



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

BADGER BUZZ



May Updates & Events for UW Parents

Best of luck as you wrap up the end of the spring semester, and congratulations to all our graduating parenting students - we will miss working with you!

In this issue you'll find free, virtual parenting classes, exciting updates about our Day of the Badger fundraiser, and resources to explore during #MaternalMentalHealthMonth.

Important Dates:

May 10 - Deadline to submit Spring 2024 CCTAP invoices

June 14 - Please apply for [Summer 2024 CCTAP funding](#) by this date. Summer camp funding is available for children up to 12 years old (minimum 6-week attendance).

That's So Punny!

How do bees brush their hair?
Scroll to the end to see answer.



UW-Extension Parenting & Family Relationship Classes

Join our partners at UW-Madison Extension for these free, virtual summer classes!

Parents are children's first and most important teachers. To raise kind, courageous kids, parents need practical support. Discover the best of what science has to offer parents on topics like developing good bedtime routines, dealing with disobedience, co-parenting, and dealing with fighting and aggression in children.

[Browse Classes](#)



Over \$14,000 raised for UW families and campus child care during Day of the Badger! ?

We did it!!! Thanks to YOU we met our 50 gift challenge and unlocked \$10,000 towards our Day of the Badger fundraising goal.

In total, we raised over \$14,000 to support campus child care and UW families. We are beyond grateful to everyone who gave and want to especially thank our supporter, Marlene Hartzman, who pledged our incredible matching gift.

[Explore Ways to Give](#)

UW Parental Leave Policy

The University of Wisconsin–Madison will be implementing a new policy to provide eligible employees with up to six weeks (240 hours) of paid parental leave within a 12-month period for the birth or adoption of a child. The new policy will be effective July 1, 2024.

[Learn More](#)



You Are Not Alone - Maternal Mental Health Month

This May is Maternal Mental Health Month. In many countries, as many as 1 in 5 new mothers

experience some type of perinatal mood and anxiety disorder, and 1 in 7 downplay their symptoms. Browse campus mental health resources below and follow the conversation with the hashtag #MaternalMentalHealthMonth.

[Learn More](#)



Campus Mental Health Resources

- [UWill](#) - Flexible, no cost, virtual counseling options for students.
- [TogetherAll](#) - An online, anonymous, 24/7 peer-support tool available for free to UW-Madison students.
- [More UW Mental Health Services](#)

Maternal Mental Health & Community Resources

- [National Maternal Mental Health Hotline](#) - Call or text 1-833-TLC-MAMA (1-833-852-6262) for free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy.
- [Post-partum Support International](#): - Call the PSI HelpLine at 1-800-944-4773 or text "Help" to 800-944-4773.
- Explore [Pregnancy](#) and [Breastfeeding, Chestfeeding, and Lactation](#) support programs offered to Madison and Dane County residents.





Brendan "B" Dowling

Major: Chinese Linguistics PhD, 2nd year

Hometown: Orlando, FL

About Me: I enjoy being surrounded by good food and good music every day.

My children's favorite book?

Both my kids love to read. My one-year-old likes *Dear Zoo*, and my three-year-old likes *Ah-Hui and Her Little Sister* [].

What is one takeaway from an OCCFR parenting class?

The biggest takeaway from the amazing OCCFR parenting classes facilitated by Dr. Laura Froyen is: the hard work of parenting comes from inside the parents. As parents, we need to do better in building healthier communication, expressing and regulating our own emotions, and fostering problem solving skills. In this way, we can become the best parent we can be for our kids and also grow as individuals with our children.

UPCOMING FAMILY-FRIENDLY EVENTS

[Just Between Friends - Consignment Sale](#)

May 8-11, varying times
The Tributary, Plumbers 75 Madison Union Office

[Family Fun Night](#)

May 10, 5:30-8:00 PM
Warner Park Community Recreation Center

[Latine Music Journey for Kids with Angela Puerta](#)

May 11, 10:00-11:15 AM
Central Library

[The Pine Tree Desert Storytime by Author: Debra Schneider](#)

May 11, 1:00 PM

Barnes and Noble - West Side

[Learn to Fish](#)

May 11, 1:00-2:30 PM

Jenni & Kyle Preserve, \$10/child

[Lil' Explorer Adventure](#)

May 13, 9:30-11:30 AM

Lussier Family Heritage Center, \$10/child

[Mini Explorer Hike](#)

