

fall programs & classes

We are excited that fall class registration is OPEN!

Classes start soon, reserve your spot today at frscv.org/register-today.



Scan Here

to visit our website and learn about our no-cost programs and services for all families with young children in Pierce, Polk & St. Croix Counties



Follow us

for up-to-date information on programs & special events!

-  facebook.com/frscv
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-  Would you like the newsletter to come right to your email? Contact info@frscv.org today!

mental health matters



TAKING CARE OF YOURSELF AND YOUR FAMILY

Mental Health & COVID-19

by Rebecca Tomasek, BSN, Pierce County Public Health Nurse

Beyond getting sick, many young children's social, emotional, or mental well-being has been impacted by the pandemic. Families faced adapting to new routines, loneliness, fear of getting sick, and missing important life events. It is normal for families to experience mental health challenges, and there are strategies to help families recover.

When adults in the household are worried or stressed, even very young children may experience emotional distress. Excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration are some signs of stress in young children. Parents can support their children by reassuring them they are safe and that it is ok to feel upset.



Rebecca Tomasek, BSN Pierce County Public Health Nurse



Strategies parents can use:

- Take breaks from the news, including social media
- Take care of your body
 - Get enough sleep
 - Eat well
 - Get fresh air
 - Take a walk
 - Take deep breaths or meditate
- Connect with family and friends
- Spend time with your child doing meaningful activities like reading, exercising, or playing board games
- If you or someone you know is struggling, pay attention to their concerns; seek professional help if needed

If you or someone you know is struggling or in crisis, call the suicide prevention lifeline at 988 or text "Hopeline" to 741741.





FROM THE

Director's Desk

Hello Friends of FRCSVCV,

Crisp fall air beckons new beginnings.

Fall programs start soon. We are so excited to see more families return for in-person programming. Check out our website for new program options! Remember, all caregivers—parents, grandparents, childcare providers—are welcome to participate! Our programs encourage nurturing relationships and provide positive experiences that support healthy cognitive, social, and emotional development in the early years.

Mental health is the focus of this Family Matters newsletter. We have witnessed the heightened stress and isolation experienced by families with young children through the pandemic. As part of the local Community Health Needs Assessment process, healthcare providers and community organizations from both Polk United (Polk County) and Healthier Together (Pierce and St. Croix Counties) are making mental health a priority issue over the next couple years. A recent visit to FRCSVCV by officials from the Wisconsin Office of Children's Mental Health (OCHM) reinforced for our team the importance of parent-child programs for fostering social connections. We agree with OMCH's definition of the "Social Connectedness of Youth": Youth are socially connected when they are actively engaged in positive relationships where they feel they belong, are safe, cared for, valued, and supported. Learn more at www.children.wi.gov.

In the last issue of Family Matters I mentioned that we are in the process of developing a Parent Advisory Council (PAC), which we plan to launch in January 2023. This fall we will host a meeting to share information about the PAC and other leadership opportunities for parents and caregivers who are current or past participants in FRCSVCV programs. Childcare and a meal will be provided. In addition to the Parent Advisory Council, we also have opportunities for parents to become co-facilitators in some of our programs and advocates for early childhood programming. Watch our website for more information. Please join us!

We are always excited to collaborate with community partners to provide programming in Pierce, Polk, and St. Croix Counties. Over the summer we partnered for the first time with the Somerset Public Library to offer the 8-week Early Childhood Education Families and Schools Together (ECE FAST) at their beautiful new facility. This fall we are partnering with Osceola Medical Center and Prescott Public Library to offer two ECE FAST programs. We're excited to bring Play & Learn back to the Amery Public Library, which will re-launch the program at its beautiful new facility! We are also partnering with St. Croix County Health & Human Services to begin a monthly family community meal at the New Richmond campus for a series featuring Five for Families—conversations about the five strengths that keep every family strong.

This month we said good-bye to Project Coordinator Angela Gasior, who is leaving FRCSVCV to assume the role of Student Life Specialist at CVTC in River Falls. Angela coordinated the quality initiatives undertaken as part of the Standards of Quality initiative as part of the statewide Family Resource Center Infrastructure Project funded by the Wisconsin Child Abuse and Prevention Board. Join me in thanking Angela for her contributions and wish her all the best in her new role.

Keep in touch. Enjoy the bounty of fall.

