

July, 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



#### Using Vroom to get ideas for activities to do with your child!

Being a parent is hard. There are so many expectations and so many things to do. How can you possibly squeeze any brain building and relationship building activities into your day when you already have a million things to do?

Vroom, a new easy to use website, has simple ideas to help you! It's fun, and you can have separate tabs for each child so that you are getting developmentally appropriate activities! They even have an app so you can look at it while you are on the bus, waiting for the dentist, or on your lunch break!

You can start by visiting their website at [www.vroom.org](http://www.vroom.org). You can set up a free account and start receiving some really great, research based brain building activities! They are simple, fun and you can build them right into your daily routine!

[Click here to watch this video to see why brain building with your child matters so much!](#)

### Work and Family Life Newsletter



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

#### [Read the July/August 2017 Issue here!](#)

*(note: there is no July/August 2018 issue)*

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### Kid Friendly Podcasts for Road Trip Season



Looking for something to listen to while the kids are in the car? Here are some great kid-friendly podcasts!

[Click here to see the list of podcasts!](#)

## 100 ways to have fun with your kids

#2. Make playdough from scratch.  
(Click on "playdough" to get a great homemade recipe!)



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