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Northwest Connection

FAMILY RESOURCES

July/August/September 2016

Mosquito Bites: Best Tips to Prevent and Treat Those Insanely Itchy Spots

When it comes to mosquitoes and their blood-sucking ways, we're over it! Instead of running around like a crazy person the next time a swarm of mosquitoes is nearby, here are some tips for prevention and treatment of those itchy bites that will make you get over your fear of that high-pitched buzz this summer.

Prevention: Stay Inside

Not for the **WHOLE** summer but at dawn and dusk when mosquitoes are most active. They also tend to prefer wooded areas and standing water so they will be most present near lakes and ponds.

Prevention: Wear light-colored clothing

Mosquitoes are attracted to heat and carbon dioxide, and you'll get hotter faster in dark clothing, so anything of the pastel variety will keep you cooler and less appealing to them - a win, win. Keep the pants and shirts long-sleeved for added coverage.

Prevention: Shower regularly

Mosquitoes are attracted to sweat, so showering regularly will keep you clean and fresh and less appealing to bite.

Prevention: Use insect repellent

If you want to bring out the big guns, use insect repellent on exposed skin and loose clothing. But be aware of the ingredients - like the level of DEET - especially on children. Experts recommend using spray with no more than 10 percent DEET on kids ages two to 12. And be sure not to spray it on kids' hands if they will put them in their mouth or rub their eyes.

Prevention: Toss standing water

Mosquitoes lay their eggs in standing water so anything that could be hospitable to this should be removed when not in use - kiddie pools, birdbaths and even toys left on the lawn.

If you follow all these tips and still get bitten (because those suckers are nothing if not relentless), there are plenty of ways to minimize the discomfort of the bites (rather than carving an X in your skin like you did at camp).

Treatment: Don't Scratch

The mosquito's saliva causes an allergic reaction and itching can make the bite worse, and take longer to heal. So your first line of defense is to clean the bite with soap and water and avoid itching it at all.

Treatment: Baking Soda

That \$3 orange box is really a miracle cure-all. A paste of baking soda and water will relieve itching and even minimize swelling.

Treatment: Coconut Oil

Coconut oil is another essential, all-natural product to keep on hand for many reasons. Just dab a little coconut oil on your bite for a quick hit of relief.

Treatment: Itch Sticks

Specially formulated creams that can be bought at most major drug stores contain several active ingredients to help the itching. The best part of these is they often contain a mild antibiotic to help avoid any possible infection.

Treatment: Aspirin

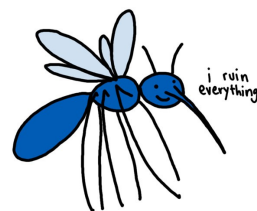
The good news is you don't have to look too far for some sweet, sweet relief. Crush up an Aspirin, mix with water and dab it directly on the bite for a few minutes then rinse with warm water.



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This article was taken from The Huffington Post Canada and written by Ashley Bennion
http://www.huffingtonpost.ca/2015/05/04/mosquito-bites-prevention-treatment_n_7057366.html

Weekly Story Time & Playgroups!

Story Time:

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

Read, Play & Learn Playgroup:

Read, Play & Learn Playgroup is held at NCFR every Friday morning from 9:00 - 11:00 am. This playgroup uses a play-based curriculum designed to promote growth across all social emotional areas of development for young children through reading stories, doing crafts, and singing songs all related to the same theme.

Open Play:

Come visit our facility! Every Monday is dedicated for families to drop in and play at the center. No need to call ahead, stop by and play! Check out our lending library filled with books



We all know reading to our children is a good thing - but why? Here are some reasons WHY it is so important to read to your child between the ages of two and five.

Reading to your child builds a stronger relationship with you. What's better than snuggling and reading a book?

Reading is fun. You can be silly, change the story, read in different voices, etc.

Reading enhances concentration. Toddlers may seem distracted but eventually will love hearing the entire book.

Reading develops logical thinking skills - helps children develop good judgment.

Builds better communication skills - children learn to express themselves and relate to others in a healthy way.

Teaches children how to listen to a story and respect how to take care of books.

Introduces new experiences - there is a land of wonder and excitement waiting for children in books.

