



BADGER BUZZ

Discover events, resources, and activities for UW families

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November News from OCCFR

As the days get shorter and the temperatures drop, it's the perfect time to focus on comfort, care, and connection. This month's Badger Buzz shares practical ways to save on home energy costs, find food and child care assistance, and access free parenting and wellness resources—including expert guidance on sleep routines and a new podcast we think you'll love. However you're spending this season, we hope these resources help your family feel supported and ready for the season ahead.

Dates & Reminders

- 11/2 - Daylight savings time ends
- 11/6 - Open house at Preschool of the Arts
- 11/24 - Spring CCTAP application available
- 11/27-30 - Thanksgiving recess



Food resources for UW families

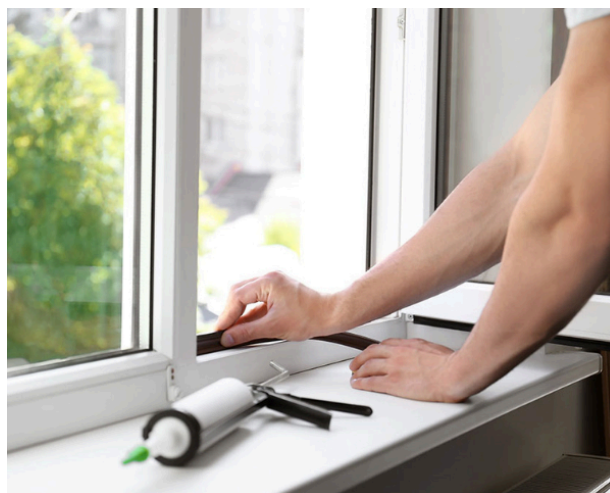
Federal food programs including SNAP and WIC have been impacted by the federal government shutdown. Because of this, millions of families across the country could experience food insecurity beginning in November. The link below provides a list of campus & community food resources. Students who use SNAP are also encouraged to fill out [this check-in survey](#) from the Basic Needs team at the Office of Student Financial Aid.

[Explore resources here](#)

Save money on your energy bill!

Madison Gas & Electric (MG&E) supplies electricity to more than 150,000 customers in Madison, Monona, Middleton, McFarland, and Fitchburg. Heating homes in the cold winter months can be expensive, so check out these tips from MG&E to save energy on your energy bill this season!

[Energy saving tips!](#)





City of Madison Child Care Assistance

Financial assistance is available to City of Madison residents who are ineligible for the Wisconsin Shares Child Care Subsidy Program and meet the City of Madison eligibility requirements. Depending on your family's income, you may be eligible for full or partial funding based on a sliding fee scale. Please note that student parents receiving CCTAP are not eligible for City of Madison Child Care Assistance.

[Learn more here!](#)

Free Parenting Class: Navigating Challenging Behaviors

UW parents are invited to register for this two-part virtual parenting class led by Dr. Laura Froyen! Discover the root causes behind your child's tough behaviors and how to respond with clarity and compassion. In this two-part class, Dr. Laura offers practical, developmentally grounded tools to reduce conflict and build cooperation with your children.

[Register here!](#)



Open House at Preschool of the Arts

Join us on **November 6 from 9:30-11:00 AM** for an open house at Preschool of the Arts, one of the network child care centers within the UW-Madison Child Care & Education System! Tour the building and grounds, chat with teachers and staff, learn about the Reggio Emilia-inspired approach, get questions answered, and see the school in action! Adults only, please.

[Learn more](#)

Additional Resources

The Teachers, Toddlers, and Tissues podcast: In each podcast episode, well-known early child care specialist Rachel Giannini and pediatrician Dr. Dipesh Navsaria discuss how early child care educators can improve the health and well-being of the children and families in their daily care, avoid unnecessary health-related exclusions from that care, and become better informed and prepared early childhood care & education providers.

Dr. Amber Evenson, Pediatric Sleep Consultant: Located in Madison, Wisconsin, Dr. Evenson helps restore sleep for families through an expertise in child development. From expectant

families to school-aged children, she offers a variety of services to help improve sleep for your family. Reach out for a complimentary intake call today.

Child Care Openings

The following open spots within the [UW-Madison Child Care and Education System](#) are current as of 11/1/25.

