

## March 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

Over a year ago, we began to hear that a highly contagious virus had spread to the United States. Shortly thereafter, this virus became a full-blown pandemic. Since then, we have lived through an exceptional period in history. This time has been full of challenges and uncertainty. As difficult as it has been, I would also like to acknowledge that there have been extraordinary moments of love, kindness, and hope. There have also been some valuable life lessons such as never taking our loved ones for granted and taking time for self-reflection.



After the quarantine started, our OCCFR team quickly adapted to the shifting circumstances and found different ways to connect with families during these trying times. At the OCCFR, we have harnessed our creative powers to build virtual support systems, programs, and resources for our UW-Madison families and we also continue to be an important voice for these families.

The power of hope will keep us moving forward one day at a time. The distribution of vaccines holds the promise that we will be able to offer more face-to-face options for students. We need to keep reminding ourselves that this health crisis will pass, to be present in each moment, and to do the things that bring us peace and joy. Brighter days ahead...

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

### UW MADISON CHILD CARE SERVICES

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, 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](#)



### FREE PREMIUM MEMBERSHIP WITH CARE.COM

The Office of Child Care and Family Resources has a limited number of free memberships to care.com available to current students, staff and faculty at UW-Madison. Care.com offers families the ability to search for child care as well as to post babysitter/nanny jobs.

To see if you qualify, please take the survey below. You will need your wisc.edu email and student or staff ID to complete the registration process. You will be contacted within 7 days with further instructions, if you qualify.

[REGISTER HERE FOR CARE.COM MEMBERSHIP](#)



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

[March 2021 Calendar of Events](#)



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

### **SELF-REFLECTION**

*"It's not what you look at that matters, it's what you see"*  
- Henry David Thoreau -

This past year has taught us many life and survival lessons. Our day-to-day existence shifted in so many ways, which meant that we had to adapt. In this process, we found hope, strength and perseverance to keep us going.

Now, as we move forward in a positive direction, what better time to stop and take time to reflect. It is important to take a deep and candid look at ourselves and to see how we have been impacted and changed by the pandemic. Self-reflection is a perfect way to make time for yourself and develop a better understanding of "YOU."



**Self-Reflection 101: What is self-reflection? Why is reflection important? And how to reflect.**

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As you take time to self-reflect on this past year, it's also a great opportunity to incorporate an activity for your child(ren). Allow them to get in touch with their

emotions, and give them a creative and powerful tool to process their pandemic experience.

### Covid-19 Time Capsule

#### **CHEF'S CORNER**

(Family-friendly cooking with Marcia Castro)

There is no better proverb to describe this time in history than “Necessity is the mother of invention.” We’ve reached the one-year mark of this pandemic and we’ve been forced to find shortcuts and efficiencies for nearly every aspect of our lives. Zoom meetings, virtual workouts, and webinars fill our schedules on a daily basis. For better or for worse, they have become the norm. One of my pandemic efficiencies is making time once a week for batch cooking. True confession: it is also self-serving. Spending time in the kitchen provides a sense of normalcy for me; I can turn off the screen and immerse myself in the comfort of my kitchen. Whether you enjoy baking alone or with your children, this recipe for breakfast muffins is very simple, very versatile, and freezes well. It’s a great solution for a quick breakfast or mid-day snack.



#### **Sweet or Savory Breakfast Muffins Makes 12 (can be doubled)**

##### **Ingredients**

- 2 1/2 cups organic all-purpose flour
- 1/4 cup organic cane sugar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup 2% milk
- ½ cup plain yogurt
- ½ cup canola oil
- 1 egg

##### **For the sweet muffins**

- 1 teaspoon each per muffin: peanut butter and jam
- Or improvise with what you have on hand: pecans & apples; shredded carrots & raisins; bananas & chocolate chips

### For the savory muffins

- 1 teaspoon each per muffin: shredded cheddar cheese and grated zucchini
- Or improvise with what you have on hand: diced (cooked) broccoli & shredded cheese; corn & bell peppers; sausage & apples

### Instructions

1. Preheat the oven to 375°F and line a muffin tin with 12 parchment paper liners (or greased paper liners)
2. In a large bowl, mix the dry ingredients, including the flour, sugar, baking soda and salt together; set aside.
3. In another large bowl, mix the wet ingredients, including the milk, yogurt, oil and egg.
4. Fold the wet ingredients into the dry ingredients and use a wooden spoon or rubber spatula to mix until just combined. Don't over mix.
5. Divide the batter evenly between the muffin cups. Add the optional mix-ins on top and use a knife, toothpick or small spoon to swirl them into the batter.
6. Bake the muffins in the preheated oven for 20-22 minutes, or until the muffins are golden brown and a toothpick inserted into the center of a muffin comes out clean. Allow to cool for 5 minutes before removing from the muffin liners.

*Recipe courtesy of Yumna Jawad, [Feel Good Foodie](#)*

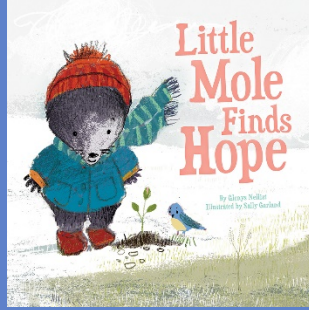


### BOOK OF THE MONTH

#### *Little Mole Finds Hope* by Glenys Nellist

It's hard to believe that we have approached the one-year anniversary of the Covid-19 pandemic. Our world has been turned upside down and all that we have experienced is more than we could ever have imagined. Amongst many of the tough challenges, uncertainties, and losses, we are beginning to see more and more signs of a better tomorrow: signs of hope. Hope - that is the message in our book of the month. Read along to see how little mole's mom shows him (and us) how to be hopeful.

**(CLICK ON BOOK FOR READ ALONG)**



### WELCOME SPRING!

As we say goodbye to winter, it's soon time to welcome the spring and all that it has to offer. We can look forward to warmer days and more quality time outdoors without mittens and hats. Take advantage of the great hiking trails and sight seeing opportunities in the area. Here are just a few locations to explore with your family.



[Best Trails in Madison, WI](#)

[Hidden Gems: Wisconsin State Parks](#)



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