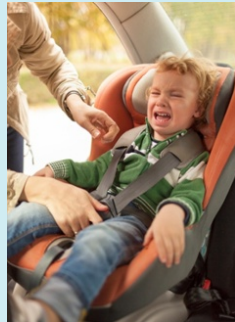


September, 2018

## 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



#### Ending Car Seat Power Struggles FOR GOOD!

by Dr. Laura Froyen

How can I get my child to get in the car seat without a power struggle EVERY.SINGLE.TIME?

Ah, the car seat power struggle. Phew! This can be a big one because it is absolutely a non-negotiable, and kids KNOW it. It's basically their job in the early years to test and experiment with limits and power and things like getting buckled into a car seat are the perfect opportunity for children to assert their will and autonomy. Plus, there is the additional bonus that it usually ruffles parents' feathers, which makes it even more attractive and interesting to our budding scientists.

I have used this with both of my children when they entered the car seat resistance stage at about 10 mo. I also coached my husband through it with both kids at about 15 months. (They would sit and get buckled for me with no resistance, but with my husband they would climb around the car, refuse to sit down or turn around, etc.). Plus countless clients and parents on forums on Facebook. But it takes preparation and commitment!

### Pumpkin Patches, Farms & Corn Mazes in and around Madison

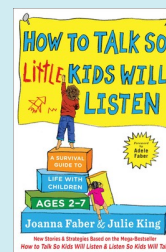


Fall in Wisconsin is pretty fantastic! And one of the most favorite family activities is to visit the local farms, pumpkin patches and orchards! There are so many of these places right here in the Greater Madison Area!

[Click here to see the list of all the places to enjoy this fall!](#)

### How to Talk so Little Kids Will Listen!

A survival guide to life with children ages 2-7



This is a must-have resource for anyone who lives or works with young kids! What do you do with a little kid who... won't brush her teeth... screams in his car seat...

The key part here is to stay calm, collected, confident, and connected the entire time.

[CLICK HERE TO READ LAURA'S BLOG ON SOLVING CAR SEAT STRUGGLES!](#)

pinches the baby...refuses to eat vegetables...runs rampant in the supermarket? Organized according to common challenges and conflicts, this book is an essential emergency first-aid manual of communication strategies, including a chapter that addresses the special needs of children with sensory processing and autism spectrum disorders.

*This book can be purchased, checked out from a library, or listened to as an audio-book!*

## 100 ways to have fun with your kids

Bake cookies or bread (and let the kids help!)  
There are a ton of fall recipes out there right now!



FOLLOW US FOR MORE GREAT  
INFORMATION!



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