

The Family Times

2024
June to August
Summer Newsletter



By Jenifer Rettler | Parent Connection

Effective strategies, resources and prioritizing wellness play a big role in preventing adversity while promoting positive experiences so children and families can thrive. It is what we do at Parent Connection through the encouraging, strengthening & supporting work we do!

These are our 1, 2, 3's

1. We Encourage, Strengthen & Support Effective Strategies
2. We Encourage, Strengthen & Support Connection to & Helpful Use of Resources
3. We Encourage, Strengthen & Support Prioritizing Wellness

But others have 1, 2, 3's to help in this effort too!

Are you a Parent / Child Caregiver? Here are your 1, 2, 3's

1. Praise Children Often for their Uniqueness and Goodness (*who they are, not what they do*). This type of praise can build a child's self-esteem and reinforce positive behaviors and interactions.
2. Establish Consistent Healthy Routines and Expectations. Children feel secure and thrive when their environment is well structured and predictable.
3. Make Time for Child-led Play and Meaningful Connections. When you build child-led playful learning into everyday moments it helps children develop skills to solve problems, collaborate with others and think critically.

Are you a Child or Adult Educator? Here are your 1, 2, 3's

1. Encourage / Teach Healthy Social and Emotional Skills
2. Encourage / Teach "Think, Pair, Share" - Collective Problem Solving
3. Encourage / Use Mindfulness Activities (*to help yourself and others regulate*)

Are you on Social Media or Interacting with Children, Parents and Families? Here are your 1, 2, 3's

1. Encourage Healthy Self-Care
2. Support with Kindness
3. Connect Those in Need to Resources

- * 211 for Local Community Resources: www.211.org
- * Parent Connection: www.familyservicesnew.org/parent-connection
- * CDC Parenting: www.cdc.gov/parents/index.html
- * Family Services NEW: www.familyservicesnew.org
- * ACF HHS for behavior health: www.acf.hhs.gov/behavioral-health



When children, parents & families struggle in different ways, it is hard to be our best while supporting them in all the ways they need. We can pull together as a community to Encourage, Strengthen & Support these 1,2,3's!

PARENT CONNECTION PROGRAMS

Visit www.familyservicesnew.org/parent-connection to learn more about our Programs.

Call to speak with a team member: Fox Cities (920) 739-4226, Oshkosh (920) 233-6630, Shawano (715) 853-0923

Welcome Baby:

This FREE early support program offered by Parent Connection is for parents-to-be, parents & their new babies residing in Outagamie, Winnebago, Shawano, Menominee & Appleton or Menasha addresses in Calumet County.

Family Resource Specialists visit expecting & new parents at area hospitals and clinics to provide personal health and parenting education, breastfeeding support, home safety tips & infant development information.

Welcome Baby can:

- * Connect you to community resources
- * Share important child development information
- * Help determine eligibility for area support options
- * Provide a follow-up visit if needed
- * Provide a warm-handoff to our home visiting

Fox Cities serves: Outagamie County & Appleton or Menasha addresses within Calumet County; eligible first-time parents-to-be & parents

Oshkosh serves: Winnebago County; all eligible families

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

Call for more information:

Fox Cities: (920) 739-4226 | Oshkosh: (920) 233-6630
Shawano: (715) 853-0923



Home Visiting:

This FREE early learning program offered by Parent Connection is for parents-to-be, parents & their young children residing in Outagamie, Winnebago, Shawano, Menominee & Appleton or Menasha addresses in Calumet County.

Family Support Specialists trained in early childhood & brain development conduct home visits from before or 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 & Appleton or Menasha addresses within Calumet County; eligible first-time parents-to-be & parents

Oshkosh serves: Winnebago County; all eligible families

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

Call for more information:

Fox Cities: (920) 739-4226 | Oshkosh: (920) 233-6630
Shawano: (715) 853-0923

Family Wellness Program:

This educational program by Parent Connection is for anyone living or working with children & families in our service area.

Facilitators & experienced staff provide evidenced & research-based Parent Education in group classes, one-on-one coaching, as well as communicate, educate & inspire through newsletters & social media in a way that is relevant to the needs of parents & those working with children in our community.



