



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

# BADGER BUZZ



## November Updates & Events for UW Parents

We hope you *fall* in love with some of the fun activities in our November newsletter! Celebrate the changing of the seasons with your family by making a fall leaf suncatcher, whipping up some cinnamon yogurt bites, or snuggling up to read our book of the month.

**Important Dates:**

**November 5** - Daylight Saving Time (clocks will go back 1 hour at 2:00 AM)

**November 13** - Fall CCTAP invoices will be sent to child care providers.

**November 20** - Spring 2024 [UW Child Care Tuition Assistance Program \(CCTAP\)](#) application is available. Open to parenting students - login to check your eligibility or apply.

**That's So Punny!**

**What is the cutest of all the seasons?**  
*Scroll to the end to see answer.*

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## Tantrums & Meltdowns - Tuesday, Nov 28 & Dec 5

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 UW student, faculty, and staff parents and spouses/partners.

Register for one or both sessions



## Free, Virtual Parenting Classes with UW-Extension!

UW-Extension offers free, virtual parenting classes to any Wisconsin resident. Find topics ranging from co-parenting, screen time, big emotions, as well as classes geared towards fathers.

Nov 2 - [Resilient Co-Parenting: Mindful Money Practices](#)

Nov 6 - [Fit & Healthy Kids](#)

Nov 14 - [Focus on Fathers series](#)

Nov 16 - [Families & Screens](#)

Nov 21 & 28 - [Teaching Children about Emotions](#)

Browse All Classes

## OCCFR Children's Journal Fall Newsletter

Our Fall newsletter is fresh off the press! Check out the latest updates about campus child care, including our [Teacher Spotlight](#), [Student Voices](#), and a message on how paid Parental Leave impacts family wellness.

[Read More](#)



## Are You Eligible for Home Energy Assistance?

The Wisconsin Home Energy Assistance Program (WHEAP) provides financial assistance to help income eligible households pay a portion of heating and electric energy costs. Funds are limited, apply early!

[Check Your Eligibility or Apply](#)



## A Graduate Student Guide to Working with Faculty Advisors

For graduate students, faculty advisors can be critical to achieving academic, research, and career goals. See this guide for strategies, policies, and resources to support an effective working

relationship with your faculty advisor.  
[Read 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! *Must be a U.S. citizen or permanent resident to be eligible.*

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

[Learn More](#)



# STUDENT PARENT SPOTLIGHT

*Introducing our NEW Student Parent Spotlight! Each month we'll feature a new student parent so you can learn more about the parenting community and create new connections.*



**Kiria Johnen**

**Major:** Elementary Education with a certificate in Early Childhood Education

**Year:** Junior

**Hometown:** Tomah, WI

**About Me:** I just started my new job as Office & Event Assistant with the Office of Child Care & Family Resources! I love painting, scrapbooking, and paddleboarding.

**Favorite thing to do in Madison with your family?:** My daughter and I love going to the Madison Children's Museum, as well as exploring local splash pads in the summer heat!

**What is your favorite parenting hack?:** I have found it helpful to empathize with my daughter when she is upset. I think this teaches her that it is okay to have big emotions and that I am here to help her through them.

Submit your  
Spotlight!

## UPCOMING FAMILY-FRIENDLY EVENTS

### [Toddler True Play](#)

Every Thursday, 9:30 AM-11:30 AM  
Neighborhood House

### [Just Between Friends - Maternity & Kids' clothing consignment sale](#)

November 2-4, times vary  
2102 E. Springs Drive

### [Toddler Art](#)

November 2, 10:00-10:45 AM  
Sequoia Library

### [Mini Explorer Hike](#)

November 7, 10:00-11:00 AM  
Anderson Farm County Park

### [Learn to Stargaze](#)

November 8, 6:30-7:30 PM  
Vilas Henry Park

### [LEGO Club at Pinney](#)

November 8, 3:30-4:30PM  
Pinney Library

### [Family Field Trip Series: Turkey Time](#)

November 11, 10:00-11:00 AM  
Warner Park

### [Holiday Art & Craft Sale](#)

November 11, 9:00 AM-3:00 PM  
Sugar Creek Elementary School - Verona

### [Little Sprouts](#)

November 10, 10:15-11:15 AM  
Olbrich Gardens, \$9/child

### [Kids in the Rotunda - Kanopy Dance](#)

November 11, 9:30AM, 11:00 AM, 1:00 PM  
Overture Center

### [Holiday Fantasy in Lights](#)

November 11 to January 1  
Olin Park

### [Art After Overture](#)

November 11, 10:00 AM-12:00 PM  
Central Library

[Family Fun Day at the Zoo](#)

