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PSN Family Resource Center NEWSLETTER

Talking to Your Kids About Racism, by UNICEF

It can be hard to talk to your children about racism. Some parents worry about exposing their children to issues like racism and discrimination at an early age. Others shy away from talking about something they themselves might not fully understand or don't feel comfortable discussing.

Conversations about racism and discrimination will look different for each family. While there is no one-size-fits-all approach, the science is clear: the earlier parents start the conversation with their children the better.

Babies notice physical differences, including skin color, from as early as 6 months. Studies have shown that by age 5, children can show signs of racial bias, such as treating people from one racial group more favorably than the other. Ignoring or avoiding the topic isn't protecting children, it's leaving them exposed to bias that exists wherever we live.

How to talk to your child about racism

The way children understand the world evolves as they grow, but it's never too late to talk to them about equality and racism. Here are some age-appropriate ways to start that conversation:

Under 5 years

At this age, children may begin to notice and point out differences in people they see around them. As a parent, you have the opportunity to gently lay the foundation of their worldview. Use language that's age-appropriate and easy for them to understand.

Recognize and celebrate differences – If your child asks about someone's skin color, you can use it as an opportunity to acknowledge that people do indeed look different, but to point out things we have in common. You could say, "We are all human, but we are all unique, isn't that amazing!"

Be open – Make it clear that you're always open to your children's questions and encourage them to come to you with them. If your children point out

people who look different – as young children can often do from curiosity – avoid shushing them or they will start to believe that it's a taboo topic.

Use fairness – Children, especially those around 5, tend to understand the concept of fairness quite well. Talk about racism as unfair and that's why we need to work together to make it better.

6-11 years

Children this age are better at talking about their feelings and are eager for answers. They are also becoming more exposed to information they may find hard to process. Start by understanding what they know.

Be curious – Listening and asking questions is the first step. For example, you can ask what they're hearing at school, on television and through social media.

Discuss the media together – Social media and the internet may be one of your children's main sources of information. Show interest in what they are reading and the conversations they are having online. Find opportunities to explore examples of stereotypes and racial bias in the media.

Talk openly – Having honest and open discussions about racism, diversity and inclusivity builds trust with your children. It encourages them to come to you with questions and worries. If they see you as a trusted source of advice, they are likely to engage with you on this topic more.

You are the example your child follows

Parents are children's introduction to the world. What they see you do is as important as what they hear you say.

Like language, prejudice is learned over time. In helping your child recognize and confront racial bias, you should first consider your own.

Take every opportunity to challenge racism, demonstrate kindness and stand up for every person's right to be treated with dignity and respect.

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8600 Sheridan Road
Entrance B
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Virtual Café

Host- PSN Family Resource Center

What- Virtual Café is a group for parents to drop in and chat with other parents, both as a way to stay connected to other adults and to be able to talk through frustrations and joys they've been experiencing.

When- Fridays from 1pm—2pm

Where- Zoom online, the link to register is below.

https://zoom.us/meeting/register/tJlvcuiprTsrGNDS9_tx4RwXJhHCf9xpzvQ

If you have any questions please contact Alison Haas at alison.haas@kenoshacounty.org or (262) 605-6545.

We look forward to seeing you!

TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.



for every parent

Group Workshop—Virtual Parenting Sessions

Join us on Zoom to get simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

Workshop dates:

⇒ July 15 Balancing Work and Family

⇒ July 22 Tantrums

⇒ July 29 Coping With Stress

Each session will run from **1:00pm—3:00pm**

Registration is required. Sign up here: https://zoom.us/meeting/register/tJAld-yhrjluGdwrgPnphbl9us_3WS2T-YNg

Check out our facebook page for more information: facebook.com/preventionservicesnetwork/

Prefer one-on-one parenting help? We can offer a virtual experience fit to your family's needs. Contact Chelsea at Chelsea.colwill@kenoshacounty.org for more information.



