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Northwest Connection

FAMILY RESOURCES

January/February/ March 2017

Benefits of winter play for children

During the warm spring and summer months, it seems natural to allow children to play outside. However, when winter comes along, parents may be more hesitant to send children outside. There are plenty of ways to make sure children stay safe and healthy outside in the winter, and there are even several health benefits that accompany this outdoor playtime.

1. Children Can Escape Indoor Germs, Bacteria

It is impossible to shield children completely from all viruses or bacteria that can make them ill, especially in the winter when they are more prevalent. However, allowing children to come into contact with some of these pests and bacteria in a natural way can actually make them less likely to develop autoimmune disorders and allergies, according to the Center for Disease Control (CDC).

"It strengthens the immune system by allowing your child an escape from indoor germs and bacteria and helps form a resistance to allergies," [the CDC said](#). It is important to get fresh air because all of the bacteria and germs that you bring into the house get recycled over and over again through the air vents, according to the California Childcare Health Program (CCHP). Therefore, the more time you spend inside, the more you are exposed. "When children and adults spend a long time together in indoor spaces that are small, overheated and poorly ventilated, germs and illnesses pass easily from one person to another," the CCHP said.

2. Opportunities for Better Exercise

According to the CDC, children should get 60 minutes of exercise everyday, and exercising during the winter can be even more beneficial. Larger muscles are able to get more use when children have to walk through snow, and this helps with gross-motor development, according to the CCHP. Limiting outdoor exercise until the end of winter can stunt growth of muscles which can lead to a variety of health issues. Increased exercise will help promote a better sleep cycle and can lead to children growing stronger and maintaining a healthy body weight. Some fun physical activities for children during the winter include going sledding, helping to shovel snow or building a snow fort or snowman.

3. Promotion of Problem-Solving, Imagination

Winter presents a whole variety of new challenges for children to overcome, both physically and cognitively. Toys and equipment, such as swing sets, that were once readily available may now be frozen or covered in snow. This forces children to use their imaginations to find alternatives or figure out a way to access their favorite toys.

Playing winter games offers a different way of learning that is not available during the rest of the year, according to parenting tips from [kidsinthehouse.com](#). Learning how to pack snow tightly to build things, to steer a sled or to avoid slippery and unsafe objects are all important lessons that can be learned outside in the winter.



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Continued on page 6...

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 from 1:00-3:00 pm 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

Northwest Connection Family Resources will be partnering with the Hayward Community School District in hosting our 4k Family Fun Day Events!

ALL FAMILIES ARE INVITED TO JOIN THE FUN!



Tuesday, January 17th from 5pm to 7pm we will be hosting having our BINGO and Pizza Night! The registration deadline for this event will be January 13, 2017. Come join to play, win and eat pizza!

Sunday, February 5th we will be having our Annual Family Fun on The Ice! Bring your little ones to the Hayward Sports Center at 10475 Sutliff Dr, Skate time will be from 2pm until 4pm. Registration deadline will be February 2, 2017.



For the month of March we will be having a St. Patrick's Day party with crafts and cookie decorating. This will take place on Tuesday, March 14th from 6:00 pm-7:30pm. Deadline for registration will be on March the 10th! Come and let us see your decorating skills.

If you have any questions or would like more information call (715) 634-2299

PARENT CAFÉ IS BACK AND READY TO CONNECT WITH YOU

You are Invited:

Parent Cafés offer the chance for parents to make new friends, share ideas, and discuss your hopes and dreams for your family! Over the course of 3 sessions, parents have the opportunity to discuss 3 separate themes. These themes incorporate the Five Protective Factors (1. Knowledge, 2. Resilience, 3. Communication, 4. Support, and 5. Relationships) and provide a framework for parents to relate them to their own families. Parents gather in small groups to explore questions and have a discussions. The theme, which is facilitated by a Parent Host. Parent Cafes are unique in that every parents voice is heard. These Parent Cafes are an avenue for parents to come together to talk listen, and support others with stressors, worries, and challenges that many have struggled with alone. The Parent Cafes support parents in building friendships and a strong network of families who help each other stay strong.

