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Clark County

MARCH 2011



Young Families Newsletter

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Dear Young Family:

This time of year brings anxious little ones. I'm sure your young child or children are waiting for the opportunity to get outside and play with their friends again. Over the upcoming months there will be some opportunities at Child Development Day events for young children to get together and for parents to learn more about their child's development. Every school district has opportunities for families to learn more about community programs, developmental milestones and an opportunity to interact with other children and families. Later in this issue of *Young Families*, you will find a list of Child Development events. Contact your local school district for additional information and to register if you'd like to attend.

I have had a number of people inquire about starting a Parenting Group or Playgroup in Neillsville. If you're interested in helping us launch a program in Neillsville please give me a call. We are in the planning stages but are also in need of additional input and families to participate.

It's hard to think about spring when the ground is covered with snow but luckily it's March and warmer temperatures are right around the corner!

Sincerely,

Julie Simek-Heggebo
Family Living Agent



Young Families Newsletter

A free newsletter edited by
Julie Simek-Heggebo
Family Living Agent
julie.simek@ces.uwex.edu

CREATING A FAMILY TREE

Strong families see themselves as a worthy group and are proud of themselves. Strong families treasure and honor each family member.

To help your preschooler develop a sense of family history and belonging, create a family tree. A **family tree** is a chart representing family relationships in a conventional tree structure. Young children need to feel the security of having an understanding of who they are and where they came from. Knowing about family members helps a person appreciate others as well as realize their own uniqueness.

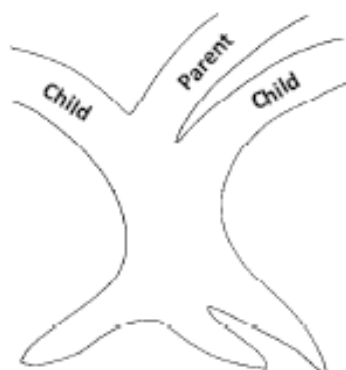
Different families have different family trees, depending on who is living in your household and who is providing care for your child. The following gives a few examples of likely family trees for a two-child family. Your situation may differ from the examples.

On a large sheet of paper, draw your own family tree. Put both your child's name and your family name at the top of the page.

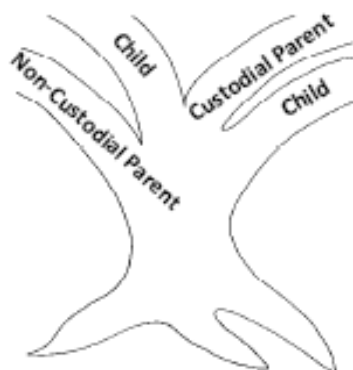
1. Put names and/or pictures of each person on the branches of the tree.
2. Select leaves that represent the characteristics of each person. Talk with your child about the strengths of each person on the family tree. Ask what they like about that person. Be sure to ask your child to think about his/her characteristics,

Parenting the Preschooler

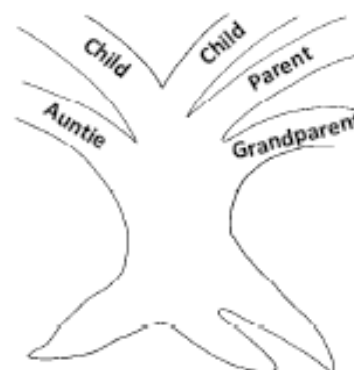
<http://parenting.uwex.edu/parenting-the-preschooler/>



Single-Parent Family



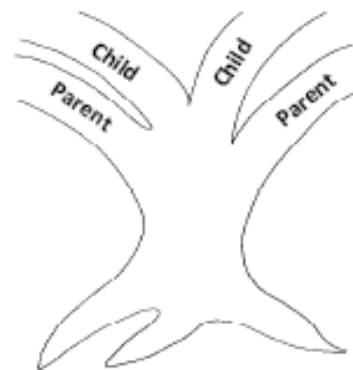
Single-Parent Family



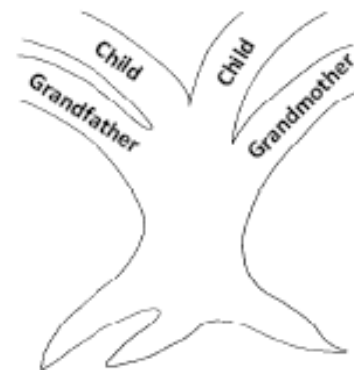
Multi-Generational Family



Blended Family



Traditional Family



Grandparent Family

CREATING A FAMILY TREE (CONTINUED)

too. Pick leaves with the characteristics your child mentions or write down the characteristics on the blank leaves. Glue the leaves for each person onto their branch of the tree.

