Family Support Specialists trained in early childhood & brain development conduct home visits prenatally and from the child's birth to the age of three.

- \* Parenting information
- \* Child development information
- \* Constructive play ideas
- \* Developmental screenings
- \* Connection to community resources

**Fox Cities serves:** Outagamie County & Calumet County with an Appleton address; eligible first-time parents & parents-to-be

**Oshkosh serves:** Winnebago County; all eligible parents & parents-to-be

**Shawano serves:** Shawano & Menominee; eligible first-time parents & parents-to-be

#### Call for more information:

Fox Cities: (920) 739-4226

Oshkosh: (920) 233-6630

Shawano: (715) 853-0923

*"Words cannot express the gratitude and appreciation I have for this program [Parents as Teachers]. Thank you for the opportunity to participate. I recommend this program for every momma bear out there (fathers as well)."*



**Parent Connection**  
1810 Appleton Road  
Menasha, WI 54952

**Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.**

**Fox Cities:** 1810 Appleton Road, Menasha, WI 54952 | (920) 739-4226

**Oshkosh:** 36 Broad Street, Suite 150, Oshkosh, WI 54901 | (920) 233-6630

**Shawano:** 607 E. Elizabeth Street, Shawano, WI 54166 | (715) 853-0923

Visit us at: [www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)



For the most up-to-date listing of Parent Connection Workshops, Events,  
Community Resources & more - *sign-up for our e-Newsletter!*

It's easy to join our mailing list!

*Just send your email address by text message!*

Text:  
**PARENTCONNECTION**  
to 42828  
and start getting  
program updates!



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