



## 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](#)

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## Family Tip of the Month

### Encouraging your Child to Lead

Children are often told what to do, where to go, and how to act throughout the day. And we, as parents and caregivers, often feel rushed, over-scheduled, and required to actively parent our children at all times.

But both parents and children need breaks from their typical roles. It's important for children's to have some control of their world. When children have opportunities to make decisions and increase their independence, they see that their own identity is important. They are able to build confidence when their thoughts and opinions are valued by those around them.



[Here are some ways you can give your child opportunities to grow as a leader.](#)

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## Work and Family Life Newsletter

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

[February 2018 Issue](#)



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## Tips from Dr. Laura Froyen

### This is NOT an emergency!

Today's gem comes from the teachings of Dr. Laura Markham of Aha Parenting. She suggests parents use this phrase to help them calm down in the moment and realize that they have a choice in how to respond.



[www.laurafroyen.com](http://www.laurafroyen.com)

[Read more here!](#)

### Escape Adulthood: Making Mealtime More Fun!

Everyone needs a bit less stress and more fun! Check out these fun tips from [escapeadulthood.com](http://escapeadulthood.com).

#### **Today's Tip: You're the Greatest**

Pick one person to start, and everyone goes around the telling the rest of the group one of their favorite things (or memories) about that person. Then you do the same for everyone else, hopefully boosting their self-esteem and the general lovingness at the table.

Pro Tip: See beyond the sappiness and realize just how few and far between those moments are when we tell people how we really feel. One sincere compliment can go a LONG way.



## 2018 Summer Camp Guide

You're probably already exploring Summer Camp options for your kids (and your kids are probably already counting the days!).

There are so many awesome, unique summer programs for your kids in the Madison area, whether they're into sports, adventuring, sailing, STEM activities, arts, animals, nature, or anything else!

[Click here to view some summer options around Madison!](#)