For more information and to register please call 715-634-2299

The first session beings March 28, 2017

WE HOPE TO SEE YOU THERE!



January 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day Happy New Year!! 	2 Open Play	3 Story Time 10:15 am	4	5 National Bird Day 	6 Read, Play & Learn 10:30am-12pm	7
8	9 Open Play	10 Story Time 10:15 am	11 Breastfeeding Support Group @ NCFR 6:00pm	12 Nurturing Parenting Class 1pm-3pm	13 Read, Play & Learn 10:30am-12pm	14 National Dress Up Your Pet Day 
15	16 Open Play Martin Luther King Jr. Day	17 Story Time 10:15 am 3 BINGO & PIZZA Family Event 5pm- 7pm 	18	19	20 Read, Play & Learn 10:30am- 12pm	21
22	23 Open Play National Pie Day 	24 Story Time 10:15 am	25 Parents Forever 1pm-3pm UW Extension	26 Nurturing Parenting Class 1pm-3pm Parents Forever 1pm-3pm SBS/SIDS 6pm-9pm	27 Read, Play & Learn 10:30am-12pm	28
29	30 Open Play	31 Story Time 10:15 am				

Parenting Classes & Programs

Parents Forever: the Impact of Divorce on Children



This parent education course 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 court approved course is presented in two sessions, you must attend both sessions to complete this program. Upon completion of the course you are presented with a certificate for the court. Parents Forever will be held in three 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 and UW Extension, childcare is not available.

See calendars for specific dates. Please call and register for this course (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 each 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**

Family Foundations Home Visiting Program



Northwest Connections Family Resources is now offering a home visitation program through family foundations. A Home Visitor will come once a week for a minimum of 90 minutes throughout your pregnancy and continue to visit until your child is 3 years old.

Together, you will watch, plan, and discuss an individualized plan for your child's development that will include ways to help your child learn using family interactions, daily routines, and common household materials. Families partnering with the Home Visiting Program will have the opportunity to receive comprehensive services from a number of professional providers such as, health and nutrition, education, disability services, and early intervention.

For more information call (715) 634-2299

ICCA Nurturing Parenting Class



Do you ever feel like you need a "Parenting Manual?!"

ICAA Nurturing Parenting Classes Can Help! Through this FREE 16 Week interactive class, you can learn how to feel less stressed as a parent. Begin to make new connections with other parents and enjoy some much needed adult interaction. You have the chance to learn why kids behave the way they do and help families cope in stressful situations. This class will begin January 12th from 1pm-3pm Please see the calendar for the following days It will be held here at NCFR. **All families are welcomed.**





If you would like to sign up or receive more information please contact :

Michelle or Ashley @ (715) 532-4222



FEBRUARY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	National Bake for Family Fun Month 		1	2 Nurturing Parenting Class 1pm-3pm Groundhog Day 	3 Read, Play & Learn 10:30am-12pm	4
5 Family Ice Skating 2pm-4pm 	6 Open Play	7 Story Time 10:15 am	8 Breastfeeding Support Group @ NCFR 6:00pm	9 Nurturing Parenting Class 1pm-3pm	10 Read, Play & Learn 10:30am-12pm	11
12	13 Open Play	14 Story Time 10:15 am Happy Valentine's Day 	15	16 Nurturing Parenting Class 1pm-3pm	17 Read, Play & Learn 10:30am-12pm	18
19 National Fruit Week 	20 Open Play Presidents' Day	21 Story Time 10:15 am Parents Forever LCO 5pm-7pm	22 Parents Forever LCO 5pm-7pm	23 Nurturing Parenting Class 1pm-3pm	24 Read, Play & Learn 10:30am-12pm	25
26	28 Open Play	28 Story Time 10:15 am				

Benefits of Winter Play Continued...

