



Parent Resource Center News



For Families with Young Children

What is a Parenting Resource Center?

A place for you to learn to be the best possible parent you can be! We provide you with education, resources and support you need to build a healthy family. Everyone is welcome. We offer parenting classes, play groups, one-on-one consultations, and a lending resource library.

Resource of the Month... **Check it out!**

Resources can be checked out at Oconto Falls Elementary School during playgroup on Wednesdays, 9:00 – 11:00 a.m. or on Thursdays, after 11:00 a.m. at Oconto Elementary in the Family Involvement Room.

For a complete list of resources available go to:

www.uwex.edu/ces/cty/oconto/flp/prc.html

And click on Parent Resource Center Resources.

► **Sleepless in America: Is your child *misbehaving* or *missing sleep*? This book will give you practical strategies to help your family get the sleep it deserves!**

By Mary Sheedy Kurcinka

Many American infants, children and teens are sleep deprived. Studies have shown that sleep deficits can contribute to hyperactive, distracted kids who have learning problems, illness, accidents and disruptive behavior. Often what our misbehaving kids really need isn't more consequences or more medication, but more sleep. Learn how to help your kids!

Comments from readers: "If you are a frustrated parent, this book will give you a new approach to help your child get the sleep they need!"

CALENDAR OF EVENTS

Oconto County UW-Extension

For more information or to register for these programs contact UW-Extension at 920-834-6846.

■ **Infant Massage & Infant CPR**

For adults & 1-12 month old infants
Oconto Falls Elementary School Library
Sept 29 & Oct. 6, 2009
6:00 – 7:30 p.m.

■ **Parenting Classes**

Thriving with Your Spirited Child
For parents & Spirited Children 5-8 yrs old
Monday, Oct. 26, 2009 (follow-up on Mon 11/2)
5:30-8:00 pm
Oconto Elementary School
\$4.00 charge (scholarships available)
Free childcare will be provided for participants children.

Thriving with Spirited Children **(focus on daycare providers).**

Tuesday, November 10, 2009
6:00-8:30
Building Blocks Too
535 Munsert, Oconto Falls
Free Childcare will be provided for participants children.



Playgroup Field Trip...don't miss the fun....

Pumpkin-Pumpkin, Big and Fat—Turns Into a Jack-O-Lantern, JUST LIKE THAT!!

You are invited to join us at Delzer's Pumpkin Patch. We will be meeting at the Pumpkin Patch (3 miles south of Hwy 22/32 on hwy CC) on **Thursday, October 15. Meet at Delzers by 9:45 am. Hayride, petting zoo, corn maze, and pick a pumpkin! There is a charge of \$3.50 per person – over 2 yrs of age.**

Did you know....Play is often talked about as if it were a relief from serious learning.... But for children, play is serious learning. At various times, play is a way to cope with life and to prepare for adulthood. Playing is a way to solve problems and to express feelings. In fact, play is the real work of childhood.-Unknown

Learning through Play.....

When I play “make-believe”, I am learning... language skills, self confidence, cooperation, sharing, self-help skills, ways to communicate, problem solving, independence, and role-playing.

When I play with art materials, I am learning..... creativity, problem solving, self concept, properties of matter, eye-hand coordination, appreciation of art, textures, colors and making choices.

When I play in sand & water, I am learning.... measuring, sorting, effects of gravity, sensory exploration, creativity, cause and effect, weights, cooperation and buoyancy.

When I play outside, I am learning..... patience, physics, coordination, biology, geometry building friendships, nature study, seasonal changes, and physical adaptations.

(Special Thanks to Washington Middle School for accommodating us during the past school year. We have enjoyed being at WMS, but look forward to being back with the “little kids” at OFES again too!) Also, thanks to the volunteer parents who helped pack up and move the items back to OFES.

■ Play Groups (9-11 unless listed)

Tuesdays:

Little Suamico— 9:15 St. John Lutheran Church,
1253 County Trunk J

Suring - Suring Area Public Library
604 E. Main St.

Wednesdays: we've moved to.....

Oconto Falls – OF Elementary School
415 E Maria Volk Dr.

Thursdays:

Oconto - Oconto Elementary School
810 Scherer Ave.

No playgroup on Thurs. 10/15 @ Oconto, as we'll be at Delzer's Pumpkin Patch.

No Playgroup on Tues Oct 27 at Suring, or on Thurs. Oct. 29 in Oconto.....

Programs of Oconto County Health & Human Services, Contact: 920-834-7000

■ Child Passenger Safety

Appointments available by contacting Mary at 920-834-7036

Carseat checks are done at Gillett Police Dept and/or the Oconto Fire Dept.

■ 2009 Immunization Clinics

▶ Immunizations are FREE for infants-18 yrs.

▶ Vaccines are available with appointment made by calling 920-834-7000.

▶ Parent or Legal Guardian must accompany children under 18 years of age.

▶ Bring along child's immunization record.

Immunizations are available at the following sites:

Mountain – Lazansky Community Building

Oconto Falls – Building Blocks Too Child Care Center

Oconto – Oconto County Courthouse,
3rd Floor Human Services,

■ Story times in Oconto County

Gillett Public Library

Fridays, 10:00 – 11:00 a.m.

Lena Public Library

Fridays, 10:30 – 11:30 a.m.

Farnsworth Public Library, Oconto

Fridays, 10:30 – 11:30 a.m.

Oconto Falls Community Library

Tuesdays, 10:30 am

Suring Library (come at 9:00 to play!)

Tuesdays, 10:00-11:00 a.m.

Fire Safety Prevention week is Oct. 12-17

Remember these tips.....

Install smoke detectors on each level of your home & in each bedroom.

Change batteries twice a year.

Create & practice plan with 2 exits out of each room.

Children may need extra help escaping & often don't hear smoke alarms.

Designate a meeting place outside your home for family to meet.

Secure matches, gasoline, lighters & other flammable materials & keep out of children's reach.

HAPPY HALLOWEEN!! BE SAFE OUT THERE!

University of Wisconsin, U.S. Dept. of Agriculture and Wisconsin counties co-operating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.