



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

# BADGER BUZZ



## December Updates & Events for UW Parents

As the semester is winding down and you are looking forward to your well-deserved winter break, don't forget to check out some of these great free resources! In this issue you can learn more about our popular Tantrums & Meltdowns parenting class, free virtual counseling with Uwill, and how to submit a basic needs request for clothing, food, and more.

### Important Dates:

**December 13** - Last Fall Semester class day

**December 22** - Students must return completed Fall 2023 CCTAP Invoices.

**Now until March 1** - Spring 2024 [UW Child Care Tuition Assistance Program \(CCTAP\)](#) application available to parenting students - login to check your eligibility or apply.

**That's So Punny!**

How does a penguin build a house?  
Scroll to the end to see answer.



## Tantrums & Meltdowns, Part 2 **Virtual** - Wed., December 6

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 Virtual Part 2](#)



## The Balanced Parent Podcast with Dr. Laura Froyen

If you love our parenting workshops with Dr. Laura Froyen, check out her podcast, *The Balanced Parent!* Find parenting topics like:

[Overcoming Burnout and Guilt](#)

[Creating Success for Children w/Learning Differences](#)

[Coaching Sibling Squabbles](#)

[Raising Kids with a Healthy Money Mindset](#)

[Browse All Episodes](#)

## Get Help with Basic Needs with Purposity

Students, did you know you can submit a request for basic needs items like clothing, food, or hygiene products? UW-Madison has partnered up with Purposity to help bridge the gap between interested donors and students in need.

[Learn More or Submit a Basic Need Request](#)



## NEW office to help students with off-campus housing

Finding off-campus housing can be challenging, but now there is a new UW office to offer tips and resources on things like price, popular student neighborhoods, amenities, transportation options, and more.

[Learn More](#)



## Free, virtual counseling for UW Students

UHS Mental Health Services is partnering with Uwill to expand flexible, no-cost virtual counseling options for students. Find a licensed mental health professional available through video, phone, chat, and message (including nights and weekends).

[Learn More or Sign Up](#)



## Bundle Up! Find gently used coats

The first day of winter is right around the corner! Here is a list of places in Madison where you can find (or donate!) warm coats, sweaters, boots, and more so you and your family are ready to bundle up for the chilly months ahead.

[Learn More](#)



*Student Parent*  
**SPOTLIGHT**





*Emily and her son enjoying fall weather at Union Terrace*

**Emily Romero**

**Major:** Juris Doctor (law)

**Year:** Second Year (2L)

**Hometown:** Lake Zurich, IL

**About Me:** My son and I recently moved from Colorado to Madison for law school. I enjoy skiing, mountain biking, and trail running and it has been fun exploring those things in the Midwest again and adapting them to include a toddler.

**Favorite activity to do with my kids:**

We love baking (even if the end product isn't edible) in the winter and camping at Wisconsin's beautiful state parks in the summer.

**My favorite parenting hack:**

Your living is your teaching. How I navigate the world is the way my son learns the most about it. He sees and mirrors how and what I celebrate, my silliness, what I prioritize, how I respond to inconveniences, all of it. I try my best to remember this- but he has recently started referring to people in other cars as "bad drivers," so hopefully he'll also mirror the grace I give myself for my parenting missteps.

Submit your spotlight and be featured in a future Badger Buzz!

## UPCOMING FAMILY-FRIENDLY EVENTS

[Holiday Fantasy in Lights](#)

December 1-31, 4:30-10:00 PM  
Olin Park

[Zoo Lights](#)

Weekends December 1-30, 5:30-9:00 PM  
Henry Vilas Zoo, \$10/person, 3 & under free

[Madison StoryWalk](#)

December 1-24  
Downtown Madison

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

December 2-31, 10:00 AM-4:00 PM  
Olbrich Gardens | Adults \$8, Children 6-12 FREE

[Art for Little Ones](#)

December 7, 10:00-10:45 AM  
Madison Public Library - Pinney

[Family Fun Night](#)

December 8, 5:50-8:00 PM  
Warner Park Community Recreation Center, \$5/family

[Book Buddies, Read to a Dog](#)

December 9, 9:30, 10:00, 10:35, and 11:05 AM  
City Dog Veterinary Clinic, RSVP

[Shapes and Suncatchers Family Workshop](#)

