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## 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



#### Makerspaces...AT HOME!

What in the world is that???

The maker movement is clearly having its moment in the education world.

Whether you call them **makerspaces**, **hackerspaces**, or **DIY labs**, the idea is the same—they're **places where kids can tinker, invent, and build to their heart's content**. They are great for fostering creativity and hands-on learning. Makerspaces are popping up mainly in schools and libraries. **But you can bring the fun into your home with your own box of maker tools and materials.** A selection that includes both everyday and unexpected materials helps children's imaginations run wild!

[To get started on your makerspace, click here to find the first five types of household materials to collect.](#)

### 3 Good Things



People who are grateful tend to be happier, healthier, and more fulfilled. Being grateful can help people cope with stress. This simple action is easy to do yet it's benefits have been scientifically proven! In tests, people who tried it each night for just one week were happier even one month, three months, and six months later!

And I have an idea to make this an **EASY** part of your crazy, chaotic day with kids...but it can make a **HUGE** different in children's happiness levels and yours too!

**Here's what you do...**  
**While you are eating dinner, go around the table and have everyone say 3 good things that happened to them THAT DAY.**  
**That's it!**

You could add another element and record everyone's answers on a whiteboard, large paper on the wall, etc so that everyone can look back and see all the good things happening to the family!

**TRY IT! Bet you won't regret it!**

Actual footage of my children getting ready for school.



# 100 ways to have fun with your kids

Paint each other's faces!



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