- Next, talk with your child about what makes you proud to be a member of this family. Ask, "What makes our family special?" Write your family characteristics onto the trunk of the tree. Some families have mentioned these characteristics:
 - Work well together
 - Show appreciation to each other
 - Give to community
 - Have fun together
- You will want to put family names/pictures of grandparents or even great-grandparents at the roots of the tree. Talk with your child about the people who came before. What are/were some of their characteristics? Each grandparent has two parents, and each of them as two parents. Roots go deeper and spread out as you include more family members.

Creating a family tree teaches your child about family:

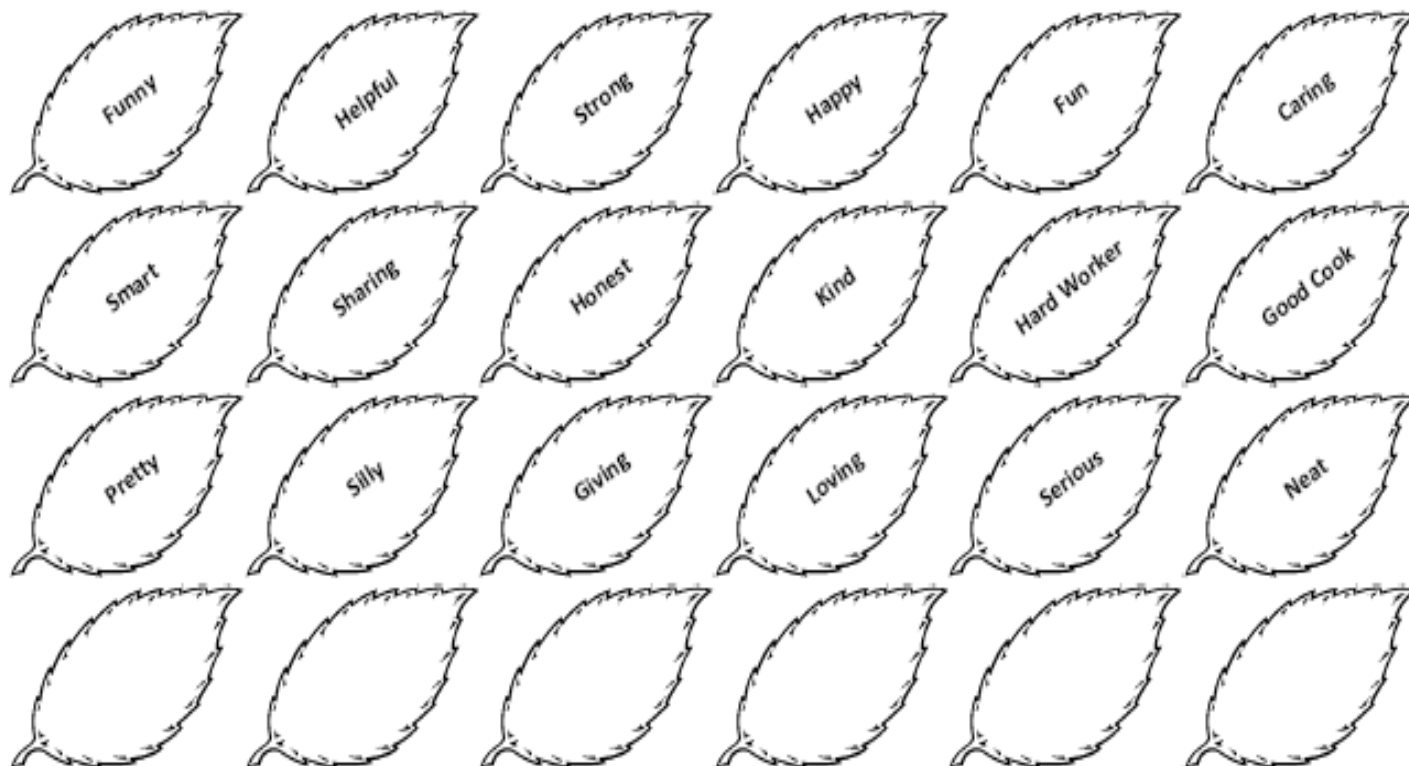
- Who makes up your family?
- What are the strengths and characteristics of each family member?
- How your child fits into the family?

