

Family Resource Center

Prevention Services Network

Partnering, Supporting, Nurturing



Surviving and Thriving during the Winter Blues

Living in Wisconsin has its challenges, but one challenge is especially prevalent this time of year – dealing with winter blues. While statistics greatly vary on how many people have symptoms of the winter blues, from 10-90% of people in the U.S., those of us living in the northern states are up to ten times more likely to experience this syndrome, marked by sadness, lethargy, wanting to sleep too much, and eat too much. Sometimes this can turn into a more serious issue of Seasonal Affective Disorder (SAD) which is a type of seasonal depression. Additionally, women are more likely than men to experience winter blues and SAD symptoms.

So how can you relieve some of these symptoms?

- Give yourself an energy and immune boost in the morning by drinking a glass of lemon water.
- Spend just a few minutes in the morning in reflective quiet time, contemplating positive thoughts, to gain a sense of calmness throughout the day. This can even be done on the car or bus ride to work.
- Work physical activity into your daily routine. (I will avoid calling it exercise... oops, I just did!). Take time each day to stretch your muscles, get your heart rate up, and work off the extra few pounds that made its way onto your waist area during the holidays and hasn't left. This can be as simple as walking or running up a flight of stairs a few times to taking a mid-day stretch. Take it to the next level by signing up for time at the gym.
- Spend time outdoors. Bundle up and take a brisk walk. Set out a bird feeder and share with creatures whose food sources are lacking this time of year. Not only will a connection to nature uplift your spirits, the extra sunlight is good for your well-being and gives you much needed vitamin D.
- Eat protein in the morning, such as a plate of scrambled eggs. What you put in your body makes a significant impact on your mental state and energy level. Stay away from a lot of sugars and junk food. Begin by daily replacing one bag of chips or a candy bar with a fruit or veggie. Greens, including kale and Swiss chard, are super-energy foods that you can learn to incorporate into meals.
- Make a list every day of three things you are grateful for. Gratitude lets in the light when it's dark and gives you a more positive perspective.
- Get the right amount of sleep every night. Both under and over sleeping can be harmful. The average adult needs about eight hours each night. Children and teens need even more.
- Create a network of support around you so when you are feeling down you have someone to call. Inviting a friend over for a meal can also help lift your mood and may even motivate you to clean house, which puts you in a higher energy state.

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Note: If you are experiencing severe symptoms of depression, please seek assistance from a mental health provider. Many people benefit from counseling, special light treatment and/or medication.

Obesity and Unhealthy Eating

Plump little legs may have been cute when your child was a baby, but, as your child grows, holding onto “baby fat” can signal real problems ahead. Since the 1970s, the number of overweight and obese children of all ages has sharply increased.

The increase in overweight and obese children from ages 2 to 5 has more than doubled in the past 20 years, which has serious short-term and long-term consequences. Serious health implications include increased risk for disorders such as hypertension, high cholesterol, type 2 diabetes, and sleep apnea. Obesity that lasts into adolescence also puts children at risk for bullying and a poor self-image, both of which can lead to substance abuse. Healthy eating habits established early on can protect our children physically and emotionally all the way into adulthood.

Why Are Our Children Obese?

Several changes in the way we live contribute to childhood obesity. Children’s physical activity has markedly decreased, and their more sedentary activities, such as watching TV and playing video and computer games, have increased. We also eat food prepared away from home much more often, and many restaurants serve increasingly larger portions of food.

When we eat food that is high in fat and sugar and do not engage in physical activity, we are taking in more energy than we are putting out. Our bodies then store all that extra energy as fat. Children who eat large portions of food or eat foods high in calories may not be taking in the nutritional value needed for healthy growth.

How Does Unhealthy Food Affect Our Children?

Fats: Unhealthy food contains saturated fats, which affect heart health. *The usual suspects:* cheeseburgers, french fries, and junk food (i.e., potato chips).

Sugar: Increased sugar intake can eventually lead to type 2 diabetes. *The usual suspects:* candy, soft drinks, and even some fruit juices.

Salt: Too much salt raises blood pressure, which in turn affects heart health. *The usual suspects:* cheeseburgers, french fries, and potato chips.

A steady diet of unhealthy food increases a child’s caloric intake while it decreases nutritional intake. Children who eat a lot of junk foods are not eating enough fruits and vegetables and not drinking enough milk, which are all necessary for a healthy diet. And, says the CDC, obese youth are more likely than youth of normal weight to become overweight or obese adults and, therefore, more at risk for associated adult health problems. Obesity can lead to a host of other medical problems as well as feelings of social isolation.

This information was borrowed from the samhsa.gov Building Block website. Check out this family website for tips to fight obesity.



Happy St. Patrick's Day!

Community Events

YOUTH JOB FAIR

The Kenosha County Business Services Team is hosting a Youth Job Fair.

