



April 2019 • Volume 12 • Issue 4



# PSN Family Resource Center NEWSLETTER

## Ideas for Celebrating the Week of the Young Child

For young children, the future of their academic success and development relies on early learning.

Each year, the National Association for the Education of Young Children (NAEYC) acknowledges the importance of educating young children by holding a week-long celebration focused on the earliest learners and honoring those who teach them.

This national celebration, known as the Week of the Young Child (WOYC), gives early childhood programs, community organizers, and state and local affiliates an opportunity to host events and activities for early learners, teachers, and families.

How you can get involved

The NAEYC website provides the resources you need to plan an event or activity. For every day during the week of April 8, 2019, a learning topic is highlighted to create specific activities for families and your local community.

**April 8 – Music Monday**

Not only does music develop creativity, but children can learn literacy, language, and math skills through music. Learn a new song or invite a musician to perform a sing-along for your class.

**April 9 – Tasty Tuesday**

Create healthy snacks and learn how to follow recipes. This day focuses on teaching young children about healthy eating and fitness. Have children try making an easy recipe. You can even bring in parents to cook a recipe with their child.

**April 10 – Work Together Wednesday**

Help young children develop social skills and learn to work together by building together. Children can make a fort or build a block city in the classroom.

**April 11 – Artsy Thursday**

Art is very important for developing creativity and fine motor skills. Have children explore their senses through creating shapes with playdough, or teach children about drawing different patterns.

**April 12 – Family Friday**

Celebrate those who support young learners. Family stories and pictures are shared on this day to acknowledge the role families play in a child's learning. Parents can read a favorite children's book to their early learner or take their child on a picnic.

<https://www.waterford.org/resources/ideas-celebrating-naeycs-week-young-child/>

*What's Inside:*

**Why is Physical Play Important?**

**Parent Talk Lunch**

**Triple P Seminar**

**Turn the Town Blue**

**Keeping Stress In Check During Spring Break**



8600 Sheridan Road  
Entrance B  
Kenosha, WI 53143  
262-697-4520

## Why Is Physical Play Important?

Through play, kids make big leaps in developing fine and gross motor skills.

Little ones are constantly developing their bodies in new ways, learning to jump, climb, skip, and hop—skills that build on one another. Developing gross-motor, or large-muscle, skills helps increase kids' strength, coordination, and confidence. Here are some ways you can help:

- Introduce a tricycle or pedaling toy.
- Encourage kids to climb and swing at the playground.
- Play catch or kick a ball.
- Get kids involved in individual or group activities such as soccer, jump rope, or swimming.
- Put on some music and dance!



Small-muscle, or

fine-motor, skills are another big part of development. Hand-eye coordination lets kids draw, scribble, and write—all important skills for school. Consider these ways to build fine motor skills:

- Do art projects that include drawing, cutting with safety scissors, and pasting.
- Do puzzles that have pieces of different sizes.
- Provide toys that allow for sorting or stacking.
- Play with trains or cars that need to be pushed along a track.
- Create objects by molding clay.
- Give kids practice with buttons and snaps.

<https://sesamestreetincommunities.org/topics/learning-through-play/?activity=physical-play-important>

## Upcoming Programs for Parents

### Parent Talk Lunch

Join us for lunch and a new topic each week on the 2nd and 4th Wednesday of each month from **12:30pm—1:30pm.**

All sessions will be held at the PSN Family Resource Center.

**RSVP's are strongly encouraged.**

**Please call 262-697-4651.**

### Spotlight on Parenting—Seminar



*Triple P* is for parents of children 0-12 years old and gives ideas to deal with big and small problems of family life.

#### REGISTRATION REQUIRED

Register online at [www.psnfamilyresourcecenter.com/calendar.html](http://www.psnfamilyresourcecenter.com/calendar.html) or by calling Alison at 262-605-6545.

Sessions will be held *from 9:00am—11am* at the **WIC Office, 2000 63rd St.**, during Saturday clinic.

Topics include:

- April 13—Power of Positive Parenting
- May 18—Raising Resilient Children
- June 15—Raising Confident, Competent Children

Sessions will be held on Wednesdays *from 5:00pm—7:00pm* at the **Northside Public Library, 1500 27th Ave.**

Topics include:

- April 3—Raising Resilient Children
- April 10—Raising Confident, Competent Children
- April 17—Balancing Work and Family

...builds parental resilience.

