



BUILDING BLOCKS

Building on family and community strengths to give young children a positive start in life.

Spring Edition

Family Resources of Monroe County

APRIL | MAY | JUNE 2010



Winnebago Wednesday Is Back!

Family Resources has the key to your summertime fun! What could be better than weekly themes, games, crafts, lunch and friends? Lunch (provided by the Tomah School District) will be served at 11AM. Thanks to Jesse Bender for arranging this for Family Resources!



This year's themes include: Nature Day, Petting Zoo, 4-H Day, Water Fun, and much, much more!

The event is free for families in Monroe and Juneau County and is age appropriate for infants (there is an infant area) to school age children. Come and enjoy weekly summer fun! Please note that the event will be cancelled in the event of rain.

Wednesdays | June 16th—August 4th | 10-11AM

Family Fun Nights



Sparta Family Fun Night: Spring Olympics!

Monday | May 24th | 6-7:30PM

Come prepared to run and play. We will be playing lots of games and having a bunch of races. "Medalists" in every category! Registration is required 3 business days prior to event. For more information or to register, contact Barb at (608) 269-3151 x 6116.

Tomah Family Fun Night: It's A Luau!

Date and time in June to be determined. **Watch your mail for details!**

Partners In Parenting

Are you a first time parent? Do you have questions about babies?

If you answered "yes" to either of the above questions, the Partners In Parenting program is for you! Family Resources would like to welcome you to the world of parenting with a free book full of information about babies and resources in our area for parents of young children. For more information about this program, contact Julee at (608) 374-4190 or Barb at (608) 269-3151 x 6116.

April is National Child Abuse Prevention Month. Wear Your Blue Ribbon Of Support!

Blue ribbons are a reminder that every interaction we have with a child is an opportunity to have a positive impact on that child. If you are concerned about the safety of a child contact Human Services at (608) 269-8600.

Our Vision

Building on family and community strengths to give young children a positive start in life.

Our Mission

Family Resources is a place for all who care for children. Our programs educate, strengthen, and support parents and caregivers by creating a greater understanding of the impact they have on the lives of children in their care. Through increased education and parental growth, children will have a positive, supportive, and loving start in life.



SPARTA OFFICE

Contact: Barb Hopkins
Family Resources of Sparta
201 E. Franklin St.
(Room 116)
Sparta, WI 54656
(608) 269-3151 x 6116
Fax: (608) 366-3475
bhopkins@spartan.org

TOMAH OFFICE

Contact: Julee Katona
Family Resources of Tomah
310 W. Elizabeth St.
Tomah, WI 54660
(608) 374-4190
Fax: (608) 374-4190
juleekatona@centurytel.net

Business Hours

For All Locations:

Monday—Friday
8AM to 4PM

Hours can vary based on schedules please call ahead.

Call the Parenting Warmline during normal business hours: (608) 374-4190 or (608) 269-3151 x 6116

WORKSHOPS

Workshops are offered free of charge. Limited childcare provided for children who are independent walkers and older; younger children are welcome to join their parents. Child care is limited to the first 8 children registered. CEU's are not offered.

Pre-registration is required 3 business days prior to the workshop. If you register and can't attend please call.

FAMILY RESOURCES OF SPARTA

Solving the Puzzle

April 19th | 6-7:30PM

Sexuality education begins at birth. We encourage parents to have open, honest discussions with their children. Fear not the questions you may not have the answer to...this is a chance to discover the answers for yourself. *Free copies of the booklet "Solving the Puzzle" will be distributed.*

Presented by: Karolee Behringer, Options Clinic

Read the Label, Set A Better Table

May 10th | 6-7:30PM

Do you know what food labels are telling you? How do you know? This workshop will answer these questions and more. Come to learn how to choose healthy foods and make them appealing to your children.

Presented by: Lynn Edwards, RD, CD

Fun and Games!

June 7th | 6-7:30PM

This workshop will give you lots of hands-on songs and games to do with your children. Years of tunes and tricks brought to you by a teacher and former camp counselor. Lots of fun ideas will be shared.

Presented by: Christie Bronder, Parent

FAMILY RESOURCES OF TOMAH

Stewards of Children: Prevent Sexual Abuse

April 20th | 5:30-8:30PM

This nationally acclaimed training is designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. It is highly recommended for teachers, parents, and volunteers who work with children or youth.

