

August, 2018

Keeping UW-Madison Families Informed

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



Helping Your Family Become Sensible Digital Users

The average parent spends 9 hours and 22 minutes in front of a screen, and the bulk of this time is for personal use. And...78% of parents think that we are good media role models for our children. If our kids are awake for at most 14 hours/day, how often are THEY competing with a screen for OUR attention?

Now's the time to set some rules around screen use! Check out this great article by former OCCFR staff member, Paula Drew, on the [3 Essential Steps to Helping Your Family Become Sensible Digital Users!](#)

AND...Lisa Guernsey is coming to Madison on October 25 to speak to parents about her research, her recommendations, and her own journey as a parent in the digital age! She has written multiple books including *Screen Time: How Electronic Media - From Baby Videos to Educational Software - Affects Your Young Child*.

Why do Parents Pay So Much For Child Care if Providers Get Paid So Little



Check out the link below to watch a helpful video from Child Care Aware America that explains why, even though parents in the US pay large amounts for quality child care, very often not enough is left on those payments for adequate provider salaries and benefits.

[Watch here!](#)

Simple Chores Children Can (and Should) Do



She will be presenting at Madison Marriott West on October 25 from 6-9pm. [REGISTER HERE!](#)

Kids learn how to be responsible and self sufficient when you give them new tasks. They can do a lot more than you might think!

[Click here to find a chore for your kiddo!](#)

100 ways to have fun with your kids

Create an obstacle course (indoors or out!)



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