4. Provides Essential Vitamin D

According to the National Institute of Health's Office of Dietary Supplements (ODS), Vitamin D promotes calcium absorption, prevents rickets in children and prevents bones from becoming too thin or brittle. Sun exposure is an important source of vitamin D, especially for children, since very few foods contain it naturally and the ones that do are unappealing to children such as fatty fish, according to ODS. The amount of sunlight children are exposed to and the amount of vitamin D they absorb can have a large impact on their mood. Vitamin D, which is produced in skin exposed to the hormone of sunlight, has been found to change serotonin levels in the brain, which could account for changes in mood, according to a 2008 study conducted by Jaap Denissen about the effects of weather on daily mood. Serotonin is a hormone that plays an important role in regulating mood. Lower levels of serotonin, and higher levels of melatonin, could correspond with depression like symptoms. The less exposure you have to the sun, the lower your vitamin D and serotonin levels will be.

"Therefore, lower levels of vitamin D could be responsible for increases in negative affect and tiredness," according to Denissen's research.

Written by: Rachelle Gaynor, Accuweather.com Staff Writer

The New Wisconsin Shares Child Care Subsidy Program and EBT Card

The MyWICildCare EBT card will provide Wisconsin families with the ability to pay for child care using approved Wisconsin Shares Child Care Subsidy funds using an EBT card.

The MyWICildCare program will allow eligible parents to have an EBT card authorized with their approved child care subsidy. This approach represents a better payment management system than the current method, where the state makes the child care payments directly to providers without parents having any involvement or oversight of the billing process.

Under the MyWICildCare model, the customer relationship shifts from one that is between the child care provider and the state, to a relationship that is between the child care provider and the parent. This shift will empower and promote parental responsibility by having parents directly involved in the negotiation of child care payments for their children. With the use of the MyWICildCare card, there is opportunity for improved customer relationship between parents and child care providers. The MyWICildCare EBT card will also serve as a strong fraud prevention tool and the new system will combine overall fraud policy with new state-of-the-art technology.

The Department of Children and Families will provide three different ways in which parents can make payments to providers using the MyWICildCare EBT card.

Online: The FIS website <http://www.ebtEDGE.com>. Providers and parents can access the website via a desktop computer or mobile device to process or review payments. This option is provided at no cost and may be used 24 hours per day, seven days a week.

• **Telephone:** A telephone-based IVR system. Providers and parents can process or review payments by telephone. This is provided at no cost and may be used 24 hours per day, seven days a week.



• **Swipe:** The Department of Children and Families has contracted with EBT card vendor, FIS, to provide optional Point of Sale Devices (POS) to Wisconsin child care providers. *The system for MyWICildCare will only work with POS devices that have been provided by FIS.* The fee for a Point of Sale Device is \$14.50 per month. **Please note: third party POS devices will not be able to process the EBT Electronic Benefit Transfer transactions.**

***Wisconsin Department of Children and Families*



MARCH 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	National Celery Month 		1	2 Nurturing Parenting Class 1pm-3pm	3 Read, Play & Learn 10:30am-12pm National Unplugging Day  unplugged	4
5	6 Open Play	7 Story Time 10:15 am National Cereal Day 	8 Breastfeeding Support Group @ NCFR 6:00pm	9	10 Read, Play & Learn 10:30am-12pm	11
12 Daylight Savings Day 	13 Open Play	14 Story Time 10:15 am St. Patrick's Day Party 6:00pm- 7:30pm	15 Parents Forever NCFR 10am-noon 1pm- 3pm	16 Nurturing Parenting Class 1pm-3pm	17 Read, Play & Learn 10:30am-12pm St, Patrick's Day 	18
19	20 Open Play Act Happy Week 	21 Story Time 10:15 am	22	23 Nurturing Parenting Class 1pm-3pm	24 Read, Play & Learn 10:30am-12pm	25
26	27 Open Play	28 Story Time 10:15 am Parent Café 9am-12:00pm	29	30 Nurturing Parenting Class 1pm-3pm	31 Read, Play & Learn 10:30am-12pm	



Northwest Connection

FAMILY RESOURCES

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Hayward WI
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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

OR CURRENT RESIDENT

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

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SNOWMAN PAINTING FUN



For this project...

- * Mix equal parts of shaving cream and Elmer's glue. The mixture dries puffy just like this.
- * Use your fingers to spread the shaving cream mixture and create your snowmen on blue cardstock.
- * Add cardstock pieces to form the eyes, nose, mouth, hat, and arms.
- * You can use ribbon for the scarf

Idea is from Homemaking Fun.