

## In this Issue:

### Page 2:

Story Time  
Playgroups  
4K Pumpkin Painting &  
Pizza Party  
Owl Project

### Page 3:

October Calendar

### Page 4

Car Seat Program  
SIDS/SBS  
Breastfeeding Support  
Group

### Page 5:

November Calendar

### Page 6:

3-Can Chili  
Music & Movement  
for the Whole Family

### Page 7:

December Calendar



# Northwest Connection

## FAMILY RESOURCES

October/November/December 2017

### Why are Family Rules Important for Toddlers and Preschoolers?

Family rules help create structure. A family rule is a specific, clear statement about behaviors you expect from your child. Family rules may be specific to a situation, like dinner time rules. They can also be specific to behaviors that are never okay, like running in the house. Whatever the reason for the rule, your child's behavior and your relationship can be better with rules. Rules work best when there is consistency, predictability, and follow-through.



#### Why are family rules important?

Family rules help children understand what behaviors are okay and not okay. As children grow, they will be in places where they have to follow rules. Following rules at home can help children learn to follow rules in other places.

It is normal for children to break rules and test limits. Breaking a rule is a child's way of learning about his world. Consistent follow through with consequences when rules are broken help your child have a clear understanding about the importance of rules. Remember, young kids sometimes break rules because they simply forget. Not all broken rules occur because kids are testing the limits. But, our responses should be the same no matter what the reason for breaking the rule.

#### Why should all family members know and follow the rules?

For family rules to work well, everyone needs to know, understand, and follow the rules. By doing this, children don't get mixed messages about what is okay or not okay. For example, you may feel that jumping on the bed is a dangerous behavior. You set a family rule that "The bed will be used only for sitting, lying, or sleeping." If another caregiver jumps on the bed, your child may be confused. Your child may think this behavior is sometimes okay. Your child's behavior will be better if all caregivers support the rules in the same way. This is true for parents, grandparents, or any other caregivers in your child's life.

#### How can all family members get on the same page about rules?

There are several steps that can help all family members be consistent.

- Parents can talk about what rules would help their family and agree which ones to set.
- Parents can post the rules in the house so everyone can know them.
- Parents can have conversations with other adults who care for their children about the rules. This helps make sure everyone knows what is allowed and not allowed.
- Parents can ask all caregivers to be consistent in monitoring and enforcing the rules.

**Parents can remind children about the rules. Repeating the rules and posting them in the home are all good ways to remind children of the rules.**

#### What is a good number of family rules for toddlers and preschoolers?

The number of rules you set depends on your child's ability to understand and remember. It is also hard for parents to consistently enforce lots of new rules. For young children, focus on only two or three of the most important rules at any one time. As your child learns a rule and is following it consistently, you can add new rules.

Source: <https://www.cdc.gov/parents/essentials/structure/familyrules.html>



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Thrivent Choice  
Dollars,  
choose  
Northwest Connection  
Family Resources

**amazon smile**  
You shop. Amazon gives.



**THRIVENT**  
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## 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 an activity!

### 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.

### 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

**There is no trick! You are in for a treat!**  
**We'll have pumpkins to paint**  
**and sweets to eat!**



Please join us for a  
Pumpkin Painting and Pizza Party  
(Hayward 4 Learning Activity – all families welcome)  
Tuesday, October 24th  
5:00 p.m.

Northwest Connection Family Resources  
15896 W. 3rd Street, Hayward

Come bring your family, join the fun as we paint pumpkins, eat some pizza and enjoy some sweet treats. All necessary supplies will be provided FREE of charge.

Please call Northwest Connection Family Resources by Friday, October 20th at (715)634-2299 if you plan to attend so enough pumpkins and supplies can be ordered.

Northwest Connection Family Resources  
Hayward Community School District

## Owl Project

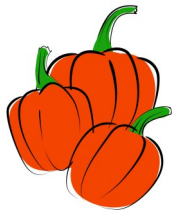
### Materials:

Blue paper for background  
Browns for the owl  
Orange for legs and beak  
Yellow for the eyes  
Black marker or crayon for the eyes  
Glue stick

Tear pieces for brown paper for the body. Cut pieces of orange paper for the legs and beak. Cut eyes from the yellow paper and draw the black circles in the center of the eyes on the yellow paper.