Eagle's Wing Child Care

- (2) open spots, Tues/Thurs, ages 3-4
- openings, M-F half-day, ages 2-4

Waisman Early Childhood Program

- (1) open spot for a young 3-year-old
- (4) open spots for pre-k 3 & 4-year-olds

Bernie's Place

- (1) open spot, M-F mornings, age 2
- (3) open spots, full-time, age 3
- (1) open spot, M-F mornings, age 3

Creative Learning Preschool

- full and part time openings for children with birthdays between 9/2022 - 2/2023

Little Chicks Learning Academy

- (2) open spots, born 9/2024 - 3/2025
- (1) open spot, born 1/2024 - 7/2025
- (1) open spot, born 6/2023 - 12/2023

Meeting House Nursery School

- (5) open spots, part time (1-4pm), age 3
- (1) open spot, 4K (9am-4pm), age 4

The Playing Field East

- (4) open spots for infants
- (4) open spots for toddlers
- (3) open spots for age 2
- (4) open spots for ages 3-5

The Playing Field Midtown

- (1) open spot for age 2
- (2) open spots, 4K, born before 9/2021

Preschool of the Arts

- (3) open spots, age 4
- (2) open spots, age 3
- (2) open spots, age 2.5

UW Research Studies Seeking Children & Families

Help UW-Madison researchers explore child development, family well-being, and more. Opportunities vary and may involve surveys, activities, or visits, often with compensation for your time.

HEALthy Brain and Child Development (HBCD)

Dates: Ongoing

Time commitment: About 37 hours in the first five years of the study

Compensation: Up to \$1,660 over 5 years

Eligibility: Currently in the 2nd or 3rd trimester of pregnancy, age 18 or above, English or Spanish as primary language

Description: The HEALthy Brain and Child Development (HBCD) study, funded through the National Institutes of Health, is enrolling approximately 7,000 participating families from across the United States and following them from pregnancy through early childhood. Our long-term goal is to better understand how child development is affected by exposure to social and environmental experiences and conditions. Results from the HBCD Study will provide information that parents, caregivers, and health professionals can use to enhance the well-being of children.

Contact: hbcd@bi.wisc.edu or 608-265-6541

Contact the lab to learn more

Child Brain Imaging Development Study

Dates: Ongoing

Time commitment: 3-4 hours

Compensation: \$50

Eligibility: Infants and toddlers 0-2 years of age

Description: The purpose of this research study is to develop new approaches to study brains with magnetic resonance imaging (MRI) with the overall goal of improving imaging studies of infants and young children. Specifically, we aim to create a more pleasant experience by making the process faster, quieter, and less sensitive to motion. The new methods may eventually help with the diagnosis and monitoring of diseases.

Contact: relaxmri@bi.wisc.edu or 608-516-4558

[Fill out the interest form](#)

Social and Moral Learning Lab Studies for 4- to 10-Year-Olds

Dates: Ongoing

Time commitment: 30 minutes

Compensation: \$5 gift card to Amazon.com and small toys for kids (in-person only)

Eligibility: Kids who are 4-to-10 (each study's age range is a little different)

Description: We are excited to invite families with children between the ages of 4 and 10 years to participate in our online and in-person research studies about how children learn from others, develop moral values, and navigate social relationships. Your participation will help us better understand how kids think and learn, and we'd be really grateful for your help! Participation is simple and flexible; you and your child can join us either online (via a one-time Zoom call) or with a brief in-person visit on campus in the Brogden psychology building--whichever works best for you. During the session, your child will meet one-on-one with a researcher, listen to short illustrated stories on a computer and answer simple questions. There are no right or wrong answers, we are just interested in how children think!

Contact: [Dr. Pearl Han Li \(Principal Investigator\)](#) or [Jane Singman \(Lab Manager\)](#)

[Fill out the interest form](#)

November Family-Friendly Events

Special Events

Kids in the Rotunda - Zoozort

November 1, 9:30 AM, 11 AM, 1 PM
Overture Center, Rotunda Stage

Wiggles & Words Multi-Age Storytime

November 3, 11:30-12:30 PM
Goodman South Madison Library

Kids in the Rotunda - Birds of a Feather

November 8, 9:30 AM, 11 AM, 1 PM
Overture Center, Rotunda Stage

Kids on the Prairie

November 9, 10:30-12:00 PM
Holy Wisdom Monastery

Family Art Club: Sticker Making

November 12, 4-5:30 PM
Goodman South Madison Library

Family Class: Mythical Garden Creatures

November 13, 5:30-7 PM
Olbrich Botanical Gardens

Recurring Events

Baby Time

Mondays
November 3, 10, 17, 24
10:30-11:15 AM
Alicia Ashman Library

Baby & Toddler Storytime (0-3 years)

