

## February 2021 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,

Happy New Year! We hope that the start of the spring semester is going well for you. With the new year, we're excited to announce the launch of a weekly virtual Circle Time with Megan Planey for UW-Madison families!



Megan Planey is a graduate of UW-Madison in child development and family studies. After teaching preschool in Monona, she relocated to Chicago to continue her education at National Louise University, earning a master's degree in the art of teaching. Pursuing her passion for teaching kids to read, she earned her second master's degree in instruction and curriculum of reading. Megan has taught children ranging from 3K-3rd graders. She currently enjoys teaching her own children (ages 5&6) as they attend virtual school. Megan also teaches our [UW- Madison Family Yoga](#) every Wednesday from 5:30-6:30pm. Please check out this link on the OCCFR website for more family events: <https://occf.wisc.edu/parent-resources/parent-education-eventsprograms/>. Although Circle Time targets our youngest learners, all age groups are welcome. It is filled with songs, poems, stories, movement, and some kids' yoga for 30 minutes. Your little ones will have a blast as they build strong literacy and social skills. It is scheduled on Wednesdays from 10:30 to 11:00am. [Please Click here to register!](#)

Have fun and as always, we welcome your feedback!

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### KEEPING PARENTS IN THE LOOP: CHILD CARE UPDATES & INFORMATION

The **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**

**STUDENT CHILD CARE GRANT**

Discretionary child care grants are available to UW-Madison student parents who experience a crisis or unforeseen circumstances that would impede the path to degree completion and the ability to pay for the cost of quality child care.

Student parents who receive support from CCTAP, CCAMPIS, city and/or county for their regular needs may also apply for this award. Examples of "unforeseen circumstances" might include a family illness, divorce, or job loss. Follow this link for more details about this grant opportunity: <https://occf.wisc.edu/financial-assistance/uw-madison-students/privately-funded-student-child-care-scholarship-grants/>.



These three considerations determine qualifications for this grant:

- Availability of funds (since this grant relies on private gift dollars from donors)
- An emergency situation where all other financial options have been pursued and exhausted
- This support will ensure that the student's coursework will be completed

Applications are accepted on a rolling basis. Completed applications should be sent to the Office of Child Care & Family Resources Office for review. Please direct any questions to Teri Stratton at [teri.stratton@wisc.edu](mailto:teri.stratton@wisc.edu).

**UPCOMING DATES TO REMEMBER**  
(CLICK ON LINKS BELOW TO VIEW INFORMATION)

[The Rainbow Project: Coaches' Corner](#)

[February Calendar of Events](#)





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

### MEDITATING WITH YOUR CHILD(REN)

As we begin this new year, we embark on a new beginning and an ongoing journey of moving forward and healing. It's important to engage in the practice of self care and to share those practices with our children. Finding ways to connect and improve our own well-being and that of our children is a win-win situation. As a strategy to step away from our day-to-day stressors, meditation can keep us grounded and living in the present moment. To give children the practice of meditation is a priceless gift.



**Connecting with a Child (12 minute mediation)**

**Mindfulness Activities For Kids**

### CHEF'S CORNER

(Family-friendly cooking with Marcia Castro)

#### **Chocolate Banana Cake**

A good friend recently baked her first cake from scratch in honor of her daughter's 16th birthday. Her daughter had found a funfetti recipe on Pinterest, so Mom and daughter decided to take on this culinary project as a team. The final result was a huge success and the creative process enabled them to spend quality time together in their kitchen.



Baking a cake doesn't necessarily require a special occasion. This activity can provide learning and bonding experiences with children of any age. Baking involves math and science: following recipe directions; measuring ingredients; understanding temperature and cooking times; observing chemical interactions; and cleaning up messes. It is the perfect, hands-on opportunity to expose children to the ABCs of cooking while having fun.

With Valentine's Day around the corner, here is a simple chocolate banana cake to make with (or without) your children.

#### Ingredients

2 very ripe medium bananas, fresh or frozen

1 ¼ cups all-purpose flour  
¾ cup sugar  
¼ cup unsweetened baking cocoa  
1/3 cup vegetable oil  
1/3 cup water  
1 teaspoon baking soda  
1 teaspoon white vinegar  
¼ teaspoon salt  
1/3 cup semisweet chocolate chips

### **Steps**

\*Heat oven to 350°F. Place bananas in ungreased 8-inch square pan; mash with fork. Stir in remaining ingredients except chocolate chips. Sprinkle chocolate chips over batter.

\*Bake 35 to 37 minutes or until toothpick inserted in the center comes out clean. Cool completely, about 45 minutes.

*Recipe courtesy of Betty Crocker*

If you would like more information on teaching the science of baking, here are a couple of helpful resources: [Domino Sugar](#) and [Sarah Lyn Gay](#)

### **BOOK OF THE MONTH**

Our parent newsletter will now feature a "book of the month" for parents to add to their reading library. Studies have shown that reading with your child has many benefits: improving listening skills; developing creativity; expanding vocabulary; and fostering empathy. As well, reading builds a bond between parent and child. We hope that you will enjoy our monthly spotlight. We are always looking for book recommendations. Don't hesitate to reach out with your favorites!

**(CLICK ON BOOK FOR PREVIEW AND LINK)**



### **OUTDOOR WINTER ACTIVITIES**

One of the many joys of living in Wisconsin is the abundance of outdoor winter activities. If you find yourself looking for ways to spend family time outside, look no further. All you have to do is bundle up, pack your gear, and get going. Be healthy and be safe!

[Sledding](#)

[Ski Resorts](#)







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