November 11, 10:30 AM-12:30 PM

*Adoptive, foster, guardianship, kinship, and reunified families ~ Enjoy a fun day at the Henry Vilas Zoo with one another and the Wisconsin Family Connections Center*  
Henry Vilas Zoo

[Turkey Time](#)

November 11, 10:00-11:00 AM

Warner Park - Rainbow Shelter, RSVP required

[Birds & Nature Adventures](#)

November 12, 1:30 PM-3:00 PM

Turville Point Conservation Park

[Disney Frozen Kids](#)

November 16, 6:00 PM

Badger Ridge Middle School - Verona, \$4.50/person

[KOGA Yoga](#)

November 17, 10:00-10:45 AM

Pinney Library

[Madison's Big Sing](#)

November 18, 10:00-11:00 AM

MYArts

[All About Seeds - Family Nature Program](#)

November 19, 1:30-3:30 PM

UW-Madison Arboretum Visitor Center

[Bilingual Storytime](#)

November 25, 10:00AM-10:30 AM

Pinney Library

[Candlelight Hike](#)

November 25, 6:00-8:30 PM

Devil's Lake State Park

[Fire & Lights Parade](#)

November 25, 6:00 PM

Main Street - Sun Prairie

[Toddler Dance Party!](#)

November 30, 10:00-10:45 AM

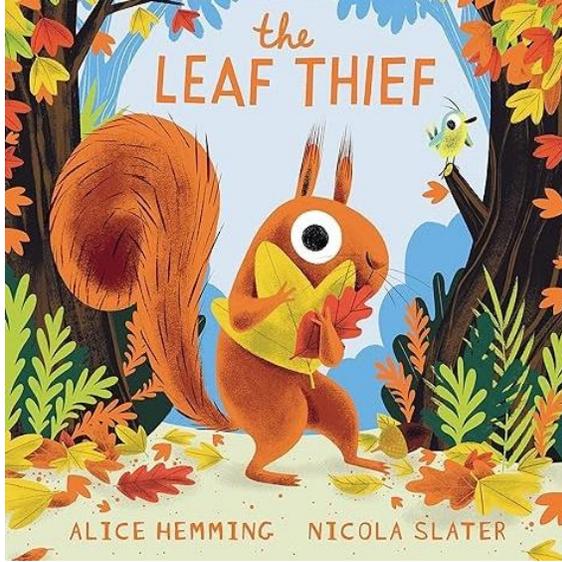
Sequoia Library

[Holiday Express Train Show & Flower Show](#)

December 2, 10:00 AM-4:00 PM

Olbrich Gardens, \$8/adults - \$5/children 6 & up - children 5 and under free

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## Book of the Month: *The Leaf Thief*

Squirrel loves counting the leaves on his tree—red leaves, gold leaves, orange, and more. Wait a minute! One of his leaves is missing! On a quest to find the missing leaf, Squirrel teams up with his good friend Bird to discover who the leaf thief could be among their forest friends. Is there truly a leaf thief afoot, or is something else going on in Squirrel's forest? **A perfect exploration of change**—both seasonal, and the anxiety that change causes sometimes.

[Read Aloud Storytime](#)



## Fall Leaf Suncatcher Craft

With the leaves changing colors as we enter the cold season, it is the perfect time to **brighten up your windows with some beautiful suncatchers!** This craft is easy to create and fun to display. With little supplies, including contact paper, tissue paper, scissors, a glue stick, and construction paper, you can create lively window art to enjoy for days. Instead of tissue paper, you could collect your own leaves from outside to preserve!

[Learn More](#)



## Chef's Corner

### Apple Cinnamon Yogurt Bites

Blend all ingredients in a blender until the apple is chopped up. Once blended, pour into trays and freeze for an hour or more. Pop out and put in a soaked bag or container the freezer.

#### Ingredients:

- 1 medium apple (any kind)
- 1 cup plain Greek yogurt
- 1 tbsp honey
- 1 tsp ground cinnamon

*Recipe from Kristendukephotography.com*

**Answer:**

What is the cutest of all the seasons?

**Awwwtumn!**



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