Northwest Connection
FAMILY RESOURCES
April/May/June 2018

In this Issue:

Page 2:
Story Time
Playgroups
Family Events

Page 3:
April Calendar

Page 4
Car Seat Program
SIDS/SBS

Page 5:
May Calendar

Page 6:
Week of the Young Child
Porcupine Sliders

Page 7:
June Calendar

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THRIVENT FINANCIAL®

Ten Ways to Be a Better Dad

What's Happening

Involved fathers can help children lead lives hat are happier, healthier, and more successful than children whose fathers are absent or uninvolved. Fathers who spend time with their children increase the chances that their children will succeed in school, have fewer behavior problems, and experience better self-esteem and well-being.

What You Can Do

1. **Respect your children's mother.** When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.
2. **Spend time with your children.** If you always seen too busy for your children, they will feel neglected no matter what you say. Set aside time to spend with your children.
3. **Earn the right to be heard.** Begin talking with your kids when they are very young, and talk to them about all kinds of things. Listen to their ideas and problems.
4. **Discipline with love.** All children need guidance and discipline, not as punishment, but to set reasonable limits and help children learn from natural or logical consequences. Fathers who discipline in a calm, fair, and nonviolent manner show their love.
5. **Be a role model.** Fathers are role models whether they realize it or not. A girl with a loving father grows up knowing she deserves to be treated with respect. Fathers can teach sons what is important in life by demonstration honesty, humility, and responsibility.
6. **Be a teacher.** A father who teaches his children about right and wrong and encourages them to do their best will see his children make good choices. Involved fathers use everyday examples to teach the basic lessons of life.
7. **Eat together as a family.** Sharing a meal together can be an important part of healthy family life. It gives children the chance to talk about what they are doing, and it is a good time for fathers to listen and give advice.
8. **Read to your children.** Begin reading to your children when they are very young. Instilling a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.
9. **Show affection.** Children need the security that comes from knowing they are wanted, accepted, and loved by their family. Showing affection every day is the best way to let your children know that you love them.
10. **Realize that a father's job is never done.** Even after children are grown and leave home, they will still look to their fathers for wisdom and advice. Fatherhood lasts a lifetime.

Adapted from the National Fatherhood Initiative (http://www.fatherhood.org/).
At https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/, you can download this tip sheet and get more parenting tips, or call 800.394.3366.

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!

Play Day:

Play Day is held at NCFR every Friday morning from 10:30am–12:00pm.This time is for parents and children to use the playroom to interact with other families. We have story bags available to enhance early literary. Special days coming, May 11th Muffins with Mom (any adult) and June 15th Donuts with Dad (any adult). **Please call NCFR 800-733-KIDS to register.**

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

All Families Welcome
Hayward 4 Learning Activities

Tuesday, April 17th, 2018
5:00pm - 6:30pm

Come join us to celebrate Week of the Young Child and National Child Abuse and Neglect Prevention Month. There will be kite decorating and pinwheel making to help celebrate these two great events! A **light supper** will be served.

Please call by Friday, April 13th 715 634-2299.

Tuesday, May 15th, 2018
5:00pm - 6:00pm
Reptiles and Amphibians of Wisconsin

The Cable Natural History Museum will get you up close and personal with some reptiles and amphibians, while learning what makes these critters so unique.

Please call by Friday, May 11th 715 634-2299.

These activities are **FREE** for **ALL** families.

Hope to see you there!

Events held at:
Northwest Connection Family Resources
15896 W 3rd Street, Hayward

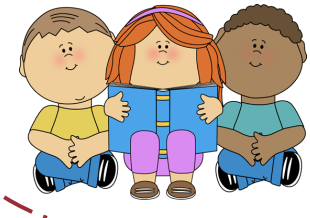
Hayward 4 Learning Family Outreach Programs are sponsored by:
Northwest Connection Family Resources
Hayward Community School District

Hayward 4 Learning registration is coming soon!

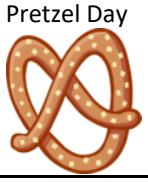
Watch for more 4K registration information to come in the Sawyer County Record

Children must be 4 years old by September 1, 2018.

Please call
Northwest Connections Family Resources
715-634-2299 for more information.



April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 **Happy Easter** 	2 Open Play	3 Story Time 10:15am	4	5 Deep Dish Pizza Day 	6 Play Day 10:30am-12pm	7
8	9 Open Play	10 Story Time 10:15 am	11 Pet Day 	12	13 Play Day 10:30am-12pm	14
15 **Week of the Young Child**	16 Open Play **Steward of Children: Darkness to Light** 4-7pm NCFR Call to Register 800-733-KIDS	17 Story Time 10:15 am 4K Event **Celebrate Children** 5pm-6:30pm Call to Register!	18	19	20 Play Day 10:30am– 12pm	21
22 	23 Open Play	24 Story Time 10:15 am	25	26 Pretzel Day 	27 Play Day 10:30am-12pm	28
29	30 Open Play					

Parenting Classes & Programs

Car Seat Program

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)

