



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

May, 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



Well-being Tips for Children and Families!

If there was a way to potentially help kids pay better attention, exercise more generosity with their peers, perform better in school, and be more aware of themselves and others, would you try it? What if it was free, relatively easy and cost only a bit of your time and focus?

While researchers are still researching the curriculum's effectiveness, they offer some informal tips for families who may want to start practicing more kindness and mindfulness with their young kids.

Check out these great ways to add some mindfulness to your child's day!

Mindfulness is a Parent Superpower



Many of us believe that being a parent means having every answer and being able to meet every need. The baby is hungry, the toddler scraped his knee, the phone is ringing, and our partner can't find a clean shirt. We feel pressured to do four things at once, all with a kind and calm attitude.

What can we do to ease up on ourselves? First of all, we need to accept that there will be missteps, and show ourselves forgiveness and compassion. Mindfulness can help with that. Mindfulness is intentionally paying attention to:

- What is happening around us,
- What is happening inside us,
- What we are doing, and
- How we are doing and feeling.

Dan Harris, correspondent for ABC News and mindfulness advocate, says, "Mindfulness is a superpower." Brain science has shown us that mindfulness can strengthen the parts of our brain that help us stay calm and be good problem solvers.

Here are 5 easy ways to start building YOUR mindful "superpower"!



Cows on the Concourse

June 1, 2019

8am - 1pm



Cows on the Concourse is a FREE, annual and family-friendly event that kicks off June Dairy Month in Dane County. Hosted on the Capitol Square, kids and adults can meet and greet cows from local dairy farms.

Saturday, June 1, 2019
8:00 AM – 1:00 PM; Rain or Shine!
Downtown Madison, WI
Location 100 block of MLK

Event Highlights

- Visit two cow petting areas – Ask our "Moo Experts" your bovine questions
- Tempt your taste buds with a melt-in-your-mouth grilled cheese sandwich and wash it down with ice cold milk. We will again feature a Muenster grilled cheese sandwich as our specialty cheese!
- Learn about the rich dairy tradition in the Badger State and build your dairy knowledge in the Ed'Moo'cation Zone
- Kids, check out our athletic stations and learn how dairy products are a part of healthy lifestyle and keep your bodies strong. Don't forget to fuel up with ice-cold milk after you exercise!
- Join in the My Dairyland Scavenger Hunt and visit each zone at Cows on the Concourse. Learn fun dairy facts and record your answers for a chance to win a free souvenir t-shirt while supplies last

100 ways to have fun with your kids

Pack a lunch and go to the park!



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