Learning about family enhances your child's self-esteem. Children with a strong sense of family are more self-assured and have a deeper appreciation and respect for individuality and diversity.

References:

Day, T., Small, S., & Fitzsimmons, E. (1987). Family times. University of Wisconsin-Cooperative Extension.
 Molgaard, V., Kumpfer, K., & Fleming, E. (2006). Strengthening families program. Iowa State University, University Extension.
 Thomason, D. (2009). Strong families build strong communities: Family history. Retrieved from Clemson University website at http://www.clemson.edu/fyd/bfs_strengths.htm

For more information on Parenting and Child Development, contact: Joan E. LeFebvre, Area Family Living Agent, University of Wisconsin, Extension, 330 Court Street, Courthouse, Eagle River WI 54521-8362, 715-479-3653, FAX 715-479-3605, E-Mail joan.lefebvre@ces.uwex.edu
 February 2011





FAMILY TIME WORK TIME — A BALANCING ACT

When No News is Good News

Do you like to watch or listen to the news regularly? You might want to consider listening to news when your child is not around because some news reports can be scary for a child. It's easy to forget that your child might be nearby listening. When there is a large national disaster or a crime that gets lots of coverage, it usually gets repeated over and over again, sometimes for days. A child does not

understand that it only happened once and may think that something awful is happening again and again. This can be frightening for a child. So, turn off

the news when your child is around. Make home a safe place for your child without bringing in fears from the outside world.



If there is possible flooding or a major storm coming, get your information, be prepared, and just give your child the basic information that might be needed for any preparations or changes in routines or schedules.

Preschool age children have a hard time telling the difference between what is pretend and what is real. News reports can confuse them. Some children are unaware of what's happening in the news and that's ok. If they do not talk about being concerned about something that is big news at the time, don't worry about it.



Elementary age children do know the difference between real and pretend, so they can become frightened about something they hear on the news. They may become very worried about car accidents, getting kidnapped, or floods, thinking these events might happen every day, not just the one that was reported. Be sure to always be available whenever your child needs to talk about anything.

What are the Best Drinks for Kids?

What are the best drinks for kids? Juice, milk, or water? The winners are — water and milk. What children drink keeps their diet healthy and helps prevent childhood obesity.

Children under age two need either breast milk or whole milk for proper brain development. This means two — one cup servings per day. Children over age two should drink lower fat milk. Children ages one to eight need two cups of milk or an equivalent dairy product per day. Older children ages nine to eighteen need the equivalent of three cups of lower fat milk.

What about juice? All juice and

fruit drinks contain a lot of sugar, even 100% juice. There are natural sugars in fruit and that's what is in 100% juice. When giving your child juice, serve only 100% juice. Six ounces is recommended per day for a child. Fresh fruit is better to serve to your child than fruit juice. It is not recommended to give juice to babies until they are six month's old. Breast milk or formula is all they need. Juice should not be given to a baby in a bottle because it will stay on the teeth too long and can cause tooth decay.

Get your child in the habit of drinking water. Show a good example by drinking water

yourself. Water is a healthy drink and contains no fat or sugar. Your child can drink as much water as she wants every day. So what are the best drinks for kids? Your child should drink two cups of milk, only six ounces of juice, and as much water as she wants each day to be healthy.





FAMILY TIME WORK TIME — A BALANCING ACT

Dangerous Cribs — Keep Your Baby Safe!

Parents, you need to be aware of the dangers



of drop-side cribs for babies and new changes in regulations. Make sure the crib you are using is safe for your baby!

There is a ban on the manufacture and sale of traditional drop-side cribs effective in June 2011. The United States Consumer Product Safety Commission (CPSC) has recalled more than eleven million dangerous cribs since 2007.

Federal crib standards have not been updated in nearly thirty years. The new rules will be announced soon and will usher in a safer generation of cribs.

The mandatory crib standards will:

- Stop the manufacture of traditional drop-side cribs.
- Make mattress supports stronger.
- Make crib hardware more durable.
- Make safety testing more rigorous.

