

Family Resource Center

Prevention Services Network

Partnering, Supporting, Nurturing



Wisconsin Winter

Winter comes every year, and every year, people do risky things that put themselves in danger. Someone will fall off a roof, die of a heart attack shoveling or fall through the ice. Make safety first a priority. Here are some tips to help you.

Clearing Snow and Ice

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips from the National Safety Council, the American Academy of Orthopedic Surgeons, and other prevention organizations.

Inside this issue:

Safe Winter Driving	2
Playing in the Snow	3
Mind in the Making	4
Women's Circle	5
Café Talk	6
PSN Spotlight	7
Parent Talk Lunch	8
January Calendar	9

- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor says it's okay.
- If you are unable to shovel snow, ask for help. Sometimes youth groups through churches or schools can recommend someone for a reasonable cost.
- Take frequent breaks and drink water to stay hydrated.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.
- Read the owner's manual before starting your snow blower. Make sure you understand all the recommended safety steps.
- Make sure all people and pets are out of the way before you begin removing snow.
- Do not put your hand in the snow blower to remove impacted snow or debris. Turn the machine off and wait a few seconds. Then use a stick or broom handle to remove the material.
- Do not leave the snow blower unattended when it is running.
- Fill up with fuel before you start, when the engine is cool.
- Offer to remove snow for elderly or disabled neighbors.



Driving Safely in Winter Weather

Snow, ice, and extreme cold can make driving treacherous. These safety tips from CDC, the National Highway Traffic Safety Administration, and the National Safety Council can help make winter car travel safer.

- Before winter arrives, have your car tuned up. Check the level of antifreeze, and make sure the battery is good. Check your tire treads or put on snow tires. Bald tires lead to spin outs on icy streets.
 - Keep emergency gear in your car for everyday trips:
 - cell phone
 - flashlight
 - jumper cables
 - sand or kitty litter (for traction)
 - ice scraper, snow brush, and small shovel
 - blankets
 - warning devices (flares, reflectors)
 - For long car trips, keep food, water, extra blankets, and required medication on hand.
 - Avoid driving in snow or ice storms. We usually get ample warning of an expected heavy snowfall or ice storm, so don't take unnecessary risks.
 - If you must travel in bad weather, drive slowly. It takes a lot longer to stop on an icy street. Let someone know what route you're taking and when you plan to arrive so they can alert authorities if you don't get there.
- If your car is parked outside, make sure the exhaust pipe and the area around it are free of snow before you start the car. Snow packed in or around the exhaust pipe can cause high levels of carbon monoxide in the car.
 - Try to keep your gas tank at half full or more, to avoid freezing or running out of gas if you get stuck.
 - Let your car warm up if it is extremely cold. Sitting for an extra five minutes is worth the effort, but do not let the car run unattended. You might come back to find it gone!
 - Don't sit in a parked car with the engine running unless a window is open. Do not let your car run while parked in a garage, especially a garage attached to your home. Dangerous levels of carbon monoxide can build up.
 - If your car stalls or gets stuck in snow, make sure snow has not blocked the exhaust pipe. Then stay in your vehicle and open a window slightly to let in fresh air. Wrap yourself in blankets and run your vehicle's heater for a few minutes every hour to keep warm.



TO VIEW PREVIOUS ISSUES OF THE PSN NEWSLETTER, LOG ON TO
<http://www.co.kenosha.wi.us/dhs/Divisions/CFS/Newsletter/index.php>

Playing in the Snow

People come from all over the Midwest to enjoy our winters in Wisconsin. In Kenosha County we have numerous lakes and hiking trails at both Petrifying Springs Park and Lake Andrea. Snow is a free toy for children and there are many things that can be done to have fun in the snow.

Make a snowman.

This historic sculpture never goes out of style. There are no instructions, no rules, and anyone can play. I've seen snowmen, women, families, and pets. Faces are as diverse as your creativity.

Paint snow pictures.

Fill squirt guns with water colored with food coloring or kool-aid. Let kids squirt and paint. Be sure to set some rules. Squirted at people in the summer might be all right, but not in the winter. This activity works for children of middle school age and up.

Build a snow fort.

A snow fort can be as simple as piling snow up and making walls. Kids can hide or have snowball fights. Older kids might like to make snow bricks to make their forts more elaborate. Be cautious about building a ceiling or covering for the fort. It could collapse and bury the kids inside.

Bring the snow inside.

This activity takes a little planning. When it's too cold to play outside, young children can still enjoy the snow. Bring in a large Tupperware container of snow and have the kids put on mittens and build tiny snow people. Bring out the matchbox cars and blocks and they can build villages. Put a big towel or drop cloth underneath the play area because it does get messy. Stay close to set the rule of "no throwing".

