

HOLIDAY EDITION 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!

HOLIDAY GREETING FROM THE OCCFR TEAM

The end of the year always invites us to reflect on the mission and goals of campus child care at the University of Wisconsin-Madison. We take stock of the effectiveness of our programs, the value of our services to UW families, and the lives that we touch along the way. For us, it is also a time for gratitude.



We are especially thankful for our campus and network child care providers. Their commitment to quality care for our children has been exceptional over the past eight months. In this big university, it is the little ones who matter most. Our early educators have carried the load under the most challenging of circumstances. We stand in awe of their resourcefulness and resilience.

We also acknowledge the steadfast persistence of campus families who continue the difficult balance of parenting and profession. Student parents have additional demands with their studies and degree completion. Please know that we will do everything in our power to support you and to ensure that you thrive. You are our heroes.

We wish for you an abundance of comfort, peace, and joy during this holiday season and in the new year to come!

Cigdem, Lucy, Barb, Teri & Marcia

Message from the OCCFR Director

Dear Campus Families,

We hope that everybody is staying strong and healthy! Fall is such a special season to celebrate with your family. Colorful foliage, visits to apple orchards and pumpkin patches, and taking in the bounty of the harvest create life-long memories.

We are always looking for free, research-based materials and engaging activities for your family to explore. One recent discovery is a family math website: DREME Family Math



(<https://familymath.stanford.edu/>). Development and Research in Early Mathematics Education (DREME) is a network of schools from across the country who collaborate to advance math teaching and learning for children from birth to age 8. Their recommendations for playful family activities transform everyday household routines (cooking, reading, playing etc.) into math learning opportunities with no special skills required. These activities are designed to be fun and easy to implement with the focus on bringing math into playtime.

Here are some examples from the Early Math Learning Kit. You can download this material through these links:

- [Download the Early Math Learning Kit #2 in English \(PDF\)](#)
- [Download the Early Math Learning Kit #2 in Spanish \(PDF\)](#)

■ **Reveal the Hidden Math:** Suggestions for having more math conversations at home around the activities of daily living, from preparing food to reading books to playing with a deck of cards.

■ **Math Snacks for Playtime:** Quick but powerful ideas for finding and talking about math while playing pretend, doing puzzles, making art—really, anytime!

■ **Scavenger Hunt:** “Find one thing that’s taller and one thing that’s shorter.” This activity asks children to think about and search for things that come in different sizes and shapes.

■ **Simon Says:** Follow the leader (or don’t!) in this game that gets children moving, listening closely, and practicing early math skills.

■ **Measuring Myself:** “Is this book longer or shorter than your foot?” Find everyday things around your home and compare them to the length of your child’s arm, leg, hand, or foot. This activity requires no special materials (not even a ruler!), inspires children to move around, and promotes learning about measurement.

■ **Build Together:** If you have things at home for your child to build with, whether empty cardboard boxes, Lego blocks, or kitchen containers, these construction challenges use lots of math vocabulary and exploration.

Finally, we know that families are creative in adapting resources to meet their needs and interests, and Stanford would love to hear about those ideas. Stanford also welcomes any questions you may have. Please send your stories and questions to this address: contactdreme@stanford.edu.

Cigdem

KEEPING PARENTS IN THE LOOP: CHILD CARE UPDATES & INFORMATION



UW MADISON CHILD CARE SERVICES

OCCFR promotes the academic and professional goals of the University of Wisconsin community through the administration of early education and family support

programs. Listed here are the child care centers available to UW-Madison families. If you have questions, please contact the providers directly for additional information about their services.

UW CAMPUS CHILD CARE CENTERS:

Eagle's Wing, UW Child Development Lab & Waisman Early Childhood Program

UW CHILD CARE NETWORK CENTERS:

Bernie's Place, Creative Learning Preschool, Little Chicks Learning Academy, Meeting House Nursery School, Preschool of the Arts & The Playing Field

UW FAMILY CHILD CARE PARTNERSHIP:

Family child care providers may serve a wide range of ages (birth through school age) or they may target a specific age group (infant/toddlers or preschool). Providers care for children in their home and can be county certified or state Licensed.

