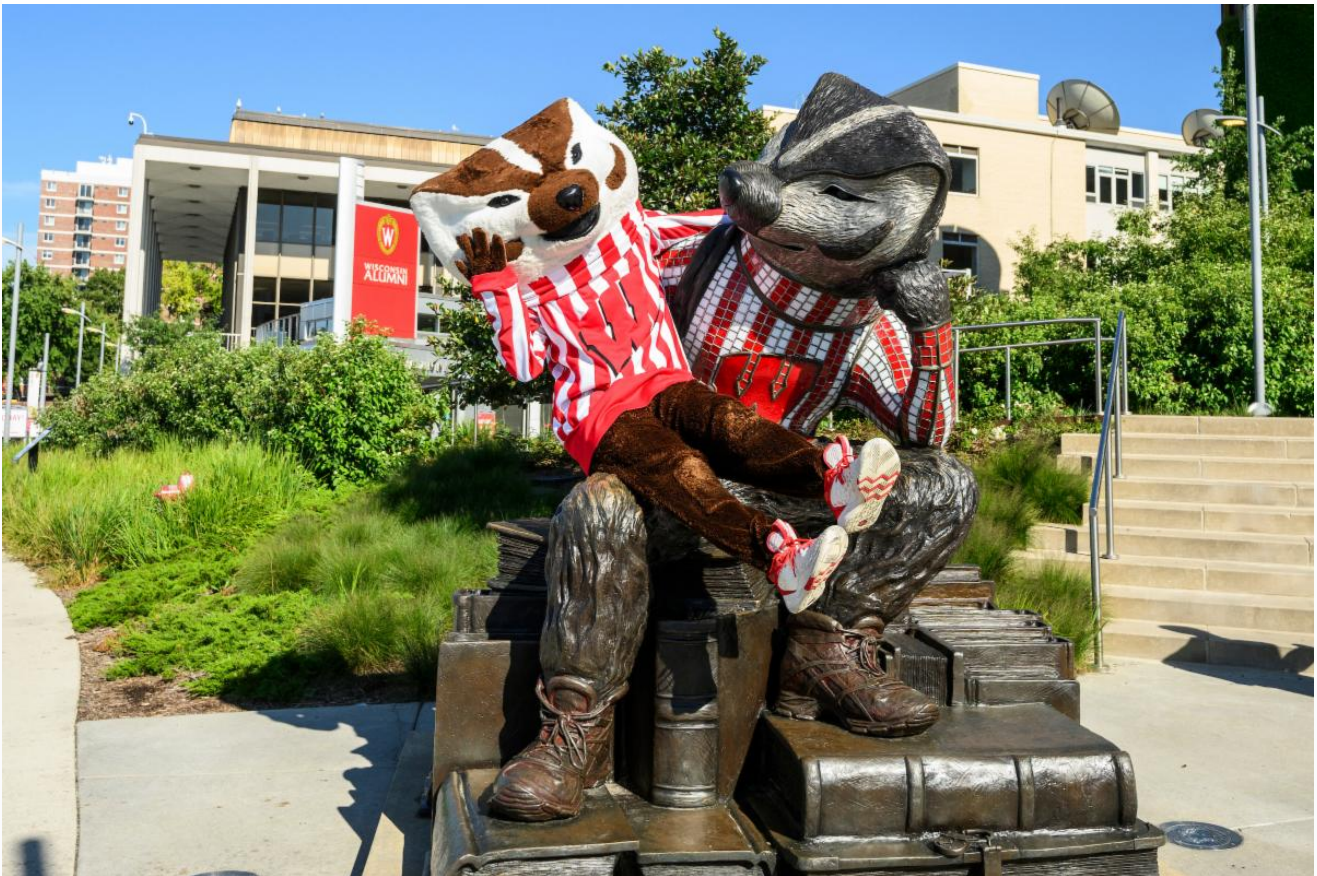




Office of Child Care  
and Family Resources  
SCHOOL OF EDUCATION  
UNIVERSITY OF WISCONSIN-MADISON

# BADGER BUZZ



## September Updates & Events for UW Parents

**Welcome back to UW-Madison, we missed you!**

On behalf of the Office of Child Care and Family Resources (OCCFR) at the University of Wisconsin Madison, I extend a warm and heartfelt welcome to all new and returning students for the upcoming academic year.

As the Director of OCCFR, I recognize the unique challenges and responsibilities that come with being a student-parent. Balancing academics, family life, and personal growth is no small feat, and I want you to know . . .

[Read the full welcome message from OCCFR Director, Cigdem Unal](#)

# That's So Punny!

## Why did the dog do well in school?

*Scroll to the end to see answer.*

The Office of Child Care and Family Resources

### Fall Parenting Classes

REGISTRATION REQUIRED

OPEN TO CURRENT UW-MADISON STUDENTS & FAC/STAFF

NEW LOCATION! ALL CLASSES WILL BE HELD AT THE COMMUNITY CENTER IN EAGLE HEIGHTS

FREE PARKING & LUNCH INCLUDED!