Youth between the ages of 16 and 24 who are looking for employment, should attend.

Employers will be accepting applications and discussing opportunities within their work places.

Wednesday, April 11, 2012

Kenosha County Job Center
Commons Area

8600 Sheridan Road – Entrance D

1:30 p.m. to 3:30 p.m.

Be sure to come prepared with a pen so that you can fill out those applications.

Come dressed for success - - - Remember that first impressions do matter!

Parenting Classes

Kenosha Area Family and Aging Services will be offering a parenting class on Tuesdays starting

April 10, 2012 through
June 19, 2012.

The class will be held at the PSN Family Resource Center.

The following topics will be Discussed:

Family Values and Morals

Family Rules and Meetings

Behavior Management

Responsible Parenting

Empathy and Needs

Age Appropriate Expectations

Routines and Schedules

Problem Solving

Pre-Registration is required.

Call Kathy at
658-3508 ext 103.

Cost of the class is \$15.00.

Remember...

A Healthy Family and Healthy
Children Start with You!

The Big Read

The Big Read is an initiative of the National Endowment for the Arts designed to revitalize the role of literary reading in American popular culture. A recent survey has identified a critical decline in reading for pleasure among American adults. The Big Read addresses this issue by bringing communities together to read, discuss and celebrate books and writers from American and world literature.

The Big Read selection this year is

Sun, Stone and Shadows

20 Great Mexican Short Stories

Book discussions will be held throughout the community during the month of March.

Check with the Kenosha Public Library for a book discussion near you, or attend the discussion at the PSN Family Resource Center on Tuesday, March 27th from 12:00 to 1:00



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

Skill Six: Taking on Challenges

Why is it that some children have the ability to try new things, experience new people and attempt hard tasks and enjoy the experience while others are terrified even thinking of themselves in such situations? Ellen Galinsky believes that stress and the ability to face challenges are directly connected and she gives parents some helpful hints on handling their own stressors and helping children cope with the inevitability of facing stress as part of growth.

Just like parents teach children to focus, take others' perspectives, communicate, make connections and think critically, children learn by taking cues from how their parents handle stress and take on challenges.

How we can help our children take on challenges:

Manage your own stress. In the author's study, called *Ask the Children*, Ellen Galinsky asked children what they would say if given one chance to change how their parents' work affected their lives. The largest proportion said they want their parents to be less stressed and less tired. Children can tell when their parents are stressed even when the parents try to mask the symptoms. Their biggest fear is that they are the cause. It is all right to tell your children you are stressed and why. Even better, let them know how you plan to relieve it. "Work was tough today. I'm going to make myself a cup of tea and then we can talk."

Observe what your children do to manage stress and build on their strengths. Children's temperament has two components, how they react to new experiences and how they regulate their responses. Help children read the "language of their behavior" and come up with coping strategies. When they are upset, do they need to take a deep breath? Does a favorite toy help? When they are a little older, can they use their imagination to come up with a strategy? For example, does saying a magic word before bed keep bad dreams away? Teens and adults can also learn techniques such as imagery or self talk to help them through a challenging time.

Introduce change slowly to fearful or shy children. Gradually expose children to events that are anxiety producing. Do not expect them to jump right into play with new children. Give them time to observe others in play first and then let them join at their own pace. You might consider having just one child over for a playtime to help your shy one learn that play with others can be fun.

Praise your children for their efforts and strategies. Instead of commenting on your children's personalities or intelligence, look for ways to encourage their efforts. We want children to have what Galinsky calls a "growth mindset," meaning that they look at challenges as an opportunity to grow. Parents can foster this mindset by looking for opportunities to comment when your children are really trying hard to accomplish a task. "Look at how you turned that puzzle piece around and around until it fit. You didn't give up. Way to go!" We can change our children's views of their capacities from being something they're born with to something that they can cultivate and improve." (p. 297).

(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.)

Week of the Young Child

Kenosha Association for the Education of Young Children (KAEYC) in collaboration with Children's Service Society of Wisconsin (CSSW) & the **Turn the Town Blue** Child Abuse and Neglect Awareness Campaign

**Is proud to sponsor two Darkness to Light Workshops
Tuesday, April 10 & Wednesday, April 25th
6:00 to 9:00 PM**

Kenosha County Human Service Building
8600 Sheridan Road, Kenosha, WI 53143 Room N2
Cost: \$5.00

April is Child Abuse and Neglect Prevention Month. Early care and education providers also celebrate Week of the Young Child in April. Celebrating children and preventing abuse and neglect begins with keeping children safe.

Darkness to Light is an interactive workshop about the sensitive issue of child sexual abuse. The prevention of child sexual abuse lies with adults and our children need us to be aware, informed and equipped with the knowledge to act.