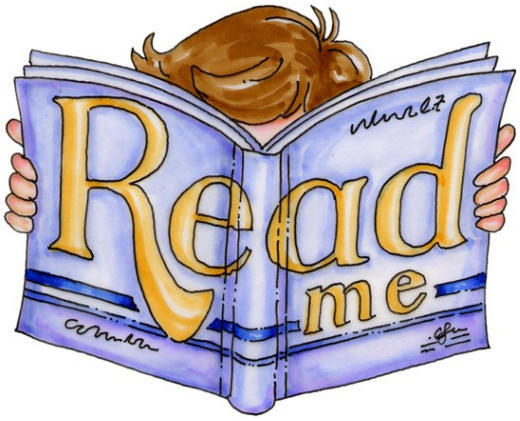
Anyone caring for a child under the age of 5 is encouraged to attend this training because every child deserves to grow up happy and safe! Classes are held one Thursday evening every other month from 6:00-9:00pm. See calendars for exact dates. There is a $20.00 fee for this class and Registry hours are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

Please register prior to the class by calling
(715) 634-2299 or (800) 733-KIDS

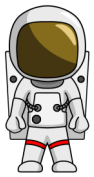
Do you love to read to your child?

Scholastic book order forms are available to pick up at NCFR's welcome center. Scholastic offers great deals on books. The order forms are available monthly. Stop by anytime M-F, 8 am - 4 pm.

COME CHECK IT OUT!



May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Story Time 10:15 am	2	3	4 Play Day 10:30am-12pm	5 Astronaut Day 
6	7 Open Play	8 Story Time 10:15 am	9	10 Clean Up Your Room Day 	11 **Muffins with Mom** 10:30am-12pm Muffins & Craft	12
13 	14 Open Play	15 Story Time 10:15 am 4K Event **Cable Natural History Museum** 5pm-6pm Call to Register!	16	17	18 Play Day 10:30am-12pm	19
20	21 Open Play	22 Story Time 10:15am	23	24 Scavenger Hunt Day 	25 Play Day 10:30am-12pm	26
27	28 **Closed** 	29 Story Time 10:15am	30	31		

WEEK OF THE YOUNG CHILD

April 16-20, 2018

What is the Week of the Young Child?

The Week of the Young Child (WOYC) is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC).

What is the purpose of the WOYC?

The purpose of the WOYC is to focus public attention on the needs of young children and their families and recognize the early childhood programs and services that meet those needs at the local, state, and federal levels. The WOYC is a time to plan how we - as citizens of a community, state, and nation - will better meet the needs of all young children and their families.

HOW YOU PARTICIPATE IN WEEK OF THE YOUNG CHILD

Publicly recognize those who work with and for young children in our community: child care providers, school teachers, troop leaders, coaches, etc.

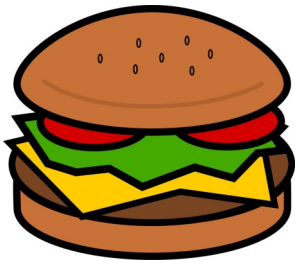
Honor those who have significantly contributed to the quality of services for young children and their families: children/family programs, schools, churches, etc.

This week to spend time with your child(ren) and remember they are only young for a short time. Enjoy each stage of your child's life and make as many memories as possible!

Porcupine Sliders

Ingredients

1/8 cup Brown Rice, dry
1tsp Canola oil
1 1/2 Tbsp Fresh onion, diced
1/4 cup Fresh celery, diced
1 1/2 tsp Fresh garlic, minced
1 lb Raw ground turkey, lean
1 Egg, beaten
5 Tbsp Dried cranberries, chopped
3/4 cup Fresh baby spinach, chopped
1 tsp Worcestershire sauce
1/2 tsp Salt
1/2 tsp Ground black pepper
1 dash Ground white pepper
6 (1oz each) Mini whole-wheat rolls (small dinner roll size)



Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine brown rice and 1/2 cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 degrees Fahrenheit to an internal temperature of 165 degrees or higher for at least 15 seconds (use food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

https://fns-prod.azureedge.net/sites/default/files/tn/porcupinesliders-homes.pdf

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Play Day 10:30am-12pm	2
3	4 Open Play	5 Story Time 10:15 am	6 Yo-Yo Day 	7	8 Play Day 10:30am-12pm	9
10	11 Open Play	12 Story Time 10:15 am	13	14 **Libraries Rock!** **Sherman and Ruth Weiss Community Library** **10:00 am**	15 **Donuts with Dad** 10:30-12pm Donuts & Activity	16
17 	18 Open Play	19 Story Time 10:15 am	20	21 **Libraries Rock!** **Sherman and Ruth Weiss Community Library** **10:00 am** 	22 Play Day 10:30am-12pm	23
24	25 Open Play	26 Story Time 10:15 Chocolate Pudding Day 	27	28 **Libraries Rock!** **Sherman and Ruth Weiss Community Library** **10:00 am**	29 Play Day 10:30am-12pm	30

Northwest Connection
FAMILY RESOURCES

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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April is National Child Abuse Prevention Month

Wear Blue on April 6th, 2018 to show your support.

CHILD ABUSE & NEGLECT Prevention Board

Children's Hospital of Wisconsin
Kids deserve the best.

Prevent Child Abuse Wisconsin

WISCONSIN DEPARTMENT OF CHILDREN AND FAMILIES