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!

FOLLOW US FOR MORE GREAT INFORMATION!

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