

# BADGER BUZZ



## November Updates & Events for UW Parents

It's hard to believe we are already halfway through the fall semester! We hope you and your family are doing well and are enjoying the resources we've been sharing.

In this issue you'll find tips to help you transition your child's sleep schedule with Daylight Saving Time, how to cope with parental burnout, and how to talk to kids about the history of Thanksgiving.

P.S. Invoices for fall [Child Care Tuition Assistance \(CCTAP\)](#) awards will be sent on November 14 to child care providers to fill out. Parents need to sign, date, and return the invoice by December 23.

**That's So Punny!**

**Why did the green banana go to the hospital?**



### Raising Conscious Consumers, with Dr. Laura Froyen

With the holiday season approaching and the influx of toys and spending that comes with it, it's a great time to start thinking about how to raise your child to be a "conscious consumer."

**Wednesday, November 16**  
**Open to Students, Faculty, & Staff**  
**12:00-1:15 at Fresh Market**  
*Lunch Included - FREE Event*

[Learn More & Sign Up](#)



### Spring CCTAP Application Available November 20

Save the date! Spring semester Child Care Tuition Assistance Program (CCTAP) applications open on November 20, 2022.

Income-eligible student parents pursuing an undergraduate, graduate, or professional degree can receive funds to **cover 30-50% of their child care expenses** (postdocs or fellows are not eligible).

[Check Your Eligibility](#)

### How to Transition Your Child's Sleep Schedule for Daylight Saving Time

Don't forget to adjust your clocks Saturday night! **Daylight Saving Time ends this Sunday, November 6, 2022, at 2:00 A.M.** and clocks will fall back by one hour. Here are some tips to make a smooth transition for you and your family.

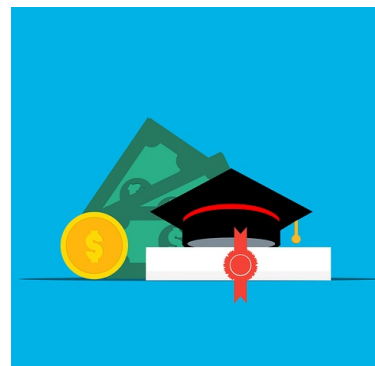
[Learn More](#)



### Single Parent & Returning Adult Student Scholarships

Are you a single student parent, *or* have you had a 5-year break in your education? Submit one application and be considered for multiple scholarships ranging from \$1,000-\$5,000! *Single parents do not need a break in their education to apply. Must be a U.S. citizen or permanent resident to be eligible.*

**Application period: Nov. 16th – Feb. 10th**





[Learn More](#)

## Identifying and Recovering from Parental Burnout

Burnout is "a state of physical and emotional exhaustion that is caused by dealing with high levels of stress for extended periods of time." See the article for warning signs and resources parents can utilize, according to mental health experts.

[Learn More](#)



## How to Tell Your Kids the Truth about Thanksgiving

While Thanksgiving can mean many things to different families, the story that most of us grew up learning is not the whole truth. In this article, experts and parents share ideas on how to talk to your kids about the holiday in a meaningful way.

[Learn More](#)



## UPCOMING FAMILY-FRIENDLY EVENTS

### [Free Family Night](#)

November 4 from 4:00 p.m. – 8:00 p.m.  
Madison Children's Museum

### [Friday Family Films – Coco](#)

November 4 from 5:30 p.m. – 7:45 p.m.  
Goodman South Madison Library

### [Kids in the Rotunda](#)

November 5, 12, 19, 25, 26, Multiple Showtimes  
Overture Center

### [Breakfast with the Birds](#)

November 5 from 8:00 a.m. – 9:30 a.m.  
Henry Vilas Zoo | \$40 Ages 5+

### [Kids on the Prairie](#)

November 13 from 10:15 a.m. – 11:30 a.m.  
Holy Wisdom Monastery

### [Loving Nature - Family Nature Program](#)

November 13 from 1:00 p.m. – 3:00 p.m.  
UW Arboretum

### [Music with Junebug](#)

November 18 from 10:30 a.m. – 11:00 a.m.  
Madison Children's Museum

### [Luminary Walk](#)

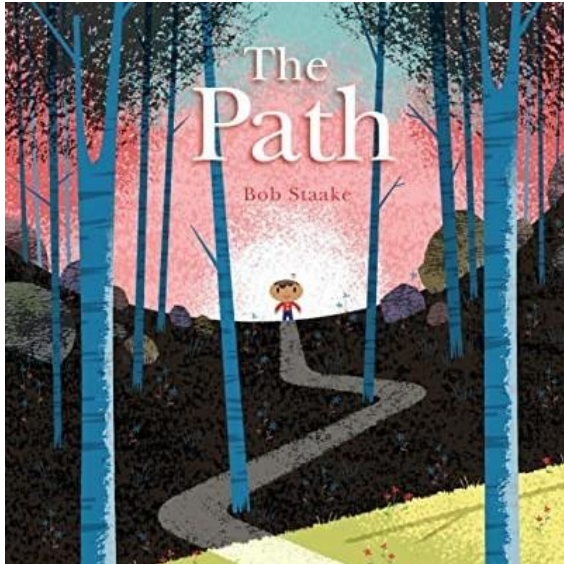
November 20 from 3:00 p.m. – 6:00 p.m.  
Waunakee, WI

## Baby Storytime (birth to 17 months)

November 23 from 11:00 a.m. – 11:30 a.m.

Pinney Library

---



### **Book of the Month: *The Path* by Bob Staake**

On this playfully illustrated journey with Bob Staake, children and adults alike will discover an encouraging truth: our path through life is not only challenging and beautiful—it is all our own to discover and invent.

[Preview the Book](#)



### **25 Cheap and Easy Kid-Friendly Casseroles**

These frugal, kid-friendly casseroles will make dinnertime just a little bit easier! You'll find lots of delicious options that are easy to make, freezer-friendly, use basic pantry ingredients and are healthy too. What's not to love?

[Read More](#)



## **Dane County's Best Pop-up Children's Resale**

**November 18-20 at the East Towne Mall**

Save 50-90% on gently-loved and new clothes • toys • shoes • books • videos • baby gear and more.

Or sign up to sell items your kid has outgrown.

[Get FREE Tickets](#)

**Answer:**

Why did the green banana go to the hospital?



He wasn't peeling very well!

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

[Send us a message](#)

**Keep in Touch**



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

[Unsubscribe occfr@provost.wisc.edu](mailto:occfr@provost.wisc.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [occfr@provost.wisc.edu](mailto:occfr@provost.wisc.edu) in collaboration  
with



Try email marketing for free today!