## Turn the Town Blue in April Child Abuse and Neglect Prevention Month

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### Turn the Town Blue Events

- \* **April-05** Wear Blue Day—Wear blue all day to show support for Child Abuse and Neglect Prevention Month! *Join us in the KCJC commons area for a photo @ noon.*
- \* **April-05** Blue Ribbon Anthology Viewing—Stop down for a Wear Blue Day photo and stay for this powerful film and popcorn at noon.
- \* **April-10** Connie Reyes Award and County Executive Proclamation @ the Kenosha County Job Center, 4pm. Recognizing excellence in prevention work.
- \* **April-11** Chavez Family Dinner. Families must have a student enrolled to attend.
- \* **April-13** 5k Family Fun Run/Walk @ Kemper Center. Check-in starts at 8:30am, run/walk at 9:15am. Register here: <https://forms.gle/awGgueYsBScGXctU6>
- \* **April-24** Pinwheel Craft and Cookie Event @ the PSN Family Resource Center, 10am—noon. Drop-ins welcome!
- \* **April-30** Stewards of Children Darkness To Light Training @ the Kenosha County Job Center, 9am—11am in North 2. Contact Chelsea at 262.697.4689.
- \* **April-30** Family Dinner and Game Night/Strong Family Awards @ Ruffolo's 2, 5pm. Bring the whole family for dinner and games and help us recognize strong families in Kenosha! Register for the Family Game Night here: <https://forms.gle/1xpu6SH1Esvvaqry6>. Nominate a Strong Family here: <https://forms.gle/1xpu6SH1Esvvaqry6>.

# 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

Erin Morey, Director of Operations  
[Erin.Morey@kenoshacounty.org](mailto:Erin.Morey@kenoshacounty.org)

Liza Schultz, Director of Services  
[Elizabeth.Schultz@kenoshacounty.org](mailto:Elizabeth.Schultz@kenoshacounty.org)

Chelsea Colwill, Community Response Specialist  
[Chelsea.Colwill@kenoshacounty.org](mailto:Chelsea.Colwill@kenoshacounty.org)

Alison Haas, PFF Project Coordinator  
[Alison.Haas@kenoshacounty.org](mailto:Alison.Haas@kenoshacounty.org)

Alicia Mojica, Service Coordinator  
[Alicia.Mojica@kenoshacounty.org](mailto:Alicia.Mojica@kenoshacounty.org)

Maria Saenz-Estevez, Service Coord.  
[Maria.Saenz-Estevez@kenoshacounty.org](mailto:Maria.Saenz-Estevez@kenoshacounty.org)

Jaclyn Tenuta, Service Coordinator  
[Jaclyn.Tenuta@kenoshacounty.org](mailto:Jaclyn.Tenuta@kenoshacounty.org)

Rose Verdiquel, Service Coordinator  
[Rose.Verdiquel@kenoshacounty.org](mailto:Rose.Verdiquel@kenoshacounty.org)

Cindy Leslie, Administrative Assistant  
[Cindy.Leslie@kenoshacounty.org](mailto:Cindy.Leslie@kenoshacounty.org)

Nancy Morey, Consultant  
[Nancy.Morey@kenoshacounty.org](mailto:Nancy.Morey@kenoshacounty.org)



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

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

## Keeping Stress in Check During Spring Break

For many schools around the country, spring break is coming up soon. To your children, this is a welcome chance to sleep in and spend the day having fun. To parents, spring break can be stressful, whether due to re-arranging schedules, setting up playdates for younger children or worrying about older teens off on trips. This week's Parenting Tip is about helping manage stress during spring break and finding fun new ways to bond with your children.

It's hard for kids not to get excited about Spring Break, whether they're older teens taking a trip with friends or younger kids who just want time away from the classroom. For parents, this excitement can add a new level of stress to your already busy day. The negative effects of stress on parents are well documented. Here are some tips to help you not only survive Spring Break, but make the most out of it for both you and your children.

Staying home with your kids? Make Spring Break fun, educational, and most importantly stress-free with these ideas:

- **Make a plan!** School-aged children are used to routine, so help make spring break more manageable by planning out some activities that you can do with your children. Some ideas include taking your family to a local library and selecting two books to be read during break, or visiting a nearby museum or science discovery center. Whatever you choose, be sure to include your children in the planning and find out what they want to do.
- **Connect with neighbors.** Meet up with friends and neighbors to formalize a game of tag at a park or set up a group playdate with neighborhood families in your back yard. Not only does this give your children structured ways to spend their fun time, but helps build connections among families in the community.
- **Lean on family and friends if you don't have time off.** Spring break presents a unique challenge for working parents. If you're unable to take time off from work, make use of family members and friends in your neighborhood that can watch your children while you're at work. Situations like this are an example of why building connections in the neighborhood can be so important, not only for you but for other parents who might not have family or close friends nearby.
- **Take care of yourself!** The extra stress of spring break can wear you down, so make sure you budget time for yourself. One date night or night out can make the difference between a manageable spring break and a crazy one. Ensure you have the time you need to yourself in order decompress and destress.

<https://preventchildabuse.org/resource/parenting-tip-stress-spring-break/>