



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

10 Tips for Raising a Compassionate Infant/Toddler

Recent research shows that infants and toddlers are far more empathetic than we once thought. While they have short fuses, and don't cope well with sharing, they are capable of being compassionate. With this in mind, here are ten tips you can use at home to help infants and toddlers become pro-social!

[Click here to learn more!](#)



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Work and Family Life Newsletter

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

[October 2017 Issue](#)

Parenting Mantras to the Rescue

"Do Less. Observe More. Enjoy Most"

This is a simple reminder to slow down, to not assume that your intervention is what is needed, to really look at

what is happening, and to revel in what you're seeing. What I love so much about this saying is that it is applicable to almost any situation. When watching your children play this can help us remember not to interrupt them or direct them, and instead learn to see the value in what they are doing and approach their play with a sense of wonder and marvel. It is also helpful in harder moments when we so want to scoop our child up to give comfort, or physically remove them from a difficult situation. In these times this saying can help us pause so that we can really "see" the situation and wait a bit to see what is needed of us.

DO LESS.

OBSERVE MORE.

ENJOY MOST.



www.laurafroyen.com | image by Free Pik

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: Pajama Run

Select a "victim." It could be your spouse, a friend, children or grandchildren. About fifteen minutes after they've gone to bed for the night, burst into their bedroom banging pots and pans and wooden spoons yelling "Pajama Run! Pajama Run!" Everyone has to quickly jump into the car - still wearing their pajamas! - and you drive to the local ice cream joint for a late night treat.



Balanced Parenting Playgroup

*For UW-Madison students/staff/faculty families
(spouses/children welcome!)*

Every Monday (through Dec 11)

9am-10am

Eagle Heights Comm. Center, Rm 133

Meet with other parents to share the joys and challenges of being new parents while balancing school, work and relationships. You will find light-hearted support, empathy, and compassion from others who have been just where you are. There will also be opportunities to learn more about child development, gentle/positive discipline, and managing relationships with partners, family and friends.

The group will be facilitated by Dr. Laura Froyen, who had her first child while obtaining her PhD in Human Development and Family Studies, and her second as a brand new professor. She now specializes in helping families find more balance, connection, and joy.

NO REGISTRATION! We'd love to see you next week!
