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Northwest Connection

FAMILY RESOURCES

July/August/September 2017

Keep Kids Safe This Summer

Hot weather provides opportunities for kids to enjoy the outdoors. Take steps to keep them safe and healthy, both indoors and outdoors.

Master Water Safety



Swimming and other water activities are excellent ways to get the physical activity and health benefits needed for a healthy life. Get the most from these activities while helping everyone stay safe and healthy.

Parents and caregivers play a key role in protecting children from drowning. When kids are in or near water, closely supervise them at all times.

Help prevent recreational water illnesses, which is illness caused by germs and chemicals found in the water we swim in. Keep the pee, poop, sweat, and dirt out of the water. Take kids on bathroom breaks and check diapers every hour, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.

Stay safe while boating by wearing a life jacket. Properly fitted life jackets can prevent drownings and should be worn at all times by everyone on any boat.

Be Sun Smart



Just a few serious sunburns can increase your child's risk of skin cancer later in life. Adults and children need protection from ultraviolet (UV) rays whenever they're outdoors. Learn how to protect your child from sun damage.

Seek shade when necessary. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent.

When possible, cover up with long-sleeved shirts and long pants and skirts to provide protection from UV rays.

Wear a hat that shades the face, scalp, ears, and neck. If your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.

Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life.

Use a sunscreen with at least SPF (sun protection factor) 15 every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet. Cont'd on page 6.

Source: <https://www.cdc.gov/features/kidssafety/>



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Family Resources

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 **THRIVENT**
FINANCIAL®

Story Time & Play Groups!



Story Time:

Story Time is held at the Sherman & Ruth Weiss Community Library every Tuesday morning starting at 10:15am. Come join us for Story Time and craft projects!

Read, Play & Learn Playgroup:

This playgroup is held at NCFR every Friday morning from 10:30am–12:00pm. This playgroup uses a play-based curriculum designed to promote growth across all areas of development for young children and motivates them to play their way to reach higher levels of development. Please note the change of time.

Open Play:

Every Monday is open play for families. So come and visit our facility and have a fun play day with your child!!

Don't Forget to stop and check out our children's library and the many resources we

have for parents.



FREE FAMILY EVENTS

Family Night Out Special Events

Northwest Connection Family Resources

COME JOIN US FOR A **FUN NIGHT OUT!** FAMILY DINNER, ADULT CONVERSATION AND PLAY ACTIVITIES FOR THE KIDS.



JUNE 15TH

JULY 11TH

AUGUST 10TH

YUMMY DINNER BEGINS AT 5:00 PM

JUNE 27TH

JULY 24TH

AUGUST 21ST



Parent Cafe' Conversations

Build Support for Parents By Parents

Parenting is a tough job! Parent Café conversations provide a safe and fun environment for parents to chat about their families with ways to strengthen their families and communities.

SUMMER THEMES are sure to bring about fun interactive discussions while incorporating the Protective Factors and how they relate daily life.



Playing with a Purpose

Building Better Brains while having FUN

It's a child's job to play! It's ours to provide fun interactive activities. Children will learn and laugh while parents are engaged in conversations. It's going to be **FUN!**

CALL 715-634-2299 TO REGISTER! ATTEND ONE NIGHT OR ALL

This service is made possible by Supporting Families Together Association with funding from the Race to the Top-Early Learning Challenge Grant at the Wisconsin Department of Children and Families

End of the Summer Picnic

Come join the fun for an end of the summer picnic!

We will sit on blankets and have story time, craft and a light snack to enjoy together.

Friday, September 8th, 10:30am-12:00pm at Northwest Connection Family Resources. Please call 715-634-2299 to register for the picnic.