Academic excellence - being exposed to reading before preschool will likely help children as they enter school.

NORTHWEST CONNECTION FAMILY RESOURCES has great reading opportunities for you to attend such as Story Time at the Library, Read Play and Learn on Friday morning and see the activity below:

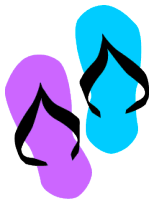
Storybook Walk

This fun, interactive playgroup will bring the joys of reading and the benefits of exercising together. You and your little one will walk, skip, jump, etc. from one page to the next and read a wonderful story.

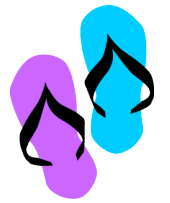
Along the way, we'll have questions for you to ask your child(ren) and creative ways to get from one page to the next.




Watch for more information about this fun activity in August!





July 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Blueberry Month 					1 Read, Play, and Learn Playgroup 9 - 11 am	2
3 Teddy Bear Picnic Day 	4 Office Closed Happy Fourth of July 	5 Story Time 10:15 am	6	7 On Your Mark, Get Set...READ At Sherman and Ruth Weiss Library 10:00 am	8 Read, Play, and Learn Playgroup 9-11 am	9
10 Teddy Bear Picnic Day 	11 Open Play Day	12 Story Time 10:15 am	13	14	15 Read, Play, and Learn Playgroup 9-11 am	16
17	18 Open Play Day	19 Story Time 10:15am	20 National Lollipop Day  Parents Forever @ NCFR 10 am - 12 pm	21 Parents Forever @ NCFR 10 am - 12 pm	22 Read, Play, and Learn Playgroup 9-11 am	23
24/31	25 Open Play Day	26 Story Time 10:15 am. National Aunt and Uncle Day	27	28 Shaken Baby Syndrome Prevention and Sudden Infant Death Syndrome Class 6:00 - 9:00 pm	29 Read, Play, and Learn Playgroup 9-11 am	30

Parenting Classes & Programs

Parents Forever: the Impact of Divorce on Children



This parent education class is geared towards families who are divorced, separated or in a co-parenting situation. This course helps parents to understand how children are affected during this family transition. It also helps parents to understand the loss and grief children may feel during this time.

This free course is presented in two sessions, you must attend both sessions to complete this program. Parents Forever will be held in two locations to accommodate parents busy schedules. When sessions are located at Northwest Connection Family Resources free childcare is available. When sessions are located at LCO Hotel childcare is not provided.

See calendars for specific dates. Please call and register for this course (715) 634-2299

Kids in the Kitchen

At these six informal sessions, parents will learn what happens when preschoolers are part of meal prep and table time, and when healthy food choices are introduced - not forced. Parents will build on skills that children are ready to use. Kids will be more likely to choose from a healthy variety of foods. Everyone will have more fun at meal times!

Six hands-on classes are provided by University of Wisconsin Nutrition educator Kim Clark. Classes focus on parent concerns and include quick and easy recipes for meal and snacks.

Kids in the Kitchen will run every Friday for 6 weeks (August 26th through September 30th) during our playgroup from 10 - 11 am. Children are still able to come and play! :)



The Shape of Yoga

One way to get active this summer with your little's is by doing fun yoga poses. Yoga helps bring fun daily physical activity to your life and helps build strength and flexibility. The best part about Yoga, is you can do it right along with your little ones!

The Shape of Yoga offers a free booklet, in both English and Spanish, that shows fun Yoga poses to do and healthy recipes to incorporate into your programs at meal time.