*Enjoy this fun little owl project with your child(ren).*





# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Open Play  Child Health Day 	3 Story Time 10:15 am	4	5  World Teachers' Day 	6 Read, Play & Learn 10:30am-12pm	7
8	9 Open Play	10 Story Time 10:15 am	11 Breastfeeding Support Group @ NCFR 6:30-7:30pm	12	13 Read, Play & Learn 10:30am-12pm	14
15	16 Open Play	17 Story Time 10:15 am   5pm Family Fun	18  Chocolate Cupcake Day 	19	20 Read, Play & Learn 10:30am- 12pm	21
22	23 Open Play	24 Story Time 10:15 am   4K Pumpkin Painting and Pizza Party 5:00pm	25	26	27 Read, Play & Learn 10:30am-12pm	28
29 	30 Open Play   5pm Family Fun Night	31 Story Time 10:15 am  Happy Halloween 				

# Parenting Classes & Programs

## Car Seat Program

### 4 STEPS FOR KIDS



Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time. To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements. Keep your child in the back seat at least through age 12.

For more car seat information please call:

**Northwest Connection Family Resources**  
(715) 634-2299 ask for Jessie.

## 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 or (800) 733-KIDS**

## Family Fun Night

Come join us for a fun night out! Family dinner, adult conversation and play activities for the kids.



October 17th   October 30th  
November 6th   November 28th

**YUMMY DINNER BEGINS AT 5:00 PM**  
(Please register 3 days before each cafe')  
715-634-2299

### 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.

**FUN 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.

## Breastfeeding Support Group

The Breastfeeding support group meets once a month. The group is meeting October 11th, November 8th, and December 13th at 6:30-7:30pm at NCFR. Call Deb Kollmorgen (715) 638-3404.

## FREE Christmas Movies

Saturday, December 9th  
Hayward Cinema 4



**Save The Date!**  
**More details to come!**  
**Check out our Facebook page.**





# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Read, Play & Learn 10:30am-12pm	4
5 Daylight Savings Ends 	6 Open Play  5pm Family Fun Night	7 Story Time 10:15 am  4K Thankful Party 5pm	8  Breastfeeding Support Group 6:30pm-7:30pm	9	10 Read, Play & Learn 10:30am-12pm	11
12	13 Open Play 	14 Story Time 10:15 am	15 	16	17 Read, Play & Learn 10:30am-12pm	18
19	20 Open Play 	21 Story Time 10:15am	22	23 Closed 	24 Closed	25
26	27 Open Play	28 Story Time 10:15am  5pm Family Fun	29	30		

# 3-CAN CHILI



**Makes:** 6 Servings

**Total Cost:** \$

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

## Ingredients

**1 can** beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)

**1 can** corn, drained (15 ounces, or 10-ounce package of frozen corn)

**1 can** crushed tomatoes, undrained (15 ounces)

**Chili** powder (to taste)

## Directions

- 1) Place the contents of all 3 cans into a pan.
- 2) Add chili powder to taste.
- 3) Stir to mix
- 4) Continue to stir over medium heat until heated thoroughly.
- 5) Refrigerate leftovers.

**Source:** Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

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## Tips to help kids get active

- Encourage walking to school and getting active as a family
- Get them to skateboard, bike or run instead of getting a ride
- Ask them to walk the dog with you
- Have them rake the leaves, shovel snow or carry the groceries
- Encourage them to dance to their favorite music
- Replace computer and TV time with something active
- Build active opportunities into daily classroom routines and encourage students to join a school sport team
- Take kids to the playground or to the park to play
- Reduce screen time

Be more active in the after-school time period. Every step counts!



<https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity/physical-activity-tips-children-5-11-years.html>



# December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Read, Play & Learn 10:30am-12pm	2
3	4 Open Play  Cookie Day 	5 Story Time 10:15 am	6	7	8 Read, Play & Learn 10:30am-12pm	9 FREE Christmas Movies (Watch for further de- tails) 
10	11 Open Play	12 Story Time 10:15 am	13  Breastfeeding Support Group 6:30pm-7:30pm	14	15 Read, Play & Learn 10:30am-12pm	16
17 Maple Syrup Day 	18 Open Play	19 Story Time 10:15 am	20	21  	22 Read, Play & Learn 10:30am-12pm	23
24 Christmas Eve	25 Closed  	26 Closed	27	28	29 Read, Play & Learn 10:30am-12pm	30
31 New Year's Eve						



**Northwest Connection**  
**FAMILY RESOURCES**

Non Profit Org  
U.S. Postage Paid  
Hayward WI  
Permit #64

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

Email: [nwchild@cheqnet.net](mailto:nwchild@cheqnet.net)  
Website: [www.wisconsinchild.org](http://www.wisconsinchild.org)

RETURN SERVICE REQUESTED

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

Like us on Facebook



**HAPPY HALLOWEEN!**

**POP! On over to.....**

**Northwest Connection Family Resources**  
**October 31st from 4:00 to 6:00 pm**

**Giveaways:**  
Hayward Gourmet Popcorn  
Glow Necklaces  
Children's Books  
Tote Bags for Treats  
Quarterly Newsletter

**First Come First Serve**