Twenty-four months after the standards become effective, child care facilities, including child care family homes, infant Head Start

centers, and hotels and motels will be required to have compliant cribs in their facilities. Parents need to be aware of the new standards and be alert to make sure changes have been made for safe cribs in all facilities they use.

In the meantime, parents need to be aware of the dangers of drop-side cribs and make sure the crib they have for their baby is safe. Contact the US Consumer Product Safety Commission Toll-free Hot Line for consumers about recalls at 800-638-2772 or go to their Web site at www.cpsc.gov

CRIBS FOR KIDS IT'S FOR THE BABIES

Create a Safe Sleep Zone for Your Baby!

The Clark County Health Department is pleased to offer the Cribs for Kids Program. SIDS (Sudden Infant Death Syndrome) is the major cause of death in infants from 1 month to 1 year of age, with most deaths occurring between 2 and 4 months. It is sudden and silent. Death is often associated with sleep and with no signs of suffering. It is a recognized medical disorder. SIDS is **NOT** preventable, but the risk can be reduced!

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

- Always place your baby on his or her back to sleep, for naps and at night.
- Place your baby on a firm sleep surface, such as a safety-approved crib mattress,

covered by a fitted sheet.

- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Do not allow smoking around your baby.
- Keep your baby's sleep area close to, but separate from, where you and others sleep.
- Think about using a clean dry pacifier when placing your baby down to sleep.
- Do not let your baby overheat during sleep.
- Avoid products that claim to reduce the risk of SIDS.

Assistance

- Food Shares
- Free/Low Cost School Meals
- Prenatal Care Coordination through the Health Department

If you or someone you know needs assistance in making sure their baby has a safe place to sleep, please do not hesitate to call.

Clark County Health Department
715-743-5105
Toll Free 1-877-743-5105

Who is Eligible?

Any Clark County family that displays a need based on two of the following:

- WIC Enrolled
- Medicaid/BadgerCare Enrolled
- Wisconsin Works (W-2) Cash



UPCOMING PROGRAMS

MARCH WIC SCHEDULE

March 1	Neillsville Clinic & check pick-up 9-4
March 2	Neillsville Clinic
March 8	Abbotsford Clinic 9-4
March 9	Abbotsford Clinic & check pick-up 9-4
March 10	Neillsville Clinic & late check pick-up 9-4
March 14	Owen Clinic & check pick-up 9-4
March 17	Thorp Clinic & check pick-up 9-4
March 23	Abbotsford Clinic & late check pick-up 9-4
March 25	Owen Clinic & late check pick-up 9-12

CHILD DEVELOPMENT DAYS

A special event for children ages 2—4 1/2 and their families.

- Take part in developmental skill screenings.
- Consult with School District Title I Pre-K, Early Childhood Teachers, or Speech & Language Pathologists, Family Resource Center representatives, Birth to Three Representatives.
- Gather community resources information.
- Collect parenting tips and child development information.



The following dates have been scheduled:

- March 4 from 8:00—3:00, Greenwood
- March 10 from 2:00—4:00 and 5:00—7:00, Owen
- March 10 from 12:00—7:00, Loyal
- March 10 from 4:00—8:00, Spencer
- March 11 from 8:00—12:00, Spencer
- March 17 from 9:00—5:00, Colby
- March 18 from 9:00—5:00, Abbotsford
- March 23 from 12:00—6:00, Stanley-Boyd
- March 24 from 8:00—8:00, Neillsville
- March 25 from 8:00—12:00, Neillsville
- March 25 in the 8:00—12:00, Granton
- April 15 from 9:30—4:00, Thorp

PARENTING GROUP

“Interested in participating in a parenting group or children’s playgroup in Neillsville? There are a group of parents interested in getting together to learn more about parenting topics and to have their children socialize with others.

If you’re interested in learning more or would like to attend, please call Julie at the UW-Extension office at 715-743-5121 to learn more.

BASIC CANNING AND DEHYDRATING



The Clark County UW-Extension and Master Food Preservers will be offering a “Basic Canning and Dehydrating” class on April 26 and 27 in Neillsville at the Courthouse Auditorium.

Class is limited to 20 individuals and the cost is \$5.00. Learn the basics of canning and dehydrating. This class is two evenings from 5:00-8:30 p.m. You must attend both classes.

Please pre-register by calling the Clark County UW-Extension at 715-743-5121.