Presented by: Lisa Metz-Belzer & Alyson Holmay-Plemmons—Parent Educators

Body After Baby

May 6th | 6-7:30PM

It doesn't matter if it has been six months or six years since you've had a baby, come listen and learn how to get your body back. During this workshop we will discuss ways for you to eat and exercise to stay healthy.

Presented by: Joan Kortbein, Dietitian—Tomah Memorial Hospital

Summer Safety

June 1st | 6-7:30PM

Summer is just around the corner. This informative workshop will cover summer time hot topics—what sunscreen to use, how to properly protect your children from ticks, mosquitoes, bike helmet safety and much more.

Presented by: Kasey Gegenfurner, Community Health Educator & Jason Holtz, Parent

ALL SERVICES ARE AVAILABLE TO RESIDENTS OF JUNEAU, LA CROSSE, AND MONROE COUNTIES



PLAY OPPORTUNITIES

PLAY SHOPPE is a shared time for parents and their children to enjoy play, art activities, story time, and to spend time with friends. Registration is not required.

Sparta: Fridays | 10-11:30AM
(see below for special locations and days)

April 16th—Dress-Up Day! Wear your favorite outfit.

****April 26th—Meet today instead of April 30th!****

May 7th—Stuffed Animal Day! Bring your favorite stuffed animal.

May 28th—Red, White, & Blue Day! Wear red, white, and blue.

June 11th—Hat Day! Wear your favorite hat.

June 25th—Meet at Westside Park.

Tomah: Mondays | 9:30-11AM
(see below for special locations and days)

April 5th—Pajama Day!

May 10th—Grandpa Nick's Petting Farm (27124 Concord Ave., Warrens)
Cost: \$4 for adults and \$3 for children—children under 3 are free

June 7th—Crazy Sock Day!

PLEASE NOTE: June 7th is the last day for Tomah Play Shoppe until August.

PARENT CONNECTION welcomes moms, dads, grandparents, or other caregivers who are looking for a place to unwind and share the joys and challenges of parenting with others. Connect over coffee and conversation while toddlers and preschoolers play in our supervised playroom. No need to register.

Sparta: Wednesdays (see below) | 10-11:30AM
April 14th & 21st, May 5th & 26th, and June 9th & 30th

Tomah: 2nd and 4th Wednesday | 9:30-11AM

PLEASE NOTE: June 9th is the last day for Tomah Parent Connection until August.

CLASSES AND PROGRAMS

Registration is required 3 days prior to all events.

Active Parenting (ages 5-12)

Through this program parents will learn skills that will help develop cooperation, responsibility, and self-esteem in their children. They will also learn positive discipline techniques, natural and logical consequences, mutual respect, and problem-solving skills. Open to parents who want to improve their parenting skills for lifelong learning and/or parents who are interested in receiving a required parenting class completion certificate. *Limited childcare provided for children who are independent walkers and older; younger children are welcome to join their parents.*

Mondays | May 3rd—24th | 6-7:30PM
Family Resources of Tomah

Day With Dad

Need a gift for Mother's Day? Dads or significant male figures and their children are invited to join us at All American Do It Center (1201 N Superior Ave, Tomah) to make a gift for mom or the significant female figure in your life. Registration is required. For more information contact the Sparta or Tomah office.



April 24th | 9:30-11AM | All American Do It Center in Tomah

Infant Massage

Infant massage is a great way for all parents to bond with their babies. Not only is it a relaxing and enjoyable activity for babies and parents, but it can also calm some babies with colic. It may also relieve discomfort for babies with constipation or reflux. To register or for more information, call Barb at (608) 269-3151 x 6116.

Thursday, May 20th | 6-8PM | Family Resources of Sparta

Parents As Teachers

By providing specific, timely information about child development in the family home, or at another comfortable setting, parents learn what they can do to provide their children with a positive start in life that will help ensure their success in school.

The Parents As Teachers program includes home visits, parent group meetings, developmental screenings and a resource network. To learn more about becoming a P.A.T. family, contact Julee at (608) 374-4190.

WISH LIST: The Parents As Teachers program is looking for hard covered children's books to use at home visits. If you have any you wish to donate, they may be dropped off at either Family Resources site.

TEEN PARENTING & PREGNANCY SUPPORT GROUPS

Are you, or soon to be, a teen mother or father? Are you trying to balance being a parent, school, and work? Join us and discover ways to deal with the stress of pregnancy and parenting, learn parenting tips, and much more. A snack is provided.

