



Office of Child Care
and Family Resources
SCHOOL OF EDUCATION
UNIVERSITY OF WISCONSIN-MADISON

January, 2019

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



5 Tips for keeping your family active this winter

Winter calls for cuddles and comfort food, and physical activity isn't always top priority. Here are some ways to keep movement in your daily to-do list when it's cold outside!

1. Embrace the snow
2. Get out of town
3. Make the cold worth it
4. Take up winter sports
5. Get moving with indoor activities

For a detailed description of each of the above activities, click [here!](#)

Toys as Tools: Everyday Science Experiences



Simple toys and tools can engage children as they explore natural phenomena in ways that will support their later science learning. Adults who allow children to play and work through small difficulties by themselves support children as they build an understanding of how the world works. Resist the temptation to “fix it” or “make it go faster” or “use it the right way,” and you will build your child’s self-confidence and problem-solving ability.

[Click here to read more!!](#)

30 Indoor Places to
Play in the Greater
Madison Area

"We don't eat things we find in the couch!"

...is, apparently, something I say now. Ramblin' Mama



Hula Hot List

It might be freezing cold outside, but don't despair! Find some relief at these awesome indoor places to play! Check them out and let your little one burn off some energy!

[CLICK HERE FOR THE LIST!](#)

100 ways to have fun with your kids

Paint or draw together.



FOLLOW US FOR MORE GREAT INFORMATION!



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