

SEPTEMBER 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

Dear Families,

As the new academic year draws near, we know that the start of the fall semester will be without precedent. The transition back to school virtually, in-person or into a child care setting will be unlike any other. Under these circumstances, we need to remember that it is critical that children feel safe, connected, and engaged through meaningful interactions, activities, and relationships. The new school year also presents a golden opportunity for educators and families to find creative tools that optimize the socio-emotional development and educational outcomes of our children.



With an unfamiliar classroom layout and sanitation protocols in place, younger children may struggle to understand the changes in their learning environment. Following COVID-19 guidelines, most children will be entering a different space (rooms, teachers, friends), with instruction delivered partially or wholly online — all without the benefit of the “ending” rituals of the prior year. These important rituals help smoothen the transition from one year to the next. To help understand this transition, early childhood experts, **Melissa Butler** and **Junlei Li**, provide these simple strategies for families:

<https://www.gse.harvard.edu/news/uk/20/07/making-smooth-transition>.

Here is a snapshot of their recommendations to ease young children’s worries about going back to a child care center or school.

- Be honest, clear, and direct. Talk to children about how they got to early learning settings last year, the door they went in, who was there to greet them, etc. Talk about the rituals they remember and how things might stay the same or look different this year.
- Talk explicitly about certainty and uncertainty, about what is likely to happen and what is still unknown. Learning to live with uncertainty and still be able to enjoy learning, friendship, and relationships is a key growth skill.
- **Take time for play!** Amid this time of stress, find 15 minutes, minimum twice a week, to sit down with a child and just follow how they want to play a game.

Children will be calmed and reassured by your attention. Focus on the simple pleasures that additional family time provides and creating fun family memories.

We wish you an amazing academic year full of meaningful learning experiences and cherished memories with your children. You got this!

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KEEPING PARENTS IN THE LOOP: CHILD CARE UPDATES & INFORMATION



UW MADISON CHILD CARE SERVICES

There are many early education options in the greater Madison area. Here are the child care centers 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



GEARING UP FOR KIDS RETURN TO SCHOOL

For kids across the country, returning to school is about adjusting to the "new normal." This school year is looking A LOT different in so many ways. Here are some suggestions to help adapt to the new routine.

Make Back-to-School A Success

Care.com

GUIDE FOR HOME SCHOOL & REMOTE LEARNING

As summer is coming to an end, parents are preparing for kids to go "back to school" and it looks very different. Here are some tips on home schooling and remote learning for all grade levels, from preschool to high school, including a grade-by-grade guide for subjects such as math, English, art, relationship building and more.



Curriculum For Remote Learning

QUESTIONS ABOUT GETTING YOUR KIDS BACK TO SCHOOL?



Going back to school this year can leave parents and kids with a lot of anxiety and concerns. Take a look at some great resources provided by the experts from the Waisman Center. There are helpful links and articles to answer your questions about your kids returning to school amidst the pandemic.

Covid19 Return to School Resources



UPCOMING DATES TO REMEMBER

Throughout the month of September:

- *Submit summer semester invoices
- *We are still accepting fall semester CCTAP applications



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

EXPLORE OUTDOOR MADISON

Destination Madison is a great source to explore all that Madison has to offer, from local events to outdoor activities. Enjoy the sites of this great city and make some lasting memories.

Picnic At Sun Prairie Dream Park

Hiking UW Madison Arboretum

Public Art on the Lake Monona Loop

CHEF'S CORNER

(Family friendly cooking with Marcia Castro)

Baked Parmesan Zucchini

I really love zucchini. I roast it, grill it, shred it into pasta sauce, and bake it into sweet or savory quick breads. I even bake it into chocolate cake. And this time of year, it is very abundant. This is a fun recipe to get the kiddos to love it (if they don't already). It can be served as an appetizer or side dish and eaten with or without a dipping sauce. Marinara matches perfectly with zucchini, as does lemon aioli or pesto.

This recipe is courtesy of Baking Mischief - [Baked Parmesan Zucchini](#)



Ingredients

2 medium zucchini

1 TBS olive oil

Salt & pepper to taste

1 C freshly grated parmesan cheese (pre-shredded is also fine)

Instructions

Preheat oven to 450°F and line a broil-safe baking sheet with foil (optional for easier clean up).

Place zucchini slices on baking sheet and drizzle with olive oil. Toss until well-coated. Spread slices out into a single layer.

Sprinkle generously with salt and pepper.

Dust each slice with parmesan.

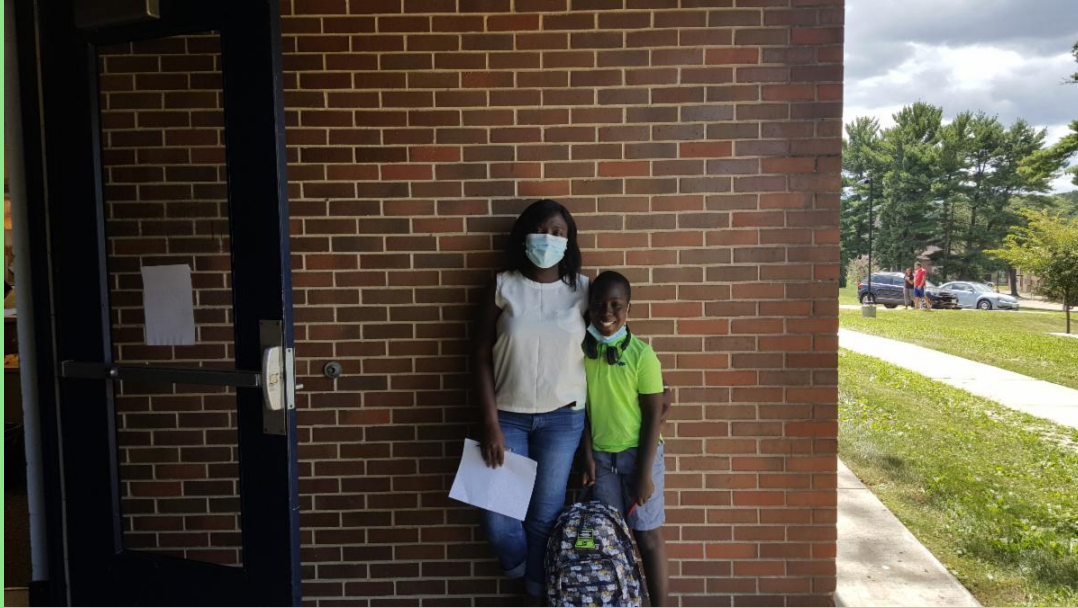
Bake on center rack for about 10 minutes, until zucchini is fork tender. Set broiler on high and broil for 2 to 3 minutes, until cheese is bubbly and browned.

Serve and enjoy!

LIL' BADGER BACKPACK GIVEAWAY



Every year before the start of the fall semester, the OCCFR sponsors the Lil' Badger Bash for all CCTAP families. Typically, the day is filled with fun family activities and a hearty dinner. At the center of this event is our annual backpack giveaway. Parents were able to reserve a new backpack filled with basic school supplies for each child in the family aged 5 and up. This year we also provided "preschool packs" for ages 2-4 so that the little ones got to join in the fun. Although we couldn't gather in person this year because of the pandemic, we were still able to host an online backpack giveaway. Current CCTAP families were able to choose their favorite backpack, then come to our office for pick-up on Tuesdays and Thursdays in August. With protocols in place, everyone was safe and left happy!



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