



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

September, 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

Feeling Overwhelmed by Parenting? Remember **G.R.A.T.E.**

Use this handy acronym to help inspire feelings of gratitude during difficult parenting moments.

mindful
mindful.org

G **Gratitude** Remember that gratitude is a go-to practice in difficult moments — not just when something momentous and good has happened or we want to feel warm and fuzzy.

R **Realize** that you're in a negative headspace — this is the first and crucial step toward an attitude adjustment.

A **Appreciate** Find something to appreciate: a breath of fresh air, a working toilet — anything that strikes you as worthy of recognition.

T **Thanks** Send a mental or verbal shout-out to someone who has helped you — a family member, a friend, a stranger who held the door.

E **Enjoy the moment** of peace and calm — it won't be long before your kids give you another opportunity to practice gratitude. Again.

By Carla Naumburg, PhD (carlanaumburg.com)



Go, See, Play:
UW-Madison
Geology Museum

Fall Craft with Kids!

The changing colors can make Madison so magical around the fall. Hopefully you're able to get out and enjoy it! The next time you head out on a nature walk or play in the backyard, why not encourage your child to pick the prettiest leaves to collect for a craft?

Here is a super fun and fairly easy craft for kids with hardly any preparation necessary!

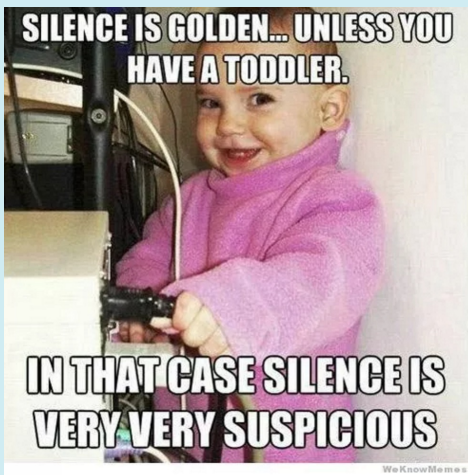
Step 1: Collect leaves and a couple supplies including paper plates, glue, and string.

Step 2: Cut a hole out of the paper plates to create a frame for a wreath.

Step 3: Apply a generous amount of glue around the frame.

Step 4: Finally, let your toddler decorate the wreath with leaves.

Lastly, attach a string to the wreath, hang it up, step back and enjoy! Also, you could let an older child join in or even manage this entire craft on their own! It's fun to see which leaves your kid is most interested in, or to jump in and make your own wreath right along with them. As a result, you'll end up having a great time while enjoying the beautiful colors this season has to offer!



Geology Museum Info:

Location: 1215 W. Dayton Street

Hours: Monday – Friday: 8:30 a.m. to 4:30 p.m.; Saturday, 9 a.m. to 1 p.m.

Parking: Closest lot is under Union South. Meters are on several adjacent/near by streets. You may have to park several blocks away, so plan accordingly and possibly consider bringing a stroller for your walk. It's often easier to find parking during UW-Madison break times.

Cost: Free! There is a donation box and donations are important to any museum's operating budget.

Tours: Offered upon pre-arrangement. Call 608.262.1412. There is a \$2 fee per tour participant and an 8 person minimum.

Special details: Storytime is offered the 1st and 3rd Thursdays of each month at 10:30 a.m.

Per the website: "Museum storytime is geared toward preschool-aged children and each week features a book, museum specimens and a craft to take home. No reservations required, except for groups larger than 10."

Bathrooms: Very close to the museum entrance near the rotating model of Earth.

100 ways to have fun with your kids.

This month's idea is to...

Go for a nature walk and take pictures of nature!



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