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PSN Family Resource Center NEWSLETTER

Returning to a School Time Routine

As a kid, summer seemed to stretch on forever. As a parent, you know how quickly these couple of months really do pass by. It's the beginning of September and it's time to think about getting yourself and your kids back into a school time routine.

This month we are sharing some helpful tips as you ease your family into the school year routine.

- **Incorporate more structured activities.** Short periods of time where your children need to sit and listen, or work with other kids, is a great stepping stone to the new school year. Check with your local library or museum to see what programs, craft times, or story times you might join.
- **Ease their anxiety.** As you load your shopping cart with new backpacks, fresh pencils, and shiny folders and notebooks, talk with your kids about what the new school year will be like. What day will they go back? Who is their new teacher? If they have a new schedule or classroom, walk through the day with them verbally so they know what to expect. Ask them what they are most eager to learn this year or what they are most excited about.
- **Check your eating routines.** If you are less time-conscious during the summer, now is the time to adjust your meal times back to a set schedule. Food and sleep are things that can really affect a student in the classroom. Have breakfast right when they wake up, and set up lunch and dinner at a more regular time to reflect the school year schedule.



- **Restore bedroom routines.** A good way to ease the transition is to start your child's bedtime routine about 10 minutes earlier each night and wake them up 10 minutes earlier each morning, every day, until they're back on track. You might start this a week or two before school starts, so that everyone is a little more acclimated to the routine when the first day arrives.
- **Take time to connect.** As you focus on setting and implementing the new routine, don't forget about taking care of yourself and managing your own stress. Be intentional about planning some end-of-summer family time. Talk about the memories you made together over the past couple of months, discuss the fun moments, remember the day trips or vacations.

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Partnering · Supporting · Nurturing

Information from this article was originally produced by the Coalition for Children, Youth & Families, www.coalitionforccyf.org.

Triple P—Positive Parenting Program

Triple P—Positive Parenting Program is a series of sessions that helps make raising kids easier. It provides ideas to deal with big and small problems of family life.

Triple P at the Sharing Center

Sessions will be held on *Thursdays from 11am—1pm in September*. Topics include:

- September 7—Fighting and Aggression
- September 14—Dealing with Disobedience
- September 21—Hassle-free Shopping
- September 28—Developing Good Bed Time Routines

FREE lunch and child care provided.

The Sharing Center
25700 Wilmot Road, Trevor

REGISTRATION REQUIRED

Register online at <http://bit.ly/2uZhm7j> or by calling Erin at 262-697-4628.

Triple P at the Northside Library

Sessions will be held on *Wednesdays from 5pm—7pm in October*. Topics include:

- October 11—The Power of Positive Parenting
- October 18—Raising Competent, Confident Children
- October 25—Raising Resilient Children

FREE dinner and a children's activity provided.

Northside Public Library
1500 27th Avenue
Kenosha, WI 53140

REGISTRATION REQUIRED

Register online at <https://goo.gl/forms/vvA5YIGrENuxPEOY2> or by calling Erin at 262-697-4628.

Upcoming Programs & Training Opportunities

FREE Car Seat Inspection

Did you know that 4 out of 5 car seats are installed incorrectly? Make sure yours is not one of them!

Join us on Wednesday, September 20, 2017, 11am—2pm at the PSN Family Resource Center, 8600 Sheridan Road, Entrance B.

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

* Children and a vehicle are required to be present to receive one free car seat for your child. One seat per family.

** Please call Rose Verdiguél at 262 697 4635 to register. You will need your child's birth date and current weight when calling.

Effective Black Parenting

This is the proven program to help in raising proud, confident and healthy African American children.

This 14-session program takes on issues facing Black children today, and includes examples of successful black people. This *program is open to ANY parent/caregiver. FREE lunch and child care provided.*

Next Scheduled Session:

Mondays, Sept. 18—Nov. 13
10am—noon

ELCA Outreach Center
6218 26th Ave, Kenosha

For more information, or to register, contact Aila Jones at 262-697-4509 or aila.jones@kenoshacounty.org.

