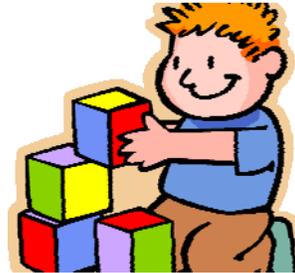




Helping Hands for Families

Little Boredom Experts

These days there is so much to keep little minds busy. So why do young children still say "I'm bored" so often? Parents can feel a strong temptation to fix the situation by using the TV or the computer. If you can resist that temptation, you and your child will benefit.



Boredom is not a fun feeling, but it is one that we have to let young kids experience. Just like any other feeling, boredom comes and goes. Next time your child looks at you with those big soulful eyes and says "I'm bored" try handling the moment this way:

* Acknowledge their feelings, then problem-solve together (*"I hear that you're bored. Sounds like an opportunity to be creative. What are different things to do instead of being bored?"*).

* Remind them of the interesting toys, games and fun things to play with in the house (*"I saw the tower you were building yesterday, what else could you build?"*).

* Don't give in to the urge to let the computer or the T.V. save them, no matter how much they fuss.

* Point out to them that you are about to do something yourself to stay active and busy. Seeing this will show them that it is each person's job to keep ourselves busy and entertained (*"I get bored too. I'm going to fold the laundry now and you can help me." "When I get bored I choose something I enjoy like dancing to music."*)

* Trust in the fact that their boredom will not harm them; it is a chance to help them learn a coping skill.

Eventually it will become a habit for your children to fix their own moments of boredom. You will be glad you were a patient teacher and helped them learn!

Three (3) Healthcare Clinics in Marquette County

1. **CHN Medical Center**, 215 Church St., Montello, 608-297-2626
2. **Crossroads Clinic** is part of Divine Savior Health Care, N4390 Crossroads Clinic Road, Oxford (behind CrossroadsTravel Plaza), 608-589-5333
3. **Moundview Memorial Clinic**, 207 Pioneer Park Road, Westfield. 608-296-6350

Dental cleanings are available for children ages 3-18 on Badgercare through the Children's Dental Foundation. Please call the Marquette County Health Department at 608-297-3135 for more information.

Marquette County
Family Connections
Coalition (MCFCC)

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Marquette County Health
Department
608-297-3135

Marquette Early Learning
Center & Head Start
608-296-2141 x 2114

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-800-942-5330

Marquette County
Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

WorkSmart Employment
& Training Services
608-355-4806

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Mission

The Marquette County Family Connections Coalition (MCFCC) mission is to link families with community agencies through communication and collaboration.

Get Help Choosing Quality Child Care



Choosing good child care is one of the most difficult and important decisions parents of young children will make.

Childcaring provides information and resources to help families select quality child care. In Wisconsin, for the first time you can "look for the stars" in selecting a child care provider. YoungStar is a statewide rating system used to encourage childcare providers to improve themselves. It gives families information when selecting regulated child care. This information, along with your visit and evaluation about programs, are the keys to making good choices about child care.

Childcaring, Inc. provides referrals to regulated child care programs at no cost to families. It is critical to **visit the programs** you are considering. Think about walking in your child's shoes. Will the provider be someone who shows love by hugging, smiling, rocking, talking, singing and reading to your child? Once you make a decision, it's important to keep visiting the program you selected, especially unexpected.

In Wisconsin, one person can legally care for up to 3 children without having a license. Health and safety regulations exist for certified or licensed child care programs. If you are looking for additional information or need a child care provider, visit www.childcaring.org or call 1-800-628-8534.



Ingredients:

- 1/2 cup cold low fat milk
- 2 Tablespoons dry instant chocolate pudding (other flavors work too)

Directions:

1. **Wash your hands!**
2. Measure milk into a measuring cup and pour into a small plastic container with a tight-fitting lid.
3. Add instant pudding. Snap on lid and shake for 30 seconds. Pudding will set up after a few minutes. Refrigerate if served later.

Recipe from Kansas State Kids a Cookin'

Movies Make a Difference

How can watching movies help you raise your children? First, it helps to know that when parents improve their relationship with each other, they are better parents to their children. Second, did you know that watching movies together as parents or co-parents and then discussing them has been proven to improve couples relationships?



It's true! Research at the University of Rochester, New York, has shown positive results in using movies about relationships to help couples improve how they get along together. And it's easy — anyone can get started by using a handy online guide. The guide gives you an overview, a movie list and the discussion questions. All you do is get the movie and reserve some time together to watch and then discuss it honestly together.

If you are interested in the movie list and the discussion questions, they are online at <http://edu.surveygizmo.com/s3/1508519/movie> If you want more parenting or relationship ideas, call UW-Extension Family Living at 608-297-3139.