You can take a look at The Shape of Yoga by following this link

http://www.healthylivingforlife.org/_web-assets/pdfs/Network-ShapeofYoga.pdf





August 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>National Eye Exam Month</p> 	1	2 Story Time 10:15 am	3 National Watermelon Day 	4	5 Read, Play, and Learn Playgroup 9-11 am	6
7	8 Open Play Day	9 Story Time 10:15 am	10	11	12 Storybook Walk (See Page 2 for more information) 9-11 am 	13
14 National Smile Week 	15 Open Play Day	16 Story Time 10:15 am	17	18	19 Read, Play, and Learn Playgroup 9-11 am	20
21	22 Open Play Day	23 Story Time 10:15 am	24	25 Shaken Baby Syndrome Prevention and Sudden Infant Death Syndrome Class 6:00 - 9:00 pm	26 Kids in the Kitchen 9-11 am	27 Banana Lovers Day 
28	29 Open Play Day National Frankenstein Day 	30 Story Time 10:15 am	31			

4 Tips for Setting Your Child's Summer Sleep Schedule

Summer vacation is just around the corner and kids everywhere are getting ready to stay up late and sleep in. There is something about summer vacation that makes it seem as if the rules go out the window and things like bedtimes and eating vegetables should be packed away with school books and backpacks until fall rolls around.

Unfortunately, not every family has the luxury of adjusting their entire schedule to enable a more leisurely lifestyle that also allows everyone to get enough sleep. Moms and Dads still have to get up in the morning and go to work which means kids have to get up and go to camp or childcare. Late nights and early mornings don't mix any better during the summer than they do when school is in session.

According to the National Sleep Foundation, school age children need at least nine hours of sleep each night to be healthy and have the energy they need to be active. The best way to make sure kids are getting the sleep they need is to stick to a standard schedule of bedtime and wake time. But during the summer, that isn't always an easy thing to do. To help parents prepare for a successful summer full of fun and slumber, here are 4 tips for helping kids on a summer sleep schedule.

1. Set a bedtime you can stick to that works with your schedule

There is no point in setting a summer bedtime that you won't be able to follow. Be realistic about what your family's summer schedule is really like. Are you out and about later into the day than during the rest of the year? Are you traveling or having family visit? When do your children need to be up in the morning? All these questions should feed into setting a summer bedtime that will work for your family.

2. Make sleep a priority

Children need 9 - 10 hours of sleep and they need to see that sleep is important for them and for the rest of the family. Make sure each family member has room in the schedule to get the sleep their body needs to be healthy.

3. Allow for free time

In our fast paced world, we are apt to over schedule our lives and the lives of our children. Let summer be a break from structured, scheduled time and make sure your children have free time to play and explore. Overscheduled children can become stressed out and too much stress can keep them from getting the sleep they need, even if you schedule it in.

4. Follow the same routine

During the school year, it is likely that your child has a specific routine they follow in order to get ready for bed. They change into pajamas; brush their teeth, read a book, etc. Try to keep this routine as similar as possible during the summer to reinforce that muscle memory that tells the body it's time to go to bed. This will also make it easier to get back on a regular sleep schedule once summer is over.

Looking for an easy craft to do with your little one this summer?

Have your child paint or color a paper plate.
Draw a spiral on the paper plate.
Have your child cut along the line.
Add a pipe cleaner, googly eye, and a smile.

Your end result: A Snail!!

*This activity promotes creativity, concentration, hand-eye coordination, and cutting skills.



September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
International Square Dancing Month 				1	2 Kids in the Kitchen 9 - 11 am	3
4	5 Office Closed Happy Labor Day 	6 Story Time 10:15 am	7	8	9 Kids in the Kitchen 9-11 am	10
11	12 Open Play Day	13 Story Time 10:15 am	14	15 National Make a Hat Day 	16 Kids in the Kitchen 9-11 am	17
18	19 Open Play Day	20 Story Time 10:15 am	21 Parents Forever @ NCFR 10 am - 12 pm	22 Parents Forever @ NCFR 10 am - 12 pm	23 Kids in the Kitchen 9 - 11 am	24
25	26 Open Play Day Johnny Appleseed Day 	27 Story Time 10:15 am	28	29 Shaken Baby Syndrome Prevention and Sudden Infant Death Syndrome Class 6:00 - 9:00 pm	30 Kids in the Kitchen 9-11 am	



Northwest Connection

FAMILY RESOURCES

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OR CURRENT RESIDENT

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

Please call Northwest Connection Family Resources and provide us with your email address to hear about upcoming events at our center. (715) 634-2299

Like us on Facebook!



Northwest Connection Family Resources would like to thank Golden Living Center for their generous donation to help with Read, Play and Learn Playgroups!