



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

Use your Head, Wear a Helmet

Spring is coming, eventually, which means children will hopefully be able to go outside more and will likely jump on a bike, scooter, rollerblades, etc. Children and adults should always wear a helmet when engaging in these activities! Helmets are the single more effective safety device available to reduce head injuries and death from bicycle crashes and other outdoor activities on wheels!



Did you know?

The Kohl's Safety Center, located right here at the American Family Children's Hospital, has helmets available for around \$10.00, which is at least 50% off what you can purchase them for at your other local stores. They will even help you get it perfectly sized to your child's head! You can view their hours [here!](#)

[Click here for other helmet and bicycle safety tips!](#)

**Work and Family Life
Newsletter**



more!

LAST ISSUE! Unfortunately, Dr. Susan Ginsberg, the writer of this fabulous newsletter, passed away in February. This will be the last issue of this newsletter.

It has some great advice on talking to kids about scary events in the news, along with how to get young children to stop whining, mind-boosting benefits of exercise, and

[April 2018 Issue](#)

Tips from Dr. Laura Froyen

Respectful Reading

Dr. Laura Froyen gives tips for parents on research-based strategies for fostering a life-long love of reading.



[Get your copy here!](#)

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: Make Rainbow Pasta

Cook noodles, drain and cool. Fill a gallon Ziplock bag one quarter of the way with water. Add food coloring to the water. Add part of cooked pasta and mix around in the bag until the noodles change color. Drain, and repeat with other colors. Place the noodles in separate bowls.

Pro Tip: You can also add food coloring to a white cream sauce to complete the dish!



Madison Area Restaurants where Kids Eat Free

Need a night of no cooking? Check out this list if you'd like to find a location where your kiddos can eat free!

[KIDS EAT FREE!](#)