May 16, 9:00-10:30 AM

Yahara Heights County Park

[Free Vision Screening](#)

May 18, 10:00 AM-12:00 PM

Goodman South Library

[Winging It Storytime by Author: Bev Davis](#)

May 18, 12:00-1:00 PM

Barnes and Noble - West Side

[Kids Building Wisconsin](#)

May 18, 9:00 AM-3:00 PM

McKee Farms Park

[Baby & Toddler Play Date](#)

May 22, 9:30-10:30 AM

Central Library

[The Stars of Summer](#)

May 22 & 23, 6:00-7:00 PM and 7:30-8:30 PM

MMSD Planetarium, \$2.50/person

[Birds & Binoculars - Kids on the Prairie](#)

May 19, 10:30 AM-12:00 PM

Holy Wisdom Monastery, registration required - free

[Family Nature Program: Flower Power](#)

May 19, 1:30-3:30 PM

UW Arboretum, Visitor Center

[World's Largest Brat Fest](#)

May 24-26, various times

Alliant Energy Center

[Verona Hometown Days](#)

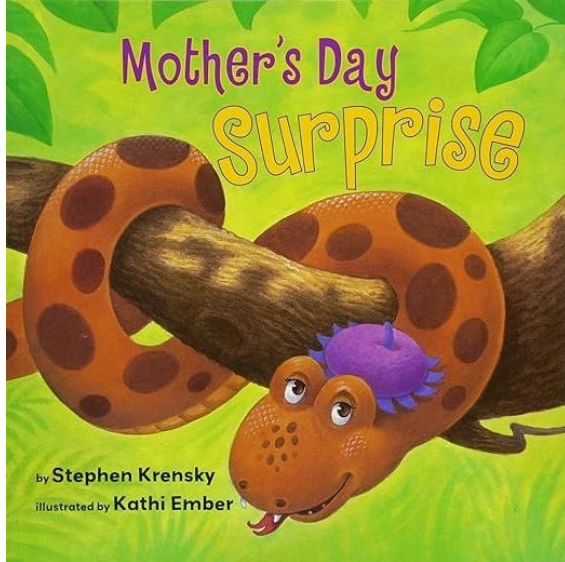
May 31-June 2, various times

Hometown USA Community Park, Verona

[Cows on the Concourse](#)

June 1, 8:00 AM-1:00 PM

Capitol Square



Book of the Month: *Mother's Day Surprise*

Violet is a young snake who likes to play with the other animals in the forest. When spring arrives, her friends get very busy making presents for Mother's Day. Violet is glad everyone's working so hard, but what can she do for her own mother?

Without arms or legs or teeth, she can't make gifts as the other animals can. Violet discovers that there is one thing she can do that's different—and comes up with a creative and original gift!

[Read Aloud Storytime](#)



Fork-Painted Tulip Craft

Tulips are beautiful flowers coming in various colors that symbolize the arrival of springtime and new beginnings. As these flowers bloom in May, they bring a burst of color and joy to gardens and landscapes.

This craft is a perfect way to celebrate the beauty of all flowers starting to bloom as the weather warms up! Using a fork and paint, children will create stunning art that will spark their imagination and engage their motor skills.

[Learn More](#)



Chef's Corner

Fruit Popsicles

Add all the ingredients to a blender in the order listed below and blend until smooth. Evenly distribute the mixture into popsicle molds. Next, freeze for 8 hours or overnight. After they're fully frozen, place them in an airtight, freezer-friendly container until you are ready to enjoy them!

Ingredients:

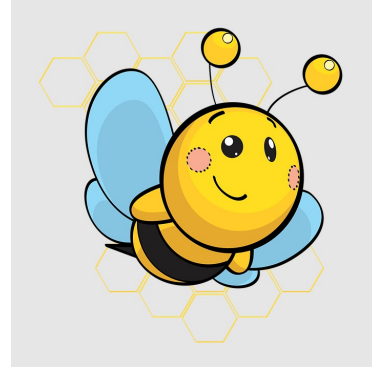
¾ cup yogurt
2 ½ cups fruit of your choosing
4-6 tbsp honey
¼ tsp vanilla extract
½ tsp lemon juice

Recipe from joyfoodsunshine.com

Answer:

How do bees brush their hair?

With a honeycomb!



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Keep in Touch



Office of Child Care & Family Resources at UW-Madison | 611 Eagle Heights, Room 148,
Madison, WI 53705

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