

May, 2018

## Keeping UW-Madison Families Informed

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Thank you for reading! Our monthly Parent Newsletter is designed to keep UW-Madison parents connected and informed with happenings and resources on campus. I will include parenting tips, ideas, events, etc! Please send me any information that you think other families would enjoy seeing in our newsletter!

### Family Tip of the Month



#### Gardening with Kids: How It Affects Your Child's Brain, Body and Soul

For parents struggling to find ways to encourage their kids to eat a healthy and balanced diet, gardening can be an important tool. Don't let the idea overwhelm you. Gardening doesn't require a perfectly level, large or sunny backyard. Try planting in a small raised bed or growing a few edibles in existing landscaping. If you don't have a lot of outdoor space, a few containers and soil in a sunny spot can be an easy way to grow herbs or some sweet cherry tomatoes that kids won't be able to resist. Plants like zucchini, radishes and herbs are fairly easy to grow without a lot of fuss, making them a great return on your investment. The much bigger return is how planting a garden can affect not only your child's body but

### Work and Family Life Newsletter



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

[Read the May 2018 Issue here!](#)

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### 20 Madison Parks to Check Out This Spring & Summer!



also their brain and soul.

[Read more about the benefits of gardening here.](#)

Additional resources:

- [Garden Activities](#)
- [Gardening Basics](#)

The warm weather is here and it's time to get your family outside! One of the greatest things about living in Madison is all the places to visit, right here in our own city! Here is a condensed list of 20 parks in the area! [Find the list here!](#)

## 100 ways to have fun with your kids

#1. Build a fort in your living room out of blankets or cardboard boxes.



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