SCAN THE CODES BELOW FOR EACH CLASS OR [CLICK HERE](#) FOR INFO & REGISTRATION ON ALL CLASSES

Drop-in No registration required	<b>INFANT DEVELOPMENT PLAY GROUP</b> (0-18 months) Every Monday from 10:30am - 12:00pm Beginning Monday, Sept. 18
2-part series	<b>SETTING LIMITS AND BOUNDARIES</b> Sept 9 & 13 12:00 - 1:15pm
	<b>POTTY TRAINING</b> Oct 4 12:00 - 1:15pm
	<b>BED TIME &amp; NAP TIME</b> Oct 24 12:00 - 1:15pm
	<b>TANTRUMS AND MELTDOWNS</b> 2-part series Nov 28 & Dec 5 12:00 - 1:15pm

### Fall 2023 Parent Events & Classes - NEW location!

Check out our lineup of Fall 2023 parent lunch n' learns and events. Open to students, staff, faculty, and spouses/partners.

- Tantrums & Meltdowns
- Bed Time & Nap Time
- Potty Training
- Setting Limits and Boundaries
- 1:1 consultation with parenting expert, Dr. Laura Froyen

**NEW LOCATION:** All OCCFR events this semester will be hosted at the Eagle Heights Community Center.

[Sign Up Today!](#)

WISPO AND UW OCCFR PRESENT

## FALL '23 WELCOME PARTY

SUN, SEPT 10

at University Housing Community Center, Eagle Heights Gymnasium (611 Eagle Heights) from 9:30am-12:30pm

**A Day of Play for Caregiving Students and their Families, Featuring:**

- Games and Activities for Kids of all Ages
- Visit from the Big Red Reading Bus!
- Kid-Friendly Refreshments
- Student Parent Community Building

@wispororganization  
wispororganization@gmail.com  
occf@provo.st.wisc.edu

### Fall Welcome Party for Caregiving Students & Families

Join the Wisconsin Student Parents Organization (WISPO) for this fun-filled back to school celebration, open to any parenting student at UW!

Sunday, September 10  
9:30 AM-12:30 PM  
Eagle Heights Community Center  
No registration required

- Kid friendly refreshments
- Games & activities for kids
- Big Red Reading Bus
- Connect with student parents

[Connect to WISPO](#)

## Celebrating and Supporting Student Parents in Higher Ed

September is National Student Parent Month! Check out this article highlighting parenting student resources at UW-Madison.

[Read More](#)



## Family Dinner Night - Mondays @ 6:30 PM

Family Dinner Night is offered by Slow Food UW and includes an appetizer, entrée, and dessert. The cost of each meal is based on the "Pay What You Can" model. (You can also volunteer or [donate](#) to support their mission!)

[Read More](#)



## 5 Tips to Help Your Child Make New Friends

Back-to-school is an exciting time! Here are some ideas to help your children as they seek to make new friendships in the coming year.

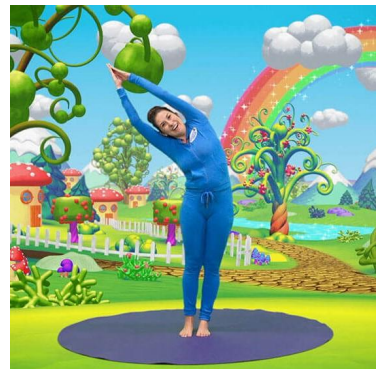
[Read More](#)



## Cosmic Kids Yoga

CosmicKids is a YouTube channel that provides fun adventure-format yoga classes for kids, 3 to 8 years old. They host a range of popular movie-themed classes including Frozen, Trolls, and Encanto!

[Read More](#)



## UPCOMING FAMILY-FRIENDLY EVENTS

### [Little Sprouts Lunch](#)

September 8, 10:15-11:15 AM  
Olbrich Botanical Gardens | Ages 2-5  
\$9/child (non-members) / \$7/child (members)