July 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Open Play	4 Office Closed in observation of Independence Day 	5	6 Build A Better World at Sherman and Ruth Weiss Community Library 10:00 am	7 Read, Play & Learn 10:30am-12pm  Macaroni Day	1/8
9	10 Open Play  Teddy Bear Day	11 Story Time 10:15 am Family Night Out 5-6:30pm Call to Register 715-634-2299	12 Breastfeeding Support Group @ NCFR 6:30-7:30pm	13 Build A Better World at Sherman and Ruth Weiss Community Library 10:00 am	14 Read, Play & Learn 10:30am-12pm	15  Gummy Worm Day
16  National Ice Cream Day www.NationalDayCalendar.com Third Sunday in July	17 Open Play  World Emoji Day	18 Story Time 10:15 am	19	20  National Lollipop Day	21 Read, Play & Learn 10:30am- 12pm	22
23  National Hot Dog Day	24 Open Play Family Night Out 5-6:30pm Call to Register 715-634-2299	25 Story Time 10:15 am	26	27 SBS/SIDS 6pm-9pm	28 Read, Play & Learn 10:30am-12pm	29  National Lasagna Day
30						

Parenting Classes & Programs

Car Seat Program

4 STEPS FOR KIDS



A **Big Thank You** to Hayward Area Memorial Hospital & Waters Edge and Grace Lutheran Church for their generous donations to continue with the Car Seat Program here at Northwest Connection Family Resources. This is such a valuable resource for the families in our area.

For more car seat information please call:

Northwest Connection Family Resources
(715) 634-2299

SIDS & SBS Prevention Course



This is a very important topic for all parents, grandparents, child care providers, foster parents, babysitters and the community. This course

will cover prevention methods for both Sudden Infant Death Syndrome (SIDS) and Shaken Baby Syndrome (SBS)

Anyone caring for a child under the age of 5 is encouraged to attend this training because every child deserves to grow up happy and safe! Classes are held one Thursday evening every other month from 6:00-9:00pm. See calendars for exact dates. There is a \$20.00 fee for this class and Registry hours are available.

Please register prior to the class by calling
(715) 634-2299

2017 Summer Reading Program The Sherman & Weiss Community Library



Registration for the 2017 Children's Summer Reading Program (PreK-5th grade) starts Thursday, June 1st, 2017.

Programs will be held at 10 am on the following Thursdays: July 6, 13.

Details will be available on the library's website www.weisscommunitylibrary.com and/or at your child's school or child care.

This program is brought to you by the Sherman & Weiss Community Library and the Friends of the Library.

In partnership with: **Northwest Connection Family Resources**

Check out the Summer Reading programs for teens (5th grade - high school) and for adults.

Breastfeeding Support Group

The Breastfeeding support group meets once a month. The group is meeting July 12th, August 9th, September 13th at 6:30-7:30pm at NCFR.

Register for Hayward 4 Learning

Hayward 4 Learning Registration:

Please pick up registration packets at Northwest Connections Family Resources, 15896 W 3rd. Street, during regular office hours Monday - Friday 8:00 a.m. - 4:00 p.m.

Students must be 4 years old by September 1, 2017

Please call:

Northwest Connection Family Resources
715-634-2299 for more information.





August 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Story Time 10:15 am	2	3  Watermelon Day	4 Read, Play & Learn 10:30am-12pm	5
6  Friendship Day	7 Open Play	8 Story Time 10:15 am	9 Breastfeeding Support Group 6:30pm-7:30pm	10 Family Night Out 5:00pm-6:30pm Call to Register 715-634-2299  S'more Day	11 Read, Play & Learn 10:30am-12pm	12
13	14 Open Play	15 Story Time 10:15 am	16	17	18 Read, Play & Learn 10:30am-12pm	19
20  World Honey Bee Day	21 Open Play Family Night Out 5:00pm-6:30pm Call to Register 715-634-2299	22 Story Time 10:15am	23	24	25 Read, Play & Learn 10:30am-12pm	26
27  Global Forgiveness Day	28 Open Play	29 Story Time 10:15am Ice Cream Social 6-7pm Call to Register 715-634-2299	30	31		

Keep Kids Safe This Summer

Be Safe at Home, Work, and Play



Injuries are the leading cause of death in children aged 19 and younger, but most child injuries can be prevented.

