February Updates & Events for UW Parents

Welcome Back Badgers! We hope your family had a restful winter break and are ready for brighter and warmer days ahead.

We also want to say CONGRATULATIONS to all our student parents who graduated in December, you did it! Pictured above with his family is Travian Blaylock who celebrated reaching this important milestone in 2022.

That's So Punny!

Why shouldn't you give Elsa a balloon?

Scroll to the end to see answer
Check out our Spring Semester
Parent & Family Events!

Register today to reserve your spot for
our upcoming Parent & Family Events!
Follow the link below to sign up for one
or more of the following sessions:

- I'm New at This!
- Raising Problem Solvers
- Partners in Parenting
- Tantrums & Meltdowns
- Infant Development Play Group
- One on One Consultations
- Respectful Parenting (online)

Open to Students, Faculty, & Staff and
partners/spouses.

Reserve Your Spot

NEW! UW Campus Child Care
Centers Now Eligible for Teacher
Pledge Program

Are you working towards your degree
in early childhood education or PK-12?

The Teacher Pledge Program offers
student loan forgiveness for teachers
who stay in Wisconsin and work for
three to four years, and now UW's
Campus Child Care Centers are
eligible sites!

Learn more about the skills you could
gain working with our youngest
learners on campus, and the career
pathways for early childhood
professionals.

Learn More

12 Healthier Alternatives to Screen Time When
Kids Are Stuck at Home with No School

YouTube, TikTok, Disney+, Netflix, Nintendo Switch.
Despite our best intentions, screen time does tend
to creep up when the going gets tough. Here are
some ideas on how to avoid excessive online +
gaming — from toddlers to teens.

Read More

Make Your New Year's Resolutions a Family
Affair

It’s that time of year again, when many of us make
New Year's resolutions that we have the best
intentions of keeping. Being supported and held
accountable by others will further help you reach
your goal, so consider making resolutions as a
family.
Snowshoeing In & Around Madison (And Where to Get the Gear)

Snowshoeing is a fantastic way to explore many of our parks during the winter months and is easy to learn. It’s something that even young kids can do — if you are taking young kids, make sure to focus on the experience versus the distance.

Read More

Free Online Parenting Classes

Join a free online parenting class every Thursday at 7 PM, offered by the UW Extension Office of Parenting & Family Relationships. Connect with other parents. Get practical, positive parenting ideas. Help children grow.

Learn More

UPCOMING FAMILY-FRIENDLY EVENTS

**Groove & Glide**
Feb 3 from 6:00-8:00 p.m.
Westmorland Park | Skate Rentals Available

**Winter Carnival**
Feb 6-11
UW Memorial Union

**Family Fun Night**
Feb 10 from 5:30-8:00 p.m.
Warner Park Community Rec Center | $5 per family

**Book Buddies (Read-to-a-dog program)**
Feb 11 - Multiple sessions between 9:30 a.m.-11:05 a.m.
City Dog Veterinary Clinic

**Winter Carnival Family Fun**
Feb 11 from 11:00 a.m.-3:00 p.m.
UW Alumni Park

**Skate Cinema**
Feb 11 from 4:00-7:30 p.m.
Tenney Park
Family Nature Program - Winter Trees
Feb 12 | Nature Walk 1-2 p.m. Nature Activities 2-3 p.m.
UW Arboretum

Mad City Model Railroad Show
Feb 18-19
Alliant Energy Center
Adults $14; Children (5-15) $6; Under 5 Free

It's Okay to be Different
Feb 18 at 2:00 p.m.
Overture Center

Multi-age Storytime (ages 5 and under)
Feb 22 from 10:30-11:30 a.m.
Central Library

Kids In the Rotunda - Tom Pease
Feb 25 at 9:30 a.m. or 1:00 p.m.
Overture Center

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Ruby Finds a Worry by Tom Percival

Meet Ruby -- a happy, curious, imaginative young girl. But one day, she finds something unexpected: a Worry. It's not such a big Worry, at first. But every day, it grows a little bigger . . . and a little bigger . . . Until eventually, the Worry is ENORMOUS and is all she can think about.

This story is the perfect springboard for talking to children about emotions and anxieties.

Read Aloud Storytime

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Get up to $30 per month to use towards internet service

The Affordable Connectivity Program (ACP) provides a discount of up to $30 per month toward internet service for income eligible households and up to $75 per month for households on qualifying Tribal lands.

Eligible households can also receive a one-time discount of up to $100 to purchase a laptop, desktop computer, or tablet.

Check Your Eligibility or Apply

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Chef's Corner
Vegetarian Sandwich on a Stick

Kids can help pick out their favorite sandwich ingredients and assemble these tasty treats. Serve with ranch dip, pesto, or mustard for dipping.

Suggested Ingredients:

- 2 cups bread cubes (ciabatta, french, or other hearty bread)
- 1 1/2 cups cubed mozzarella or cheddar cheese
- 10 cherry tomatoes, halved
- 2 leaves romaine lettuce, torn into small pieces
- 2 cucumbers, thinly sliced
- 10 skewers

Recipe from Weelicious.com

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Answer:

Why shouldn't you give Elsa a balloon?  
Because she'll let it go!

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Questions or Feedback?  
Phone: (608) 265-4060

Keep in Touch

Send us a message

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

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