Do science experiments.

Challenge children to predict what happens to snow when it is put near heat. What happens when it is put in the freezer? Does it melt faster or slower if it is wrapped in a warm scarf? Let kids measure the snow, weigh it as a solid and a liquid. Track how long it takes to melt. There are tons of ideas!

Playing outside in the cold is fun but can be dangerous. Keep your children warm and safe from frostbite.

Stay safe while playing outside in the cold

What to Wear

Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

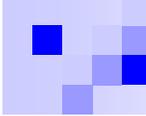
Hypothermia

Hypothermia develops when a child's temperature falls below normal due to exposure to colder temperatures. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults. As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases. If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb. If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips. Do not rub the frozen areas. After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink. If the numbness continues for more than a few minutes, call your doctor.

These tips and more come from www.about.com/preschoolers Keeping Kids Safe During Winter.



Mind in the Making: The Seven Essential Life Skills Every Child Needs

Skill Four: Making Connections

Making connections is a two step process. It involves how we figure out what's the same and what's different, and how we sort those things into categories. In our world where we can google all kinds of information, it is critical to be able to take the information received and see the connections that make it worthwhile. This multi-step process uses the executive function of the brain and promotes creativity. As we have discovered in previous articles about life skills, their mastery begins very early in life.

Galinsky's book references experiments that have been done with infants that teach us that children as young as four months old have a sense for the shape of objects and toddlers are able to recognize changes in the number of things put in front of them. As the children get older and the brain grows, children are able to sort things in two different ways. Two year olds may be able to sort blocks by color, but when asked in the midst of the task, to sort by shape, they become confused. By three years old, it's an easy challenge for most kids. Simple as these activities sound, they lay the foundation for early mathematics and reading.

Follow these tips to encourage the skill of making connections:

Give children opportunities to make connections in a fun way. If your daughter likes Disney princesses, expose her to pictures and stories about real royalty. Is she interested in the weather? Give her ample opportunities to predict, chart, and follow weather patterns on the internet or weather channel.

Play games that involve children finding their way in spaces. Hide something and let the children attempt to find it. Let them know when they are "hot," near the object, or "cold," far away from it. Give clues that are spatial. "You are cold, but if you move to your left, you will be closer."

Talk about quantities frequently and in different ways. Give kids every opportunity to count. Even young children pick up the habit if you count each time you walk up or down the stairs. When you cut a sandwich, talk about "cutting it in half" and that now the child has "two pieces." You are helping the child make connections between numbers and fractions and his own life experiences. You will teach far more this way than what a child will ever really learn through math worksheets or flashcards.

Give children family chores that involve counting. Let the kids set the table, and put out the appropriate number of plates, napkins and silverware. Let them help with cooking so they learn to measure. Help them count the days to big events by marking them off on a calendar.

Every time we connect what children need to learn to what they are experiencing in everyday life, we help them make sense of their world and their place in it. We also make learning fun and natural.

(The information in this article comes from the book referenced in the title, by Ellen Galinsky. One skill a month is being highlighted in these newsletters.)

Women's Circle: Womanhood

Are you free for lunch on Mondays?

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

If you answered yes to these questions, then you are a perfect candidate for Women's Circle.

NJM Management Services, Inc., a partner agency in the Prevention Services Network, is hosting Women's Circle. Women's Circle is a facilitated discussion group that centers on the belief that women gain strength and friendship through conversation.

Women's Circle is offered from 12:00-1:00 beginning on Monday January 23, 2012, for six weeks, ending on Monday February 27, 2012.

The title of the series is Womanhood. Topics for these sessions include Balance, Being Female, Body Image, Giving and Woman Warriors.

Call Robyn Smerchek at 697-4536 to register.

*You must call and register even if you have participated in past Women's Circles. Space is limited.

Lunch is included at no charge.

Upcoming Women Circle dates:

*Thursday 2/23/12-
3/29/12

*Monday 4/16/12- 5/21/12

*Thursday 6/21/12- 8/2/12
(Topics TBD)



café  talk™



the game that gets
to the heart of family



Parents need to be strong and flexible



Parents need friends



Being a great parent is part natural and part learned



We all need help sometimes



Parents need to help their children communicate



Parents need to give their children the love and respect they need

Fourth Tuesdays every month at 10:00 am

Jan. 24, Feb 28, Mar. 27, Apr. 24, May 22, Jun. 26,
Jul. 24, Aug. 28, Sep. 25, Oct. 23, Nov. 27

You can share your own wisdom and learn something you
never thought of before!

