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Northwest Connection

FAMILY RESOURCES

January/February/March 2019

Teaching Children the Practice of Mindfulness

Mindfulness is a state of awareness, which according to the Goggle dictionary, can be achieved by "Focusing one's awareness on the present moment..." We can improve the quality of our lives by practicing mindfulness. Teaching children how to develop mindfulness techniques can have a lasting positive affect in their lives. Some of the benefits of mindfulness include:

- Reduction of negative thoughts, less stress, memory boost, better focus and less attention problems, less emotional reaction, better cognitive flexibility, success in relationships/social skills, enhanced morality, intuition, and self-awareness.

Mindfulness Poses: Encourage and motivate children to engage in practicing mindfulness, by telling them that these fun poses help children to feel strong, brave, and happy. Create a safe, quiet space and together, teachers and children can practice one of the following poses:

Superhero Poses: Superman pose: stand with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible.

- Wonder Woman pose: stand tall with legs apart wider than hips and hands or fists paced on the hips.

Spidey Senses: Ask children to turn on their "Spidey senses" -using a super-focused sense of smell, sight, hearing, taste, and touch to help keep the world around them safe, just like Spiderman.



Mindful Jar: Mindfulness is also taught by teaching children how to control their emotions. Creating a "mindful jar" demonstrates for children how strong emotions can take over and how they can find peace when they experience those strong emotions.

Fill a clear jar with water (almost all the way). Add a big spoonful of glitter glue or glue and dry glitter to the jar. Close the lid and shake the jar to move the glitter around.

Use the following script:

Imagine that the glitter is like your thoughts when you're frustrated, mad or upset. Notice how they whirl around and make it really hard to see clearly. When this happens, it can be easy to make silly decisions when you are upset --- because you're not thinking clearly. Sometimes this happens in all of us (even grownups).

Place the jar in front of the children.

"now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you are clam for a little while, your thoughts start to settle and you start to see things much clearer" (Karen Young 2017).

This exercise is a great visual for children to learn and see how emotions can cloud their thoughts. The focus on the swirling of the glitter helps practice mindfulness as well.

Sources: 4-C FOCUS Newsletter - December 1, 2018

Davis, Daphne M., and Jeffery A. Hayes. "What Are the Benefits of Mindfulness?" *American Psychological Association*, American Psychological Association, 2012, www.apa.org/monitor/2012/07-08/ce-corner.aspx.

Ackerman, Courtney. "Mindfulness Activities for Children And Teens: 25 Fun Exercises For Kids." *Positive Psychology Program - Your One-Stop PP Resource!*, Positive Psychology Program, 3 Feb. 2017, positivepsychologyprogram.com/mindfulness-for-children-kids-activities/.



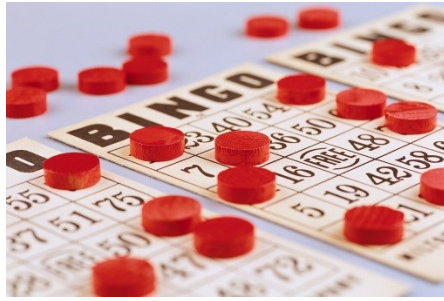
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THRIVENT
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FAMILY FUN NIGHT

ALL FAMILIES WELCOME



Hayward 4K Activity

Bingo & Pizza

Tuesday, January 15, 2019

5:00pm - 7:00pm

Northwest Connection Family Resources

15896 W. 3rd Street, Hayward

Come bring your family and join the fun, as we eat pizza and win prizes playing Bingo! Everything is **free**!

Please call Northwest Connection Family Resources at (715) 634-2299 by **Monday, January 14** if you plan to attend so we are sure to have enough pizza and prizes for everyone!

Sponsored by: Northwest Connection Family Resources
Hayward Community School District



Story Time is held at the Sherman & Ruth Weiss Community Library every Tuesday morning starting at 10:15am.

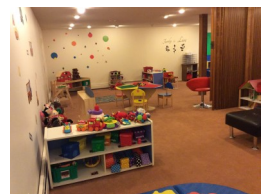
Come join us for Story Time
and an activity!

