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

BADGER BUZZ

March Updates & Events for UW Parents

You're in luck! In this issue you'll find info about our upcoming workshop on parenting spirited children, resources to find summer camps and programs, and tips to develop healthy sleeping habits for your little one.

Important Dates:

March 8 - Deadline to apply for the Spring 2024 UW Child Care Tuition Assistance Program (CCTAP) award for parenting students.

April 15 - Summer 2024 CCTAP application available. Summer camp funding is available for children up to 12 years old (minimum 6-week attendance).

That's So Punny!

What do you call a frog that jumped into a pot of gold?
Scroll to the end to see answer.

Parenting Your Spirited Child Parts 1 & 2

Wednesday, March 13 & 20
Attend In-person or Virtually

Have you ever wondered if you have a spirited kid? Or perhaps it's glaringly obvious that you've got a strong-willed "extra" kiddo?

Join us in a compassionate and fun exploration of temperament traits that define these vibrant yet challenging children. Learn to identify the signs of spiritedness and discover practical strategies to support your child's unique energy without dampening their spirit.

Open to UW student, faculty, and staff parents and spouses/partners.

Sign-up Today!

Focus on Fathers: Sports Star, Rock Star, Superstar

Join free virtual class offered by UW Extension's Focus on Fathers Series!

Children need encouragement to figure out what they are good at. Parents are the first positive voice children hear. Fathers will learn tips to help their children succeed and to cope with failure when they fall short.

Connect with other fathers while learning to boost your child's social and emotional skills.

Designed for dads and open to all!

Click here to register

Browse Summer Camps with Madison-area Out-of-School Time

Now is the time to make your plans for summer camps or programs for your school-aged kids and teens. Use this free search tool to find options near you!

Learn More

RecWell Summer Camp

Registration for RecWell summer day camp and Teen Camp is just around the corner. Campers will have the opportunity to play hard, get fit, and learn new skills through on and off-campus field trips and activities.

Learn More

Badger Precollege Summer Programs for ages 7-18 years-old

Badger Precollege offers an array of academic programs **for students ages 7-18** — from advanced learning programs and STEM classes to music clinics and college readiness conferences. Scholarships are available - application for financial aid must be received by April 1.

Learn More

Baby Sleep Day

Baby Sleep Day takes place every March, organized by a team of international pediatric sleep experts who have put together resources to support families who want to develop healthy sleep habits.

Learn More

Student Parent SPOTLIGHT

Chancellor Mnookin poses for a photo with graduate Bonyan Abdullah Qudah and her family before the winter commencement ceremony held in the Kohl Center at the University of Wisconsin–Madison on Dec. 17, 2023.

Bonyan Qudah

Major: PhD in Health Services Research in Pharmacy

Hometown: Jordan

About Me: I chose UW-Madison because I wanted to work with a distinguished professor in the School of Pharmacy who has an extensive experience in patient communication and computer-based interventions, an area that aligns with my research interests. I love reading, visiting new places, and creating beautiful memories with my kids.

My favorite activity to do with my kids: My favorite activity is reading stories to my kids. They love to snuggle up beside me and listen to stories. Not only does this help us to bond and spend quality time together, but it also initiates discussions about their interests, fears, and their experiences in life and school.

Recommended read: I recommend the book *Raising Your Spirited Child* if you had a high maintenance, intense, and sensitive child

One resource I wish more parents knew about:I didn't know about UW's KidsKare back-up child care program until my very last year. Each semester parenting students can apply for reduced cost hours at Little Chicks Learning Academy which can be pretty helpful if you need extra hours or want childcare service on Saturday.

Submit your spotlight and be featured in a future Badger Buzz!

UPCOMING FAMILY-FRIENDLY EVENTS

All-Ages Knitting Circle
Every Wednesday, 3:00-4:30 PM
Meadowridge Library

Toddler True Play
Every Thursday, 9:30-11:30 AM
Neighborhood House Community Center

Toddler Dance Party
March 7, 10:00-10:45 AM
Sequoya Library

All Day Scavenger Hunt
March 8, 9:00 AM
YMCA - East, Sun Prairie, and West

Family Fun Night
March 8, 5:30-8:00 PM
Warner Park Community Recreation Center, $5/family

Casey Day Family Music
Every Saturday, 9:00-10:00 AM
Java Cat Coffee

Chinese Storytime with Tingting
March 9, 10:00-10:45 AM
Sequoya Library

Kids in the Rotunda - Kalaanjali School of Indian Dance
March 9, Multiple Showtimes
Overture Center

'Three Little Pigs Answer Beethoven Five' Wisconsin Chamber Orchestra
March 10, 2:00 & 3:00 PM
Overture Center

Busy Town Toddler Program
Every Monday, 11:00-11:45 AM
Neighborhood House Community Center

Kids in the Rotunda - Jolie Canoli
March 16, Multiple Showtimes
Overture Center

Hello Spring Fling Craft Market
March 16, 10:00 AM-2:00 PM
Bowl-A-Vard Lanes

Maple Syrup Fest
March 16, 1:00-4:00 PM
Aldo Leopold Nature Center, Monona

Family Nature Program: Mud Season
March 17, 1:30-3:30 PM
UW Arboretum, Visitor Center

Bird & Nature Adventures
March 23, 10:00-11:30 AM
Aldo Leopold Nature Center, Monona

Wiggles and Words Multi-Age Storytime
March 23, 11:00 AM-12:00 PM
Goodman South Library

Egg-stravaganza Spring Festival
March 30, 9:00 AM-12:00 PM
Hometown USA Community Park, Verona

Book of the Month: *I See Spring*

I See Spring is a captivating children's book celebrating the arrival of springtime. Through vibrant illustrations matched with rhyming and easy-to-read text, children explore the magic of the season, from rain and puddles to flowers and bugs.

As each page ignites children's curiosity their appreciation for nature may also flourish. Read along as nature comes alive and brings surprises!

Read Aloud Storytime

Paper Plate Rainbow Craft

Engaging in this craft is not only fun but can also be educational. It allows children to explore colors, practice their motor skills, and learn about the cultural significance of rainbows in Ireland.

Kiddos can foster their imaginations and express their creativity while making something they can proudly display or share with a friend.

Learn More

Chef's Corner

Spinach and Banana Muffins

Combine all ingredients except chocolate chips in a high-speed blender. Pour batter into a greased mini muffin pan. Sprinkle mini chocolate chips on top if desired. Bake for 12-14 minutes at 350 degrees F. If using a standard muffin tin, bake for about 25 minutes.

Ingredients:
1 ripe banana
3 large eggs
¼ cup almond butter or peanut butter
⅓ cup honey
1-2 cups fresh baby spinach
¾ cup old fashioned rolled oats
1 teaspoon baking powder
1 teaspoon ground cinnamon (optional)
½ teaspoon fine sea salt
¼ cup mini chocolate chips (optional)

Recipe from detoxinista.com

Answer:

What do you call a frog that jumped into a pot of gold?

A leap-rechaun!

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