Sparta: 2nd and 4th Thursday | 10:30-11:30AM

Tomah: 3rd Thursday | 5-7PM ***Registration Is Required**

CPR/AED Training

American Heart Association Heartsaver Adult, Child and Infant CPR/AED class. Cost is \$30 (non-refundable) and participation is limited to the first 6 paid registrations. Payment must be received 5 business days prior to the training. Certification card is included. For more information or to register, call Julee at (608) 374-4190.

June 7th | 6:00-9:00PM | Family Resources of Tomah

CHILD CARE PROVIDER TRAINING

Cultural Competence: The Power to Welcome and Serve Others
Wednesday, May 26th | 6-9PM | \$20 Training Fee (CEU's included with fee)

Cultural competence refers to a set of skills that allow individuals and organizations to increase their understanding and appreciation of cultural differences within, among, and between groups. This requires a willingness to draw on community-based values, traditions, and customs and to work with knowledgeable persons of and from the community in developing efforts, communications, and services. A culturally competent program is one that demonstrates sensitivity to and understanding of cultural differences in program design, implementation, and reflection. In this workshop, participants will learn:

- More about the meaning of cultural competence
- How environments send messages about culture to staff, children, parents, and community
- How staff and team development are a resource for building cultural competence
- How service delivery to parents and children can be made more culturally competent

The training fee must be paid at the time of registration and is non-refundable. Space is limited so register early! For more information or to register, call (608) 784-8125 or (800) 873-1768.

Presented by: Lilly Irvin-Vitela, Executive Director of Supporting Families Together Association, SFTA

LOCATION: CESA #4, 923 East Garland St., West Salem

In partnership with CESA #4





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Monday, June 21st

The Golf Club at Cedar Creek
12pm Shotgun Start
5pm Dinner/Awards
 Watch your mail for more information to come!

DATES WE ARE CLOSED

April 2nd
May 31st
June 21st

Closed during business hours on the first Thursday of every month.

Other Resources and Services Available For You

HELP FINDING CHILD CARE

Family Resources' Child Care Resource & Referral Department can provide parents with a customized listing of child care providers based on the age of their child, the hours they need childcare, and their preferred location. Contact the Resource & Referral Department at (608) 784-4519 or (800) 873-1768.

ACCU-CUT AND RESOURCE LIBRARY

Accu-Cut machines and dies are available in addition to a Resource Lending Library! Please call ahead to make sure there is a staff person available. Hours can vary based on schedules.

PLAY ROOM AVAILABLE

Would you like to come and play in the play room? Family Resources' play rooms are open to anyone who would like to use them. The play rooms are available when there is no programming. Please call ahead to make sure there is a staff person available. Hours can vary based on schedules.

VOLUNTEERS

Would you like to become more involved with Family Resources? Family Resources of Sparta and Tomah are looking for volunteers to help with various activities, some involving children and others that don't. If you or someone you know would be interested, please give Barb or Julee a call. (see contact info on front page)

FAMILY RESOURCES SICK CHILD POLICY

We realize that children get ill and that this is how they build their immunity and resistance to diseases. Help us prevent the spread of the H1N1 Virus! For the health and safety of all, please be considerate and keep sick children home when they have any of the following symptoms: fever, persistent cough, yellow or green runny nose, rashes, overly fussy, vomiting or diarrhea (must be free of both for at least 24 hours). Thank you for helping all of us to be healthy!

FUNDING SOURCES



Monroe County Department
of Human Services



**Sparta Area
School District**

Children's Trust Fund
Grant Supported Program

Community Information

Hispanic Play Group

Thursdays from 11AM—1PM
at Lugar de Reunion
(620 Industrial Drive, Suite 1,
Sparta). For more information
call (608) 269-2944.

MOPS: Mothers of Preschoolers

Meetings are held at 6:30 PM
on the 1st and 3rd Thursdays
of every month at the Gospel
Baptist Church. For more
information call the church at
(608) 269-4760.

Sparta Library Story Time

Mondays at 9:30AM for ages
up to 2½ and 10:30AM for
preschoolers. No Story Time in
May. Call (608) 269-2010 for
more information.

Tomah Library Story Time

Mondays at 6:30PM (all ages),
Tuesday 10AM (toddlers) and
11:15AM (preschool and up).
Call (608) 374-7470.