Family Wellness helps you:

- * Learn positive parenting & family strengthening skills
- * Scholarships are available to cover fees for those in our service area
- * Free onsite childcare offered at most workshops
- * Connect with helpful community resources & support groups
- * Connect with family fun activities

Anyone Interested can:

- * Check out the current schedule on our website
- * Subscribe to our Newsletter options at www.familyservicesnew.org/parenting-classes
- * Follow us [@ParentConnectionWI](https://www.facebook.com/ParentConnectionWI) on Facebook

For more information:

Email: workshops@familyservicesnew.org
or Call (920) 739-4226 ext. 127

PARENT EDUCATION WORKSHOPS & EVENTS

[Clicking the Date in this digital Newsletter links you to the Online Registration](#)

Scholarships may be requested through online registration to cover any fees for those in our service areas.

Support/Discussion Groups

NAMI Parent & Caregiver Support Group

2nd Monday of Every Month

In-Person - 6/10, 7/8, & 8/12

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

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 & safe environment to share with & support others who can empathize with their experiences. Participants share strategies & coping skills, discover community resources & experience the benefits of mutual compassion.

*Registering ahead helps us plan for you.
Walk-ins are welcomed.*

NEW! Back to Baby Basics:

Dads Discussion Group

In-Person - Mon 6/24

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

This Discussion Group is *Just for Dads* of infants in their first year.

After having your new baby home for a while you may have new questions or concerns about day-to-day responsibilities caring for your infant, being a good co-parent & balancing it all with the rest of your life. ***Back to Baby Basics is a discussion group for dads*** to share how everything has been going, questions & concerns & what's been going well.

On Demand

Potty Training

[Previously recorded video](#)

Cost: FREE

Potty training can test your patience & expectations, it can be repetitive, messy & frustrating. But caregivers can help children do this when they are ready! This video from a prior class helps you look for & prepare for "readiness" & talks about ways you can help & support a child during this important milestone in their development.



On Demand



June

Anger & Emotion Management for Parents

In-Person - Tues 6/18

6:00-8:00 pm | Cost: \$10

Our children bring us incredible joy. Yet there are times we find ourselves crabby, frustrated or angry with the people we love. Learn how to manage anger to improve your relationships. Learn the five stages of anger & the top ten anger producers. Get to know your own anger, anger style & how to manage it to create a more harmonious home.

Positive Discipline Parenting

In-Person - Tues 6/25

6:00-8:00 pm | Cost: \$10

This course will talk about discipline as structure, routine, communication & being our children's role models. Build up your children's positive behaviors & sense of self-esteem.

Let's talk about how we can start Positive Discipline in our homes today.

July

Managing Meltdowns

In-Person - Mon 7/29

6:00-8:00 pm | Cost: \$10

Of all the behavioral problems parents face from their children, meltdowns may be the most upsetting as well as hardest to manage.

This one-night workshop will help parents regain control. We will discuss the main causes of tantrums & steps for meltdown management.

August

Active Parenting: The First Five Years

Online - Tuesdays 8/6, 8/13, 8/20 & 8/27

Plan to attend 3-4 sessions

5:30-7:30 pm | Cost: \$15

This program builds basic parenting & nurturing skills for new parents & caregivers with topics focusing on: You & Your Child, Preventing Problems, Encouraging Positive Behavior & an Optional 4th Session, Preparing for School Success.

Anger & Emotion Management for Parents

Online - Thurs 8/15

12:00-2:00 pm | Cost: \$10

Our children bring us incredible joy. Yet there are times we find ourselves crabby, frustrated or angry with the people we love. Learn how to manage anger to improve your relationships. Learn the five stages of anger & the top ten anger producers. Get to know your own anger, anger style & how to manage it to create a more harmonious home.

Positive Discipline Parenting

Online - Thurs 8/22

12:00-2:00 pm | Cost: \$10

This course will talk about discipline as structure, routine, communication & being our children's role models. Build up your children's positive behaviors & sense of self-esteem. Let's talk about how we can start Positive Discipline in our homes today.

Baby Basics

for New & Expectant Dads

In-Person - Mon 8/26

6:00-9:00 pm | Cost: \$10

This program designed ***Just for Dads*** discusses & demonstrates basic newborn care (*handling, feeding, burping, changing, cleaning & calming*), what to expect in the coming months & how to enhance your baby's development.



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: 100 County Road B, Shawano, WI 54166 | (715) 853-0923

Visit us at: www.familyservicesnew.org/parent-connection