Child Care Services

HOLIDAY GATHERINGS DURING COVID19

With the holidays approaching, our celebrations and gatherings with family and friends will look different while living in a pandemic. That just means our celebrations will need to be changed to protect our loved ones. Here are some tips and guidelines to follow during this holiday season.



CDC Guidelines for Holiday Gatherings



UPCOMING DATES TO REMEMBER

November & December:

*Dr. Laura Froyen 1:1 parenting consultations (11/13, 11/20, 12/03 & 12/15)

*Fall Invoices available on 11/13

*Spring CCTAP 2021 applications available on 11/16

*November Webinars:

Surviving Virtual Schooling on 11/06 with Jen Lumanlan

Tantrums & Meltdowns on 11/10 with Dr. Laura Froyen

Sign up here: <https://www.signupgenius.com/go/30e094ca8ad2da1fe3-thenew>



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

GRATITUDE AWARENESS IN TIMES OF PANDEMIC

As we move into the holiday season during this pandemic, we're likely to experience a range of emotions while adapting to the "new normal." Feelings of uncertainty, fear, and being overwhelmed can wash over us at any given moment. It is so important to find balance and to practice self care. One helpful skill is to look for the silver lining and to find the good and positive moments in our lives. Studies have shown that practicing gratitude helps boost our immune system and has a healing effect on our mental health. A little gratitude can go a LONG way! Here are a couple of activities that promote gratitude and give you some tools to share with your loved ones.



[Gratitude Activities For Kids](#)

[Printable Gratitude Journal](#)

CHEF'S CORNER

(Family-friendly cooking with Marcia Castro)

20 MINUTE BLACK BEAN SOUP

With the summer months behind us and the arrival of cool, fall weather, there's nothing more comforting than a pot of homemade soup simmering on the stove. But who has time to prep and make soup from scratch, especially this year? We are all busy juggling parenting, school (our own and our children's), work, and family life in a whole new way. And that's exactly why a comforting pot of soup is just what we need.



This recipe for black bean soup inspired me because it takes only 20 minutes to make. We like ours a little spicier than this version so I add extra chili powder, but you can adjust the seasoning to your taste. Served with cheese quesadillas or even chips and salsa, it's a very comforting, quick meal.

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 14.5 ounce can garlic fire-roasted diced tomatoes
- 4 15-ounce cans black beans (2 undrained and 2 drained and rinsed)
- 2 14.5-ounce cans low-sodium vegetable broth (or stock of choice)
- 1 4 ounce can diced green chilies
- 1 cup frozen corn, thawed
- 1 1/2 teaspoons cumin
- 1-2 teaspoons chili powder
- 1 tablespoon fresh squeezed lime juice
- fresh chopped cilantro for serving, if desired

Instructions

1. Add two cans of undrained black beans to a food processor and pulse until thickened. Set aside.

2. Heat oil in a large Dutch oven or pot.
3. Stir in onion and sauté for 3-4 minutes.
4. Add in garlic and cook for an additional minute.
5. Stir in the tomatoes, all of the black beans, broth, green chilies, corn, cumin and chili powder.
6. Bring to a simmer and cook for 10-15 minutes.
7. If the soup is too thick, add more broth. If you would like it thicker, puree some of the soup in a blender or food processor.
8. Take off of the heat and stir in fresh squeezed lime juice.
9. Season with salt and pepper to taste.

Recipe courtesy of Kelley Simmons. <https://therecipecritic.com>

STORY TIME

With colder weather approaching, families will be spending more time indoors. 'Tis the season for bundling up, keeping warm inside and enjoying quality time together. If you're not in the mood for picking up a book to read, feel free to go the virtual route.



Here are a few online reads to add to your library collection.

[I Am Human](#)

[Be Kind](#)

[The Wonderful Things You Will Be](#)

[The Way I Feel](#)



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