UPCOMING PROGRAMS

NEW PARENTING SERIES AVAILABLE THROUGH UW-EXTENSION

A new parenting series, *Proficient Parenting* is being offered in 2011 through the Clark County UW-Extension office. The parenting series will cover six topics to increase parenting skills and knowledge. If you're a new parent or a parent looking for additional ideas plan to attend this year long parenting series. The classes will be held at the Central Clark County Community Child Care Center (7 C's) in Greenwood from 6:00-8:00 p.m. with free childcare available.



The six topics in the series include:

- March 28th and September 19th
- April 25th and October 24th
- May 16th and November 28th
- June 27th and December 19th
- July 25th
- August 29th

Nutrition and Healthy Family Choices
Safety and Supervision of Your Child
Age Appropriate Discipline
Family Roles and Systems
What's Your Parenting Style?
Positive Parenting and Interactions

RENT SMART

March 16 & 30

Thorp Public Library, 5-8 PM

A Tenant Training Program

Rent Smart provides practical education to help people looking for rental housing to acquire and keep decent housing.

Rent Smart emphasizes skills that can help tenants avoid legal confrontations. It stresses tenant responsibilities and the advantages the tenant gains from viewing the landlord-tenant relationship as mutually beneficial rather than confrontational.

There is no cost to attend this meeting. This class is limited to 15 participants. Pre-registration is required by Monday, March 14th, please contact the Clark County UW-Extension office at 715-743-5121 to register.



For more information contact:
 Julie-Simek-Heggebo, Family Living Agent
 715-743-5121

VEGETABLE & HERB OF THE MONTH

PEPPERS

GARDENING SEASON

August to October

CHOOSING TIPS

Choose peppers that are firm, smooth, and brightly colored. Peppers should be heavier than they look and able to stand up straight. Peppers also have no smell.



Do not choose peppers if:

- ★ They are dull or wrinkled
- ★ They have damp patches on the skin

STORAGE

Place peppers in a plastic bag and store in the refrigerator for up to one week.

PREPARATION

Peppers can be halved, quartered, or sliced and used in salads, vegetable platters, or sautéed with onions and garlic. To stuff peppers, cut off the top and remove the inner core and seeds.

To roast:

Set the oven to 425°F. Cut the peppers in half and remove the seeds, place the peppers in a pan, sprinkle with olive oil, and roast in the oven for about 30 minutes. Turn occasionally.

KEY NUTRIENTS

- ★ Fiber to prevent constipation.
- ★ Potassium to maintain normal blood pressure.
- ★ Vitamin C for healthy gums, skin and blood.
- ★ Vitamin A for vision, healthy skin, and resistance to infection.



SAGE

Of course stuffing is its primary use, but it is also good sprinkled on chicken before baking. Sage can easily overpower a dish. Use with a light hand when experimenting.

• Sage works especially well with fatty meats such as [pork](#), [sausage](#), [goose](#), and [lamb](#), because it aids in the digestion. Sage is also very good in [stuffings](#), beans, [potatoes](#), [risotto](#), [cheeses](#), and [tomato](#) sauces.

• Complementary flavorings include onion, [garlic](#), [thyme](#), [oregano](#), parsley, bay leaf, and [rosemary](#).

• If you must, you may substitute thyme or [poultry seasoning](#) (which contains some sage) for sage. Secondary options include marjoram, rosemary, and savory.

AUTUMN VEGETABLE SUCCOTASH

- 1/4 cup olive oil
- 1 cup diced onion
- 2 cloves garlic, finely chopped
- 2 cups diced red bell peppers
- 2 cups diced zucchini
- 2 cups diced yellow summer squash
- 3 cups frozen lima beans
- 3 cups fresh or frozen corn kernels
- 2 Tbsp coarsely chopped fresh sage

Directions: In a skillet over medium-high heat, add oil. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage, and serve.

Nutrition Facts	
Autumn Vegetable Succotash	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value (DV)*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 8g	
Vitamin A	30%
Vitamin C	150%
Calcium	4%
Iron	10%

MARCH SNACK & ACTIVITIES

Favorite Salsa Dip

6 chopped tomatoes
 1/2 medium onions, chopped
 2 tablespoons canned, diced mild chile peppers or 1 small jalapeno pepper, seeded and chopped
 1/4 cup chopped fresh cilantro
 Juice of one lime

Mix all the ingredients together and serve with baked tortilla chips.