Wednesdays
November 5, 12, 19, 26
9:30-10:15 AM
Central Library

Growing Voices Music Class

Wednesdays
November 5, 12, 19
11:30-12:30 PM
Goodman South Madison Library

MCM Free Thursday Evenings

Thursdays
November 6, 13, 20
4-8 PM
Madison Children's Museum

Warner Family Fun Nights

November 14, 5:30-8 PM

Warner Park Community Recreation Center

Family Class: Family Watercolor Adventure

November 15, 10:30-12:00 PM

Olbrich Botanical Gardens

Kids in the Rotunda - Beni Daiko

November 15, 9:30 AM, 11 AM, 1 PM

Overture Center, Rotunda Stage

Family Nature Program: Patterns in Nature

November 16, 1:30-3:30 PM

UW Arboretum

Kids in the Rotunda - Ken Lonquist

November 22, 9:30 AM, 11 AM, 1 PM

Overture Center, Rotunda Stage

Stories & Songs with Junebug

November 22, 10:30-11 AM

Pinney Library

Bird & Nature Adventure: Animals in Autumn

November 22, 10-11:30 AM

Aldo Leopold Nature Center

Kamishibai & Play: Japanese Storytime

November 23, 10:30-11:30 AM

Madison Children's Museum

Little Sprouts

Various days

November 7, 8, 11, 14, 18, 21

10:15-11:15 AM

Olbrich Botanical Gardens

Clay it Forward!

Fridays

November 7, 14, 21, 28

1-3 PM

Madison Children's Museum

Creative Movement/Dance for Little Ones

Fridays

November 7, 14, 21

9:30-10:15 AM

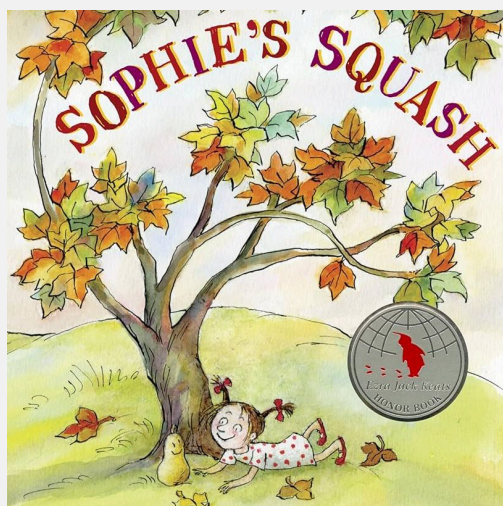
Pinney Library

Hayride through Holiday Fantasy Lights

Saturday/Sunday

November 22, 23

Olin Park Boat Launch

Book of the Month**Sophie's Squash**

Despite her parents' warnings that it will rot, Sophie takes her squash everywhere until the end of autumn, when she plants it in the ground and it grows two new squash, giving her new friends for the

Craft of the Month**Squash & Pumpkin Prints**

Do you have leftover mini pumpkins or squash sitting around from last month? Put them to good use with this easy nature-inspired craft! Cut the squash or pumpkins in half and show your kiddos what's inside,

spring. An endearing tale of friendship, imagination, and the cycle of life.

[Read Aloud Storytime](#)

then dip them in paint and use them as stamps to create a beautiful print.

[Learn More](#)

Chef's Corner: Easy Cinnamon Applesauce

This easy homemade applesauce recipe is great for fall when apples are in season! This is an easy recipe to allow kids to help out with, particularly the smashing the apples part!

Ingredients:

- 4-5 large apples, peeled & diced
- 1/4 cup water
- 1/2 tsp ground cinnamon
- 2 tbsp white sugar (optional)

Instructions:

1. Peel and dice the apples into small pieces.
2. Put the apples, water, cinnamon, and sugar (if using) into a large pot on the stove and cook over medium heat for about 15 minutes, until apples are soft.
3. Move the apple mixture to a large bowl, and allow to cool off a bit, especially if your children are helping out!
4. Use a potato masher (or a fork) to smash the apples until the applesauce reaches your desired consistency.
5. Enjoy the applesauce warm, or refrigerate until cold. Enjoy your homemade cinnamon applesauce!

Recipe from everydayfamilycooking.com



*Badger Buzz Newsletter from UW–Madison's Office of Child Care and Family Resources shares monthly announcements, resources, events, child care openings, and research opportunities for UW families. **Subscribe or update your subscription preferences here.***

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