

AUGUST 2020 Family Badger Buzz



Welcome to our Parent Newsletter! Our goal is to keep UW-Madison parents connected and informed with happenings, resources, and parenting tips. Please feel free to reach out to us with any information that you would like to see posted. We are here to support you and your families!

Message from the OCCFR Director



We hope that you and your family are staying strong and healthy! As the COVID-19 pandemic continues to change our world, we are constantly thinking about how to stay connected and to support you.

Our office recently offered two live lunchtime webinars with Dr. Laura Froyen on the topic of Supporting Independent Play (so you can work!). Dr. Laura discusses how to encourage independent play in your children. Independent play provides greater opportunity to focus on your work as you juggle parenting and working from home. This practice is also incredibly beneficial for children. Play is their primary mode of learning and processing, and deep, immersive, independent play is critical to their development. Even if you're back at work or your kids are back in childcare/camp, you can still benefit from these simple principles. Here is a recorded version on YouTube at https://youtu.be/npVLSmM_9sk and https://youtu.be/LH_A7dUY6Xo.

During this period of uncertainty, it is even more important to carve out time for self-care as we continue to take care of our families, friends and communities. We would like to share with you a free mobile app that might help to deal with the added stress: <https://insighttimer.com>. Insight Timer has a free library of meditation videos for parents with guided meditations for you to do together with your children <https://insighttimer.com/meditation-topics/children>. Not only can these resources create calm in children, but as well they might boost self-confidence and lay the foundation for sounder sleep.

Also, I highly recommend a Webinar titled Cultivating Purpose in Uncertain Times from the UW-Madison Center for Healthy Minds:

<https://centerhealthyminds.org/well-being-toolkit-covid19>.

You can also sign up for free Healthy Mind's programs at

<https://tryhealthyminds.org>.

Thinking of you and sending you calm and peace.

Please remember to take care of yourself and each other!

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KEEPING PARENTS IN THE LOOP: CHILD-CARE UPDATES & INFORMATION



UW MADISON CHILD CARE SERVICES

There are many child care options in the greater Madison area. Here are the child care centers and programs available to UW-Madison families. If you have questions, please contact the sites directly for additional information about their services.

Campus Child Care Centers

[UW Child Care Network](#)

[Satellite Program](#)

"ASK DR. LAURA"

Dr. Laura Froyen, our resident expert on early childhood and parenting, invites you to submit any questions about parenting in difficult times, support opportunities for families, guidance on children's behavior or anything else that comes to mind as you navigate the role of student parent. Dr. Froyen is a parenting expert who had her first child while she and her husband were both graduate students. She gets it and wants to help you feel more balanced and confident as you move through your program and parenting.



Submit your questions to bldouglas@wisc.edu. We will respect your privacy and all inquiries will be kept confidential.



UPCOMING DATES TO REMEMBER

August 28th - Last day of summer coverage for CCTAP

August 31st - First day of fall coverage for CCTAP



LET'S HAVE SOME FUN: ACTIVITIES, CRAFTS & THINGS TO DO

100 IDEAS FOR FAMILY SUMMER ACTIVITIES

Are you looking for fun activities for your kids this summer? Look no further. Here you will find up to 100 ways to keep busy and enjoy your summer!

Milwaukee Journal Sentinel: Wisconsin Family

MAKE YOUR OWN FACE MASKS

Learn to make your own face masks. Step by step instructions on mask making. Get your kids involved and help to prevent the spread of Covid19.

Cloth Face Coverings



SHAKE 'N PAINT

Let your child experience art with all the elements of the outdoors and nature. Gather your materials together and have some fun with this highly active art activity.

Shake The Paint



SIDEWALK PAINT

¼ cup cornstarch
¼ cup water
Food Coloring

Mix cornstarch and water in a cup. Add food coloring until you achieve your desired color. Mix together and use mixture to paint on the sidewalk. When the paint dries, it looks like chalk. Paint washes off with water.

RESOURCES ON MINDFULNESS FOR PARENTS & KIDS

[Sitting Still Like A Frog](#) by Eline Snel

[The Mindful Child](#) by Susan Kaiser Greenland

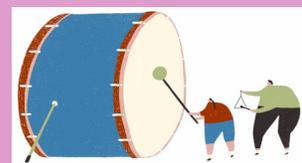
[A Handful of Quiet: Happiness in Four Pebbles](#) by Thich Nhat Hanh

Mindfulness For Kids

How To Meditate

THE ULTIMATE PARENTS' GUIDE TO SUMMER ACTIVITY RESOURCES

Virtual camps and free resources! Explore everything from reading, education, travel, mental wellness, music, art,



physical activity, theater & dance, languages and entertainment for the entire family.

The Washington Post: On Parenting

CHILD CARE PROVIDERS
Change the World
ONE CHILD AT A TIME



School of Education
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