Pretzel Stick Kabobs

- Chunks of apples, grapes, pineapple, or other favorite fruit
- 1 1/2 ounces of nonfat cheese, cut into chunks
- Long pretzel sticks

Use a wooden skewer or large toothpick to make holes in fruit and cheese.

Thread pretzels through the holes.

Alternate the fruit and cheese, putting them on the pretzel sticks to make kabobs.

Broccoli Salad

1 lb fresh broccoli (2-3 florets)
 2 Tbsp. vinegar
 1/2 cup mayonnaise or miracle whip
 2 Tbsp. sugar
 3/4 cup shredded cheese

Chop broccoli into bite size pieces and place in a large bowl. Add vinegar, mayonnaise or miracle whip, sugar, and cheese. Mix ingredients and chill in refrigerator for 2-3 hours. Serve in small snack bowls.

Shamrock Shake



Using a blender, mix 1 banana, 2 cups of lime sherbert, and 2 cups of milk. Pour into small cups and enjoy!

Simon Says

Get the kids up and moving with games such as Simon Says. Here are some ideas for Simon Says types of activities:

- Simon says skip across the room
- Simon says run in place
- Simon says hop on one foot three times
- Simon says touch your toes
- Simon says flap your arms like a bird
- Gallop like horse — “Whoa, I forgot to say Simon Says!” (Children should not be excluded from the game if they do the activity at this time. Everyone should be allowed to keep on playing until you end the game.)
- Simon says touch your nose
- Simon says rake some leaves
- Throw some pretend snowballs — “Oops, I forgot to say Simon Says again!”
- Simon says walk like an elephant
- Simon says clap your hands four times

Make up any other activities that fit your children. Ask the children to suggest activities, too.

Winter Nature Walk

Take the children out for a nature walk on a winter day. Have them look closely at trees and bushes. Ask the children to describe what they see. They will probably notice that the leaves have fallen off and the branches are bare. But have the children look closer. Have them look for small buds on the tree branches. These are called winter buds. They stay there all winter. The small winter buds are waiting for winter to be over. They will turn into new leaves in the spring.

Follow-up activity: Bring some tree branches inside. Place them in water in a warm, sunny place. After three weeks or more, the buds will open into leaves. This is a nice way to brighten up your room during dreary winter days and a good way to teach children about the life cycle of trees.

Bird Feeders

What you need:

- 12” pieces of string or yarn
- Safety scissors
- Cereal with hole in middle

What to do:

- Cut string or yarn into 12” pieces.
- Tie a large knot at one end.
- Have the children string the cereal pieces on the string or yarn, leaving an inch or so at each end.
- Tie the ends together to form a circle.
- The children can hang their bird feeders on low tree or bush branches for the birds to find and enjoy.

CLARK COUNTY TAXI SERVICE

Do you find yourself need a taxi once in awhile? As of January 1st Clark County now has taxi service. Below is the list of zones and times.

Zone One

Wednesdays / 8:00 a.m.—12:30 p.m.
Granton, Greenwood, Loyal, Neillsville, and Spencer

Zone Two

Tuesdays / 8:00 a.m.—5:00 p.m.
Abbotsford, Colby, Curtiss, Dorchester, Greenwood, Loyal, Owen, Spencer, Withee, and Unity

Zone Three

Mondays / 8:00 a.m.—5:00 p.m.
Wednesdays / 1:00—5:00 p.m.
Greenwood, Owen, Stanley, Thorp, and Withee

Cost is: \$5.00 (adults)
\$3.00 (senior citizens 60+)
\$3.00 (disabled)
\$3.00 (youth under 18)
(first child under 5 free; children under 5 needs attendant)
\$5.00 (parcel delivery)
\$2.00 (each additional stop)

These fees are one-way.

For more information or to reserve the taxi please call 715-743-3364 / 1-800-236-8438.



An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. If you need an interpreter, materials in alternate formats or other accommodations to access this program, activity, or service, please contact the program coordinator at 715-743-5121 as soon as possible (10 days is reasonable) preceding the scheduled event so that proper arrangements can be made in a timely fashion.

RETURN SERVICE
REQUESTED

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PERMIT #90

UW-Extension Office
Clark County
517 Court Street Room 104
Neillsville WI 54456

