



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

Top Ten Podcasts for Balanced Parents

For parents who are looking to make changes in their parenting while creating more balance in their lives, podcasts are a great go-to suggestion. Podcasts are usually short, enjoyable, packed with good information, and they make it easy to learn while driving to work, washing dishes, or while out on a walk. Check out Laura Froyen's top 10 suggested parenting podcasts!



[View link to Top 10 Podcasts for Balanced Parents](#)



Work and Family Life Newsletter

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

September 2017 Issue

Parenting Mantras to the Rescue

"Connect before you correct"

This is such a good reminder to get down on your child's level, enter their world, and meet them with empathy and compassion, before you offer guidance for their behavior. Now, I know we can't do this

every time, but if we can make it a goal to do it the majority of the time, I think we will be on the right track.



www.laurahoyen.com

Escape Adulthood: Tip of the Month

Everyone needs a bit less stress and more fun! Check out these fun tips from escapeadulthood.com. Get rid of [Adultitis](#) now!

Today's Tip: Make mealtime more fun!

Serve your next spaghetti dinner without plates. Just plopp the spaghetti in the middle of the table and have the meal participants pull their portions towards themselves. If you're concerned about the potential mess, just put down plastic tablecloths beforehand to make cleanup a breeze!

If you are able to just let go, relax, and have fun with this...imagine the memories this will make for your child. Send me pictures if you want and I can share them!



Infant Movement Awareness and Tummy Time Skills For the pre-crawling baby

For UW-Madison students/staff/faculty with infants and UW Campus Child Care Infant Teachers

Saturday, September 16

10am-11:30am
Nurturing Touch Therapy, 6117 Monona Drive

Registration Required

For registration and more information, please visit our [Parent Event Page!](#)

UW Madison Office of Child Care and Family Resources | occf.wisc.edu

STAY CONNECTED:

