



Office of Child Care  
and Family Resources  
SCHOOL OF EDUCATION  
UNIVERSITY OF WISCONSIN-MADISON

# BADGER BUZZ



## May Updates & Events for UW Parents

Congratulations to all the student parents who are graduating this month!  
Remember to [send us graduation photos with your kiddos](#) to receive free tickets to the Madison Children's Museum.

### Important CCTAP Dates:

Current CCTAP students, remember to turn in your signed, completed Spring term CCTAP invoice by May 12. Now accepting applications for Summer term CCTAP awards - students, [check your eligibility or apply](#) by June 9 to be considered for a full award.

**That's So Punny!**

**What do you get if you cross a monkey with a flower?**

*Scroll to the end to see answer.*



## **Tantrums & Meltdowns: How to help kids handle big feelings**

**Wednesday, May 3**

**12:00-1:15 p.m.**

**Fresh Market - Lunch included**

If your child is struggling with tantrums and meltdowns and you feel lost for how to handle them in a way that is respectful, developmentally appropriate, and builds important emotional skills, this workshop is for you! Learn WHY this is happening and HOW to support your child (and yourself) through the normal ups and downs of childhood.

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

[Register Today!](#)



## **Graduating? Stay connected with Badger Bridge!**

This professional network is an exclusive place where UW-Madison alumni and students can come together to offer support in achieving career goals and exploring professional opportunities.

- Meet alumni who are working in fields that interest you.
- Mentor students and up-and-coming alumni.
- Get an early scoop on new job openings.
- Share your expertise or get your questions answered in public forums.

[Learn More or Join Today](#)

## **25 Fun Things To Do in Madison with Kids**

Looking to build in some family quality time? Here are kid-friendly things to do, places to eat, and outdoor activities to explore in Madison!

[Read More](#)



## **Find Free Healthy Meals for Children Throughout the Summer**

There are many organizations throughout Wisconsin that provide free healthy meals to children throughout the summer. Follow this link to use resources to find your nearest location.



[Read More](#)



## Tips for Camping with Kids

A family overnight outside is a great way to initiate the younger set to the joys of being in nature. Here are some tips for getting started—and for making the experience a memorable one.

[Read More](#)



## What to Do When Your Kiddo Tells You “No”

Many parents are thrown off when their sweet child one day responds “no!” when told to do something. What are some logical consequences for telling parents “no” when told to do something? Here is a step-by-step guide for baby through 8 years old.

[Read More](#)



## UPCOMING FAMILY-FRIENDLY EVENTS

### [UW Family Gardening Day](#)

May 6, 10:00 AM-1:00 PM  
Various locations on campus

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

May 7, 10:30 AM-12:00 PM  
Holy Wisdom Monastery

### [Children's African Story Hour](#)

May 8, 15, 22, 2:00-3:30 PM  
Goodman South Madison Library | Ages 5-10

### [Family Fun Nights](#)

May 12, 5:30–8:00 PM  
Warner Park Community Recreation Center

### [Book Buddies - Read-to-a-dog Program](#)

May 13 at 9:30, 10:05, 10:35, and 11:05 a.m.  
Guardian Whiskers

### [Drag Queen Storytime - Disney theme](#)

May 13, 1:00-4:00 PM

The Bur Oak | \$10 (\$5 adv.; \$15/family of four)

### [Just Between Friends Pop-up Kids Consignment Sales](#)

May 19-May 21, See event page for hours

Plumbers 75 Madison Union Training Center

### [Thrive in Stride Fun Run/Walk](#)

May 20, 9:30 AM-1:00 PM

Orchid Heights Park (Pheasant Branch Conservancy)

\$30 adults, \$20 children

### [Kids Building Wisconsin](#)

May 20, 9:00 AM-3:00 PM

McKee Farms Park - Fitchburg

Fun and educational kids event centered around construction industry

### [OutWiGo Green](#)

May 23, 10:00 AM-4:00 PM

Kettle Moraine State Forest - Southern Unit

A day of adventure, learning and celebrating in the outdoors.



#### **Book of the Month: *The Boy with Big, Big Feelings***

The Boy with Big, Big Feelings is relatable for any child -- especially for a child experiencing anxiety, extreme emotions, a child identified as a Highly Sensitive Person, or a child on the autism spectrum.

Beautifully illustrated and written in rhyming verse, children and adults explore the whole spectrum of feelings and readers navigate the emotional challenges they face throughout the day.



#### **DIY Activity: Mindful Breathing Stick**

It's never too early to teach your kids about mindfulness and introduce calming techniques. You can even use mindful breathing successfully with babies.

Using a visual tool like a mindful breathing stick can help younger kids simplify the process. Follow the link for an easy DIY activity learning how to make and use breathing sticks with your kids.



## Chef's Corner

### Watermelon Berry Summer Salad

Place all the prepped ingredients into a large bowl. Gently toss to distribute the ingredients (be careful not to break the raspberries). Can be enjoyed immediately, but best to cover with plastic wrap and refrigerate for at least an hour prior to serving to allow the flavors to marry together. Best served cold. Can be kept for up to 4 days. Cover tightly and store in the refrigerator.

#### Ingredients:

- 5 heaping cups seedless watermelon, rind removed and chopped in cubes ( $\frac{1}{2}$  - 1-inch pieces)
- 2 heaping cups strawberries, hulled and sliced
- $1\frac{1}{2}$  cups blueberries
- $1\frac{1}{2}$  cups raspberries
- $\frac{1}{2}$  cup (packed) fresh mint, thinly sliced
- $\frac{1}{4}$  cup pure honey
- 2 tbsp fresh lime juice (1 lime)

*Recipe from Yay! for Food*

## Answer:

What do you get if you cross a monkey with a flower?

**A chimp-pansy!**



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

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