This workshop is appropriate for anyone who has children, works with children, or cares about children. Each participant will receive a workbook, a certificate of completion and a Registry certificate if needed.

Registration is limited—Please mail registration by March 23rd

Registration Form

Make \$5.00 checks payable to KAEYC

Mail form to:

Attn: Anna Erickson

Kenosha County Human Services Building
8600 Sheridan Road, Kenosha, WI 53143

Name: _____ E-Mail Address _____
Address _____
City and State _____
Phone Number: _____
Amount Enclosed: _____ KAEYC Member Number _____



Turn the Town Blue

2012 Child Abuse & Neglect (CAN) Prevention Campaign
April is Child Abuse & Neglect **Prevention Month**

Here are a few easy ways to show your support and raise awareness of CAN in Kenosha County:

- Wear a **blue** ribbon
- Tie **blue** ribbons on trees
- Encourage your neighborhood to go **blue**
- Volunteer or support a local charity
- Place **blue** ribbons on windows of your home or workplace
- Use your imagination and **GO BLUE!**



Door Prizes

Please join us for the

Turn the Town Blue Kick-Off Event

Boys & Girls Club of Kenosha
1330 52nd Street

Friday, March 30, 2012

4:00-5:00 Ceremony

5:00-6:30 Celebrate Families Activities

- Performance by the Boys & Girls Club Singers
 - Great community resources
- Create your own “Tool Kit” for strong families
 - Slogan contest winner revealed

Light
Refreshments

Please direct questions to: Karyn van Heijningen at 262 945-0241 or blueribbon@psgcip.com

Turn the Town Blue campaign is a collaborative effort by Kenosha County Department of Human Services, Kenosha County Division of Children and Family Services, Kenosha County Division of Health, Children's Hospital of Wisconsin-Kenosha Child Advocacy Center, Community Impact Programs, Inc., Kenosha County Prevention Services Network, Kenosha Unified School District #1, Children's Service Society of Wisconsin, United Hospital System, Express Employment Services, the Kenosha Association for the Education of Young Children, the Kenosha Community Health Center, Kenosha Exchange Club, the Boys & Girls Club of Kenosha, and the Life Course Initiative for Healthy Families.

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

El Segundo Martes de cada mes a las 10:00 para Café Talk en Español – March 13th.

The English sessions are held the fourth Tuesdays every month at 10:00 am—next Café Talk will be held March 27th.

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
or para mas información llame a Jomarie al (262) 658-3508, ext. 121

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, March 6, 2012

Kathy Sullivan, KAFASI, will provide information on

The Importance of Play

Tuesday, March 20, 2012

Cindi Armstrong, UW Extension, will present information on

Making a Spending Plan

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.

March 7th PSN Outreach will present information on
“Children and Routines”

March 14th Kenosha Public Library will present information on
“Fun with Sensory Toys”

March 21st A Child’s Place will present information on
“Parent Connections”

March 28th UW Extension will present information on
“What \$6.00 Can Buy at the Grocery Store”

Lunch is held from 12:00 to 1:00 PM at the
Kenosha County Human Services Building, Room North Two
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



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Are you getting spring fever yet?	2. Dr. Seuss' birthday. Enjoy some green eggs and ham.	3. The Star Spangled Banner became our national anthem in 1931.
4. March is Irish Americans Month.	5. It's National Peanut Month. Have a PB&J sandwich.	6. Mexico won the battle for the Alamo in 1836.	7. March is poetry month.	8. International Women's Day and a full moon.	9. It's Red Cross Month.	10. The abolitionist Harriet Tubman died in 1913.
11. Daylight Savings Day. Yippee!	12. Gandhi led a civil disobedience march against British rule in 1930.	13. Keep music in our schools month.	14. National Pi Day. 3.14 is the value of pi.	15. Beware the Ides of March.	16. Everything you do is right day. What a relief, you can't go wrong!	17. Happy St. Patrick's Day. Be sure to wear green and beware of leprechauns.
18. Sparky the Firedog was established as a mascot.	19. First lunar eclipse was recorded by humans in Babylon in 721 B.C. 	20. Vernal equinox, the first day of spring.	21. Johann Sebastian Bach was born in 1685.	22. International goof off day. Relax.	23. Patrick Henry's "Give me liberty or give me death" speech, 1775.	24. Harry Houdini was born in 1874.
25. National family day. Celebrate with those you love.	26. Robert Frost was born in 1874.	27. Photography day. Use that phone for something other than calls.	28. March is social worker month.	29. Smoke and mirrors day. Everything is not as it seems.	30. Turn the Town Blue kick-off event at the Boys and Girls Club. See flyer in this newsletter.	31. Look for some signs of spring. Are there daffodils blooming?

Some facts for this calendar were taken from www.enchantedlearning.com, and www.holidayinsights.com