December 10, 1:00-3:00 PM  
Monona Terrace

[Make a Sweet Something - Gift Making Workshop](#)

December 10, 1:30-3:30 PM  
Madison Public Library - Central, RSVP

[Season of Light: Finding Inspiration in the Darkest of Seasons](#)

December 11-12, 6:00-8:30 PM  
Madison Metropolitan School District Planetarium, \$6/person

### [Mini Explorer Hike](#)

December 13, 10:30 AM-12:00 PM  
Badger Prairie County Park, Verona

### [Free Mending at the Library](#)

December 14, 21, 28, 10:00 AM - 2:00 PM  
Madison Public Library - Central

### [Friday Family Films - The Santa Clause](#)

December 15, 5:30-7:45 PM  
Madison Public Library - Goodman South

### [Kids in the Rotunda - Fox and Branch](#)

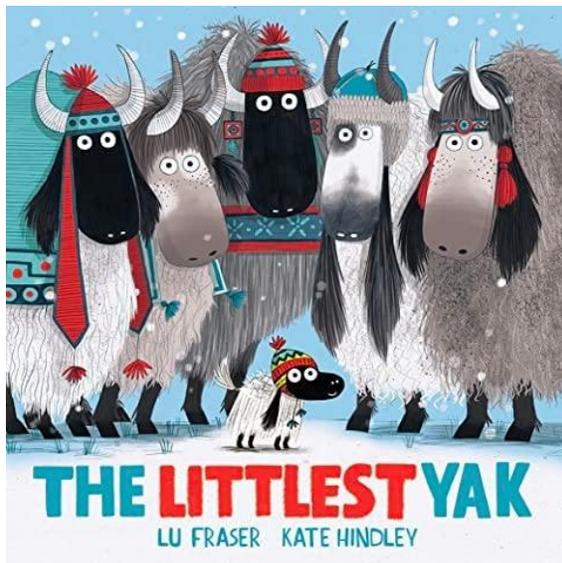
December 16, 9:30 AM, 11:00 AM, 1:00 PM  
Overture Center - Rotunda Stage

### [Run Santa Run 5K](#)

December 16, 3:00 PM  
Capitol Square | Adults \$50, 12 and under \$35

### [Bird & Nature Adventures](#)

December 23, 10:00-11:30 AM  
Aldo Leopold Nature Center, Children's Shack



### Book of the Month: *The Littlest Yak*

Gertie is the littlest yak in her pack. She wants to grow up and have **BIGNESS** and **TALLNESS**! Because there isn't anything a **BIG** yak can't do.

Gertie devises a growing-up plan. She eats her veggies, exercises every day, and reads lots of books. Still, she isn't any bigger. When the other yaks come calling for Gertie to help them with a daring and dangerous task, could it be something only a small yak can do?

[Read Aloud Storytime](#)



### Magic Salt and Watercolor Snowflake

Perfect for a chilly winter day, this craft is a fun inside activity. Using watercolor paper, watercolor paint, white crayons, paint brushes, and table salt, you will be able to create a delightful picture to decorate your home or gift to someone.

Watch children's faces light up when they start painting and their snowflake appears, as well as observing the salt change to make the painting look "frosty"!

[Learn More](#)



## Homemade Hot Cocoa

Warm the milk in a small saucepan, then whisk in the cocoa powder, honey, and vanilla extract. Whisk well to remove all lumps. Serve warm. You can add in more or less honey depending on how sweet you like it.

### Ingredients:

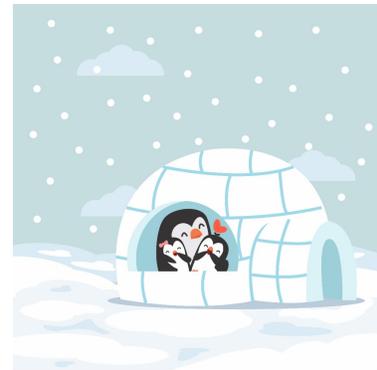
2 cups almond milk (or your milk of choice)  
2 tbsp cocoa powder  
2 tbsp honey or maple syrup  
½ tsp vanilla extract

*Recipe from livingwellmom.com*

## Answer:

How does a penguin build a house?

**Igloos it together!**



*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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