Play it safe on the playground. Read playground signs and use playground equipment that is right for your child's age. Look out for things in the play area that can trip your child, like tree stumps or rocks.

Stay smart around the house by following tips on fire prevention, microwave use, and living with pets.

Help yourself, your loved ones, and others have a safe and healthy summer!


Source: <https://www.cdc.gov/features/kidssafety/>


Music and Movement for the Whole Family




Outdoor Groves

The sun is shining! Bring a portable music player or radio outside, turn on the music, and try these high-energy dance moves and activities:

 **Dance Tag** - Play a game of Freeze Tag, but instead of remaining “frozen,” tagged players must do fun dance moves until re-tagged.

 **Outdoor Fitness** - Use everyday items such as jump ropes, toy hoops, playground equipment, stepping stones, or stairs to create an obstacle course. For an energy boost, all heart-pumping music.

 **Glow Dance Party** - Get some glow sticks or flashlights and keep the party glowing — and going— when the sun goes down.



Indoor Moves

Don't let rainy days or heat waves turn your kids into couch potatoes! Turn on the music and try these fun activities:

DIY (Do It Yourself) Music Videos - Take turns creating a dance. Gather some costumes and make a music video of your routine.

Stay-Cool Dance Lessons - Let your kids teach you the latest dance moves in the privacy of your own home.

Balloon Dance Party - Have a dance party with a balloon, but don't let it touch the ground.

Exergaming - Dance video games that require the player to move can be a great way to get off the couch when you have to stay indoors.

These and more tips can be found at <https://www.fns.usda.gov/tn/summer-food-summer-moves>



September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Read, Play & Learn 10:30am-12pm	2
3	4 Office Closed in observation of LABOR DAY 	5 Story Time 10:15 am	6	7	8 End of the Summer Picnic 10:30am-12pm Please call 715-634-2299 to register	9  Teddy Bear Day
10 	11 Open Play	12 Story Time 10:15 am  Chocolate Milkshake Day	13 Breastfeeding Support Group 6:30pm-7:30pm	14	15 Read, Play & Learn 10:30am-12pm	16
17	18 Open Play	19 Story Time 10:15 am  Baby Expo 5:30-7pm	20	21	22 Read, Play & Learn 10:30am-12pm First Day of Autumn 	23
24	25 Open Play	26 Story Time 10:15 am Hayward 4 Learning Mini Golf 5-6pm	27	28  Good Neighbors Day	29 Read, Play & Learn 10:30am-12pm	30



Northwest Connection

FAMILY RESOURCES

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15896 W 3rd St.
Hayward, WI 54843
Phone: (715) 634-2299 & (800) 733-KIDS
Fax: (715) 634-8743

Email: nwchild@cheqnet.net
Website: www.wisconsinchild.org

RETURN SERVICE REQUESTED

Office Hours
Monday– Friday 8:00am - 4:00 pm

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Berry Jams Party Bites

Prep time: 15 minutes
Makes: 6 Servings

This healthy treat combines fruit, nuts, and whole grains to make sure you have lots of energy to dance and play all day.

Ingredients:

3 whole grain English muffins
6 tablespoons peanut butter or sunflower seed butter
1 cup fresh or frozen (and thawed) sliced strawberries
1/2 cup fresh or frozen (and thawed) blueberries

Directions:

- 1. Using a fork, gently split English muffin in half.**
- 2. Spread 1 tablespoon of peanut butter on each English muffin half.**
- 3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.**
- 4. Serve immediately or chill until served.**

Notes:

Instead of strawberries and blueberries, use pineapple (canned in 100% juice is OK) or bananas for a delicious twist.

Allergic to nuts? Use sunflower seed butter in place of peanut butter.

Meal Pattern Contribution Statement: 1/2 muffin provides 0.50 oz eq meat alternate, 1/4 cup fruit and 1 oz eq grains.

Source: Summer Food, Summer Moves (FNS-607)