CHILD ABUSE & NEGLECT
Prevention Board



Cooking With Preschoolers

Cooking can help young kids learn and practice some basic math concepts and build language skills. And the experience of creating meals with you can help build their self-confidence and lay the foundation for healthy eating habits. It may take a little flexibility and some simple prep work, but with the right expectations, your time in the kitchen with your preschooler can be a culinary adventure you'll both enjoy.

How Cooking Can Help Preschoolers

Bringing kids into the kitchen can benefit them in a number of ways. Cooking can help:

- **Build basic skills.** You can help your child hone basic math skills by doing something as simple as counting eggs or pouring water into a measuring cup. You can ask what comes first, second, and third or count together as you spoon dough onto a cookie sheet. When you read a recipe together, you're introducing new words to your child's vocabulary and promoting literacy. Following steps in the recipe can work on listening skills.
- **Encourage an adventurous palate.** Preschoolers are notoriously picky eaters, and bringing them into the kitchen to cook can help get them to open up to new tastes. When your 3-year-old daughter plays chef she might sample dishes she wouldn't try if you just served them to her. So encourage kids to taste new ingredients you're working with and talk about what they like and how healthy foods make a body grow.
- **Help young kids explore with their senses.** Kids learn by exploring with their senses and the kitchen is an ideal place to do that. Invite them to listen to the whir of the mixer, pound dough and watch it rise, smell it baking in the oven, and finally taste the warm bread fresh from the oven. If it smells good, looks appealing, and is easy to eat they may just be willing to try it!
- **Boost confidence.** Preschoolers love to show what they can do and working in the kitchen provides opportunities to gain a sense of accomplishment. If they helped assemble the pizza, let them know that their help was important. You could name the pizza or another dish after your child. Serve "Will's Pizza" or "Ella's Salad" for dinner tonight. Even if the end results are not exactly what you expected, praise their efforts.

Ideal Jobs for Preschoolers in the Kitchen

A few tasks in the kitchen are particularly well-suited to kids ages 3 to 5. The key is to give them "jobs" that meet their skill level and are something they enjoy. So if your child loves to pound, bring out the bread dough and let your preschooler pound away.

Here are some other ways kids can help:

- stirring pancake batter
- tearing lettuce for salad
- adding ingredients
- assembling a pizza
- helping you "read" a cookbook by turning the pages

Getting Started

From riding a tricycle to getting dressed, preschoolers are learning how much they can do all by themselves.

So look for a few cooking-related activities that your child can successfully complete independently or with a minimum of involvement from you. Simple tasks like pouring liquid into the bowl, sprinkling cheese on top of the casserole, or using cookie cutters are a good fit for most preschoolers.

Don't plan an elaborate project — 5 to 10 minutes might be all your child wants to spend on an activity. Start small and keep it fun.

As kids grow, they will develop the skills, attention span, and interest to do bigger cooking jobs, like squeezing the juice out of a lemon, measuring ingredients into cups and spoons, and beating eggs or mashing potatoes.

Preschoolers will also enjoy learning with you. For safety reasons, you should be in the kitchen with them at all times, supervising and monitoring progress.

Spending time in the kitchen with your kids can foster an interest in food and cooking that will last for life!

[Click here](#) for a few great recipes that will be fun for your children to make and eat!

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.



Meet Our Staff

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Find us on:
facebook

Like us on Facebook or visit our website:
www.PSNFamilyResourceCenter.com

Getting Back to Business

Although the threat of the COVID-19 pandemic still lingers, the PSN Family Resource Center is slowly getting back to business. We are opening our doors to the public starting **Monday, July 6th**.

Open office hours will be as follows:

- * Monday 9am—noon
- * Tuesday 1pm—4pm
- * Wednesday 9am—noon
- * Thursday 1pm—4pm
- * Friday 9am—noon

Guests will be allowed into the Resource Center one individual or small group at a time. We strongly encourage any visitors to come with a face mask for your safety and the safety of our staff.

Appointments for non-office hours can be made by calling the PSN Family Resource Center line at 262-697-4561.

PSN staff are committed to keeping our space safe and clean and will be using sanitation processes in between visits.