Just a reminder:

reading builds listening, memory,
and vocabulary skills.



Play Room **Open:**



Our playroom is open for families. So come and visit our playroom, bring a friend, and have a fun time with your children!!

Monday-Friday 8:00am-4:00pm.
Please call 715-634-2299 or stop in to see if the room is available.





January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Office Closed Happy New Year 	2	3	4 Spaghetti Day 	5
6 Cuddle Up Day 	7 Playroom Open Mon.-Fri. Call or Stop in for availability	8 Story Time 10:15 am	9	10	11 Step in a Puddle & Splash Your Friends Day 	12
13	14 Open Play	15 Story Time 10:15 am  4K Bingo & Pizza 5-7pm	16	17 	18	19
20	21 Open Play	22 Story Time 10:15 am	23	24	25	26
27	28 Open Play	29 Story Time 10:15am	30	31 Backwards Day 		

FAMILY FUN NIGHT

ALL FAMILIES WELCOME



Hayward 4K Activity

Valentine Cookie Decorating & Craft Making

Tuesday, February 12, 2019
5:00pm - 6:00pm
Northwest Connection Family Resources
15896 W. 3rd Street, Hayward

Come bring your family and join the fun as we make a Valentine cookie and cute craft! All necessary supplies will be provided **free**. Please call Northwest Connection Family Resources at (715) 634-2299 by **Friday, February 8** if you plan to attend so enough supplies can be ordered.

Sponsored by: Northwest Connection Family Resources
Hayward Community School District

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



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Happy Groundhog Day! 
3	4 Playroom Open Mon.-Fri. Call or Stop in for availability	5 Story Time 10:15 am	6 Frozen Yogurt Day 	7	8	9
10	11 Open Play	12 Story Time 10:15 am 4K Valentine Cookie Decorating & Craft Making 5-6pm	13	14 Happy Valentine's Day 	15	16
17	18 Office Closed Presidents Day	19 Story Time 10:15am	20 Love Your Pet Day 	21	22	23
24	25 Open Play	26 Story Time 10:15am	27  CELEBRATE INTERNATIONAL POLAR BEAR DAY FEBRUARY 27! SANDS	28		

FAMILY FUN DAY

ALL FAMILIES WELCOME



Hayward 4K Activity

Family Ice Skating Party

Sunday, March 3, 2019
The Hayward Sports Center
3:00pm - 4:00pm Ice Time
(2:30pm pick up skates to borrow)

Come bring your family and join the fun!
A light snack will be served. If you have skates bring them along.
Skates are available to borrow, but sizes may be limited.
This activity is **free** of charge.

Please call Northwest Connection Family Resources
at (715) 634-2299 by **Friday, March 1.**

Sponsored by: Northwest Connection Family Resources
Hayward Community School District

Family Foundations Home

Visiting Program:

Participants of this program will benefit from weekly visits and support from a Home Visitor throughout your pregnancy and will continue until your child is three years old. Together as a team, you and the Home Visitor, will create an individualized plan for your child's development. This will include ways to help your child learn using family interactions, daily routines, and common household materials.

Please call Katie or Shannon
715-634-2299
for more information.





March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3 4K Ice Skating Party Hayward Sports Center 3-4pm	4 Playroom Open Mon.-Fri. Call or Stop in for availability	5 Story Time 10:15 am	6	7	8	9
10	11 Open Play Napping Day 	12 Story Time 10:15 am	13	14 Children's Craft Day 	15	16
17 Happy St. Patrick's Day 	18 Open Play	19 Story Time 10:15 am	20 First Day of 	21	22	23
24 31	25 Open Play	26 Story Time 10:15 am	27	28	29	30 Take a Walk in the Park Day 



Northwest Connection

FAMILY RESOURCES

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Fax: (715)634-8743

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

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RETURN SERVICE REQUESTED

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

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SNOW SLIME



Here is how to make it!

1/2 Liquid Starch
1/2 Elmer's White School Glue
Artificial Snow
Bowl



Stir ingredients in bowl and then mix with your hands. The mixture should form slime pretty quickly. If your slime sticks to your hands, add a little more starch. If it's too stringy and won't hold together, knead in a little more glue.