Women's Circle

Do you enjoy meeting new women and talking about what is important to you as a woman?

Do you want to explore different topics and enhance your social connections?

Are you interested in having a conversation about women's emotions?

Join us for a facilitated discussion group that centers on the belief that women gain strength and friendship through conversation.

This 4 week series will be held on Thursdays, **September 21 through October 12 from 12:30—1:30pm** at the PSN Family Resource Center.

To Register, contact Cindy at 262-697-4520.

Lunch is provided. Child Care is available upon request.

...will improve parenting and promote a stronger parent-child relationship.

Start Your Day the Healthy Way

Breakfast seems to be an easy meal overlooked by many. You may have heard it before. **“Breakfast is the most important meal of the day”**. But you may be wondering, why is it so important?

Starting your day on the right foot with breakfast helps provide energy for the day and helps put you in a better mood. Breakfast is the first chance your body has to refuel after a night of sleep. It helps to curb your hunger and prevent overeating later in the day. Other benefits include helping to maintain a healthy body weight, meeting your nutritional needs and can help support weight loss.

Breakfast Fuels Brain Power!

Not only is breakfast important for you but for your children as well! Children who eat breakfast tend to eat healthier overall, perform better in school and are more alert when they eat breakfast. In addition to helping in school, kids who eat breakfast are more likely to have lower blood cholesterol levels, have fewer absences from school, and fewer trips to the school nurse with stomach aches related to hunger.

Don't feel there is enough time for breakfast?

It can be difficult to make a healthy breakfast happen when you're rushing in the morning and handling the general household chaos. However, there are some options to try for a healthy breakfast every morning, even in a rush.

- Be prepared by stocking your kitchen with healthy breakfast options
- Try preparing as much as you can the night before
- Get everyone out of bed 10 minutes earlier
- Have grab-n-go alternatives available.

For Breakfast on the Go, try:

- Yogurt cup topped with granola or whole grain cereal
- Sliced cheese, whole grain crackers and a piece of fruit
- Waffle topped with peanut butter and raisins
- Sliced hard cooked egg with a piece of cheese and salsa wrapped in a tortilla shell

Also, never think you can't have leftovers from dinner the night before as breakfast, especially if you are not craving breakfast foods first thing in the morning. A slice of pizza with a glass of orange juice, heated leftover rice with chopped apples, nuts and cinnamon, or even veggies topped with shredded cheese can make for a nutritious breakfast.

Below is a healthy breakfast recipe that makes a great grab-n-go alternative. If time allows, you could also include a piece of fruit and a glass of milk for a complete meal. And remember, with the benefits of breakfast, it is the best way to guarantee a healthy start for everyone in the family!

Magic Muffins (12 servings)

- 1 ¼ cups flour
- ¾ cup Malt-o-Meal or Cream of Wheat, uncooked
- ¼ cup sugar
- 1 Tbsp baking powder
- ¼ tsp salt
- ¾ cup skim milk
- 2 Tbsp oil
- 1 egg



Combine all ingredients until flour is moistened. Fill 12 greased or paper-lined muffin cups $\frac{3}{4}$ full. Bake at 400 degrees for 20 minutes.

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.

The PSN Family Resource Center is located in the Kenosha County Human Services Building, 8600 Sheridan Road, Kenosha, Entrance B.

Drop-in hours are available every Tuesday and Thursday from 2pm—4pm.

Talk with someone about parenting concerns, pick up information about community resources or find out about services of PSN.



Meet Our Staff

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Like us on Facebook for up-to-date Parent Talk Lunch schedules and other program information or visit our website: www.PSNFamilyResourceCenter.com.

Did you miss a past issue of the PSN Newsletter? Find it here:
<http://www.kenoshacounty.org/Archive.aspx?>