Pastries, coffee and tea will be served.

Café Talk is held in the PSN Family Resource Center,
8600 Sheridan Road, Kenosha

For more information, please call Marie at (262) 697-4689 or Mary at (262) 697-4605

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,
located in the Kenosha County Human Services Building at 8600 Sheridan Road, Kenosha,
is open every **Tuesday and Thursday afternoon from 2:00 to 4:00**
for parents to drop in and talk to someone about parenting concerns,
pick up information about community resources,
and find out about programs and services of the PSN.

Partnering with the community to strengthen families...
Supporting families to achieve optimum success...
Nurturing parents to be strong caregivers...

PREVENTION SERVICES NETWORK



Spotlight Series

Tuesday, January 3, 2012
No Spotlight Today.

Enjoy the day with your children before school begins tomorrow!

Tuesday, January 17, 2012

Kathy Burns will explore the award winning children's book,

"Goggles" by Ezra Jack Keats.

Read the book from an adult and a child's perspective. Learn about the author and what is unique about his writing.

Each participant will receive a copy of the book.

12:00 Noon to 1:00 PM

PSN Spotlight Series is held in the
PSN Family Resource Center,
8600 Sheridan Road, Kenosha.

Lunch will be provided. **Registration is required.** Call 697-4520.

Come join us!



COME LEARN GROW

Parent Talk Lunch

Parent Talk Lunch is in its ninth season of bringing topical information, nutritious meals and lively conversation.

January 4th KAFASI will present information on
“Setting Goals”

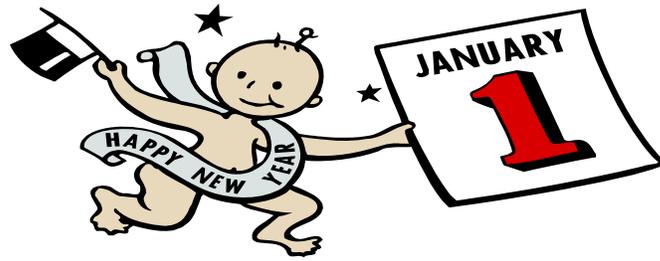
January 11th Kenosha Co. Division of Health
will present information on
“Creepy Crawlers (bed bugs, lice and mice)”

January 18 A Child’s Place will present information on
“Parent Connections: What Makes Me Happy”

January 25th WIC will present information on
“Increase Move Time and Decrease Screen Time”

Lunch is held from 12:00 to 1:00 PM at the
Kenosha County Human Services Building, Room North Two
(unless otherwise specified)
8600 Sheridan Road, Kenosha

Lunch is free, but you must **pre-register** by stopping in or calling
A Child’s Place Child Development Center
697-4754



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Happy New Year. It feels so good to get a fresh start.	2. January is National Blood Donor Month.	3. J.R.R. Tolkien was born in 1892. He wrote the Lord of the Rings trilogy.	4. Trivia Day. Why can we remember so many trivial facts and forget the big ones?	5. National Bird Day. Take a brisk walk and look for winter birds.	6. Joan of Arc was born in 1412. Read a book about this amazing person.	7. National hobby month. What do you do in your free time?
8. Bubble Bath Day. Take a long relaxing one.	9. Full moon. Night time winter landscapes are stunning.	10. Peculiar people day. Be proud to be one.	11. In 1935 Amelia Earhart became the first woman to fly solo from California to Hawaii.	12. National pharmacists day.	13. First Friday the 13 th of the year. Are you superstitious?	14. Set some goals for the new year.
15. Dr. Martin Luther King Jr.'s actual birthday. He would have been 83.	16. Dr. Martin Luther King, Jr. is honored on this day.	17. Ben Franklin's birthday, 1706.	18. A.A. Milne's birthday. He wrote "Winnie the Pooh."	19 National popcorn day! Try making some that is not microwave popcorn.	20. Penguin awareness day.	21. Squirrel appreciation day. Have you left some nuts out for them?
22. Stay in and read a good book.	23. Chinese New Year begins.	24. Gold was discovered in California in 1848.	25. First Winter Olympics in 1924. Go outside and play.	26. Make sure you dress warmly if you go outside.	27. Chocolate cake day. It's been a whole month since the holidays, start baking!	28. Surprise someone by sending them a letter.
29. National puzzle day. Stay inside and work on a puzzle with the whole family.	30. Let the kids help make dinner tonight.	31. The Soviet Union officially dissolved in 1991.	Some ideas for this calendar come from www.enchantedlearning.com and www.holidayinsights.com www.hisdates.com			