### [Downtown Dog Days](#)

September 8, 11:00 AM-1:00 PM  
The Confluence

### [IronKids Fun Run](#)

September 9, 5:00 PM

Capitol Square | \$25 | RSVP | ages 0-17

### [Firefighter Fun Day!](#)

September 9, 1:00-4:00 PM

Madison Fire Station 9

### [Monroe Street Festival](#)

September 9, 9:30 AM-5:00 PM

Monroe Street

### [Yahara Riverfest](#)

September 9, 12:00-4:00 PM

Conservancy Commons Park, DeForest

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

September 9 at 9:30, 10:05, 10:35, and 11:05 AM

Guardian Whiskers

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

September 10, 10:30 AM-12:00 PM

Holy Wisdom Monastery - RSVP

### [New Glarus Family Fest](#)

September 10, 11:00 AM-4:00 PM

New Glarus Village Park

### [David Landau - Music & Stories](#)

September 11, 5:30-6:15 PM

Harmony Bar & Grill

### [Lil' Explorers](#)

September 11, 10:00-11:30 AM

William G. Lunney Lake Farm County Park

Ages 3-6 | \$5/child

### [Family Night on Lake Mendota](#)

September 12, 4:00-6:00 PM

Memorial Union | \$17/participant

### ["Boogie in the Barnyard" with John Duggleby](#)

September 13, 5:30 PM

Hilldale Mall

### [Creative Movement and Dance for Little Ones](#)

September 15, 9:15-10:00 AM

Pinney Library

### [Half-Pint Resale](#)

September 15-17, see event page for hours

Mandt Community Center, Stoughton

### [Trucks & Treasures](#)

September 16, 9:00 AM-12:00 PM  
Warner Park

[Casey Day - Family Music](#)

September 16, 9:00 AM  
Java Cat on Lien Rd.

[Viva Mexico Festival](#)

September 17, 12:00-5:00 PM  
Breese Stevens Field

[Minions: The Rise of Gru](#)

September 17, 4:00-7:00 PM  
The Glen Golf Park

[Waisman Whirl Run, Walk, & Roll for All Abilities](#)

September 17, 9:00 AM-12:00 PM  
Waisman Center

[Summer Nights Concert Series](#)

September 23, 4:00 PM-8:00 PM  
Westmoreland Park

[Bird & Nature Adventures](#)

September 23, 10:00 AM-11:30 AM  
Aldo Leopold Nature Center

[Girls in Aviation Day](#)

September 23, 1:00-4:00 PM  
Middleton Municipal Airport

[Badger Challenge](#)

September 24, 7:00 AM-6:00 PM  
6000 American Parkway, Madison, WI  
*Walking, running, and biking event to raise funds for cancer research and patient treatment at the University of Wisconsin.*

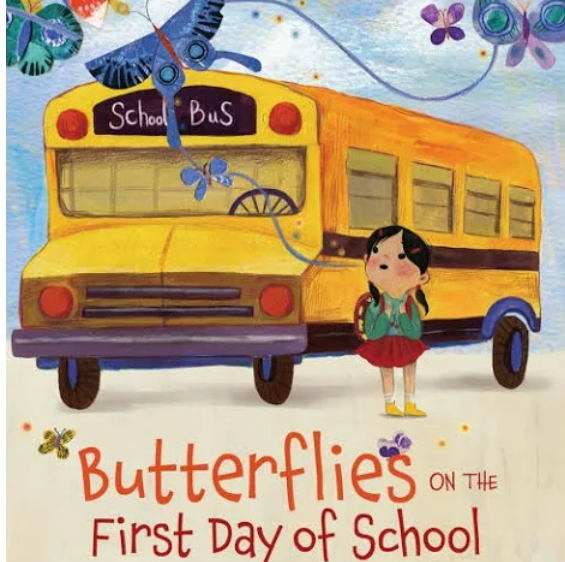
[40th Annual Chili Cook-Off](#)

September 30, 11:00 AM-2:00 PM  
Ahuska Park, Monona

[Family Nature Walk](#)

October 1, 1:30-2:30 PM  
UW-Arboretum

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### Book of the Month: *Butterflies on the First Day of School*

The first day of school is exciting—but it can be scary, too! Meet Rosie, a brand-new student who just happens to have butterflies in her stomach.

Much to Rosie's surprise, when she says hello to a new friend on the bus, a butterfly flies out of her mouth. As the day goes on, Rosie frees all her butterflies, and even helps another shy student let go of hers, too.

[Read Aloud Storytime](#)



### Make Window Decals to Help Migrating Birds

Is your child interested in exploring nature? Learning about the plants and animals that live in your area is a great way to encourage an interest in science, technology, engineering, art, and math (STEAM).

You can take action as a family to keep migrating birds safe from flying into your house windows with these easy homemade window decals.

[Learn More](#)

## Chef's Corner

### Healthy Carrot Cake Muffins

Preheat the oven to 350 degrees F. Mix the wet ingredients together (including shredded carrots and coconut). In a separate bowl, mix the dry ingredients. Combine, making sure not to over-mix the batter. Pour into a muffin tin and bake for 25-30 minutes.

#### Ingredients:

- 2 cups whole wheat flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 2 large eggs
- 2 tsp vanilla
- 2/3 cups unsweetened apple sauce
- 1/2 cup brown sugar
- 1/2 cup coconut oil
- 1 cup grated carrots
- 1/2 cup unsweetened coconut (shredded)
- 1 cup almond milk



1/3 cup raisins (optional)  
1/4 cup chopped walnuts (optional)

*Recipe from JarofLemons.com*

**Answer:**

Why did the dog do so well in school?

**Because he was the teacher's pet!**



***If you enjoy reading our newsletter, please consider making a gift to support our mission.***



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**Keep in Touch**



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