



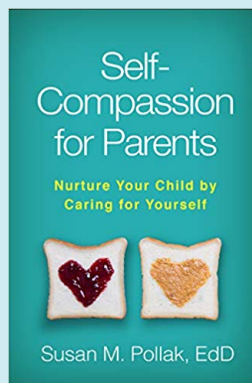
Office of Child Care
and Family Resources
SCHOOL OF EDUCATION
UNIVERSITY OF WISCONSIN-MADISON

August, 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



Self-Compassion for Parents: Nurture your child by caring for yourself

On a tough day, raising children can feel like one of the most difficult, seemingly thankless roles a person can have. **The stakes are high, and the hours are rough.** There is no formal training, and it isn't easy learning on the job — not to mention the fact that everyone else seems to be better at it than we are!

[Check out this new book](#) scheduled to be released very soon! This book offers practical strategies and practices

2019 Farms, Pumpkin Patches & Orchards



Fall in Wisconsin is pretty fantastic! And one of our favorite family activities is to visit the local farms, pumpkin patches & orchards.

Luckily there are lots of places like that right here in the Greater Madison Area!

[Click here to see some great places to explore!](#)

for the parenting journey, all based on a foundation of self-compassion and acceptance that we are enough, just as we are. Whether we're new to parenting or seasoned veterans, Pollak's guidance is a welcome relief.



First week of school:

Sandwich cut in a cute shape, sliced fruit, encouraging note.

Last week of school:

Handful of croutons wrapped in foil.

@simoncholland

Badger Fan-Demonium

Saturday, August 31

9:30am-12:00pm

Dream Bank -

American Family Insurance

821 East Washington Ave,
Madison

Show your Wisconsin pride and get ready for the upcoming football season - DreamBank Style! Bring your Badger spirit and make crafts to cheer on your favorite player or team. Bucky Badger will be on the scene from 10-11 am for fun family photo ops! We'll also have a face painter from Funny Faces Family Entertainment from 10 am-Noon, so stop in for some post-game day fun!

100 ways to have fun with your kids.

This month's idea is to...

Fingerpaint together with your child!



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INFORMATION!



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