



Keeping UW-Madison Families Informed

Our monthly newsletters are back! The purpose of our monthly Parent Newsletter is to keep UW-Madison parents connected and informed with happenings and resources on campus. I will include parenting tips, ideas, events, etc! Feel free to send me any information that you think other families would enjoy seeing in our newsletters!

[Visit Our Website](#)

Family Tip of the Month

Help your child become a great problem solver

Children who can solve their own problems feel confident and enjoy learning. They are willing to make mistakes and learn from them and keep trying until they succeed. Families can help children develop problem-solving skills by taking advantage of opportunities to talk about solving problems. Here are some ways to start a conversation.

[Click here to learn about all the ways you can help your child become a great problem solver!](#)



Photo: © Dejan Ristovski

Work and Family Life Newsletter

Balancing job and personal responsibilities: Practical solutions for family, workplace and health issues

[January 2018 Issue](#)



Tips from Dr. Laura Froyen

5 Steps for Coaching Big Emotions

Many parents I work with feel as though they can appropriately handle small emotional upsets and disappointments. But when it comes to really big emotions they often feel lost, stuck, and powerless.

[If this sounds like you, click here to learn more!](#)



Escape Adulthood: Making Mealtime More Fun!

Everyone needs a bit less stress and more fun! Check out these fun tips from escapeadulthood.com.

Today's Tip: Opposite Meal

Have a meal in which you do everything the opposite of how you normally would. Eat dessert first. Or have breakfast for dinner. Only use your non-dominant hand when eating. If one person normally does the cooking, have someone else take over. See how many you can come up with!



FREE DINNER at Gordon Commons!

Friday, January 12

Kick-off the King Holiday weekend with fellowship and food at UW Gordon Commons, 770 W. Dayton Street in downtown Madison.

Dinner served buffet style from 4:30 to 7:00 PM. There is **NO COST** to attend. Performance by Madison Music Makers.

Dinner will include fried and baked chicken, mac n' cheese, mashed potatoes and gravy, vegetables, sweet potato pie, and more.

Join us and share a wonderful meal with friends, old and new, in Dr. King's spirit of brotherhood and sisterhood. **FREE** shuttle bus service provided by Kobussen Buses, Ltd with pickup at the YWCA (departing 5:45 PM) and Grace Episcopal Church (departing 5:55 PM).