Agnes

info@frscsv.org

857 Main Street, PO Box 2087, Baldwin, WI 54002
(P) 715-684-4440 | (F) 715-684-5122

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Agnes Ring
Executive Director
ring@frscsv.org



Sarah Weiske
Development & Communications Coordinator
sarah@frscsv.org



Jennifer Jones
Office Manager & Program Coordinator
jennifer@frscsv.org



Robbyn Bowman
Parent Educator Lead
robbyn@frscsv.org



Marla Butler
Parent Educator Lead
marla@frscsv.org



Susan Hodnefield
Parent Educator Lead
susan@frscsv.org



Kristine Brede
Parent Educator
kristine@frscsv.org



Ashley Bruggeman
Parent Educator
ashley@frscsv.org



Lori Ollig
Parent Educator
lori.o@frscsv.org



Karia Ristow
Parent Educator
karia@frscsv.org



Analis Lemere
Parent Educator
analis@frscsv.org



Cheyenne Carlson
Parent Educator
cheyenne@frscsv.org



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When you help your children understand feelings, they feel safe and valued and develop the confidence to solve their own problems. You may even spend less time managing misbehavior. Children who learn how to express and manage their emotions often do better in school and have stronger friendships. These “social and emotional competence skills” also shape how they treat others and deal with challenges as adults.

tips to try



- Tell your child how you are feeling
- Talk about your child’s feelings
- Show your child how you manage strong feelings appropriately
- Respect others’ feelings, including your child’s
- Anticipate when your child may get upset and help them to prepare

talk to a



- Parent Educator
- Doctor or Nurse
- Early Childhood/Childcare Provider
- Behavioral Health Specialist

Source: Five for Families: <https://fiveforfamilies.org/the-5-strengths/helping-kids-understand-feelings/>. View their website for more information on Helping Kids Understand Feelings

BOOKS ARE **magic**

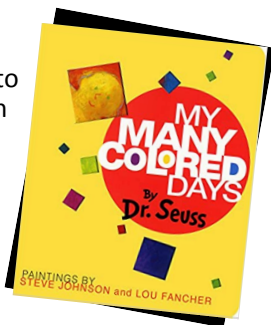


by Marla Butler, Parent Educator Lead

My Many Colored Days by Dr. Seuss

Sometimes toddlers and preschoolers get stressed out. It can be for various reasons including changes in routine, fear of something, or just learning a new skill like toilet training. FRCSVC Parent Educators recently gave the board book version of "My Many Colored Days" to over 80 families. Many families shared they loved the vibrant colors and the use of feelings within the book.

The illustrations use a spectrum of vibrant colors and a menagerie of animals to share the range of human moods and emotions. Feelings books are a great way to teach children that it is normal to experience different emotions on different days and even on the same day. This can sometimes make it hard for us to understand and express ourselves, which is especially difficult for young children. Feelings books are a great way to help your child understand and cope with their day-to-day experiences. They also help them recognize their feelings and learn the words for them.



MANAGING STRESS WITH

yoga



"Llamaste & Friends A Yoga Story about Being Kind" by Pat-a-Cake

Yoga provides training of mind and body to bring emotional balance to children & families.

Yoga can:

- Teach kids to be present as they concentrate & focus
- Encourage self-regulation & kindness, finding calm
- Provide calming benefits through breathing to help reduce stress, frustration, anxiety & worry
- Help improve sleep
- Aid in development of gross and fine motor skills.
- Helps to develop a healthy body image
- Strengthen body, develop muscle tone, strength balance and flexibility, aiding in digestion

NEED A GOOD READ?

They've got you covered



This fall, Somerset Public Library will offer a series of mental health and wellness programs. In September, everyone is invited in for “Mental Health Monday” drop-in activities, like creating your own aroma-therapy spray. An emotions-themed preschool story time and beginners’ yoga are among the programs offered the first week in October during Mental Health Awareness Week.

The newly renovated Somerset Public Library has two private study rooms, six public computer stations, a quiet reading room with a fireplace, large group meeting spaces with after-hours access, a children’s area connected to an outdoor green space, a young adult area, and a new History Room dedicated to the preservation of Somerset’s history. All of the 12,540 square feet are ADA compliant.

Learn more about the Somerset Public Library at <https://www.somersetlibrary.org/>

TAKE YOUR EMOTIONAL

temperature

What is the Feelings Thermometer?

The Feelings Thermometer is a visual tool that helps you (kids and adults) measure how you are doing emotionally and what steps you can take to shift your mood when things are getting tough.

How you can use the Feelings Thermometer

Like a temperature thermometer, the Feelings Thermometer shows you when your emotional temperature is getting warmer and then hotter, to potentially dangerous degrees. It starts at blue – the calm zone and goes to red – the furious zone. Throughout the zones it lists activities to feel less angry, frustrated, anxious, and sad.

How it works

Research shows that just identifying a calming activity can reduce anxiety. Being aware of your feelings is the first step!

Learn more about Children's Mental Health at children.wi.gov

Source: Wisconsin Office of Children's Mental Health

FEELINGS THERMOMETER

	How do you feel?	What can you do about it?
	ANGRY, FURIOUS, EXPLOSIVE ▶ Yelling, Stomping, Meltdown	<ul style="list-style-type: none"> Vigorous physical exercise Breathe deep breaths Take a warm shower or bath
	FRUSTRATED, ANNOYED, IRRITABLE ▶ Arguing, Refusing, Shutting down	<ul style="list-style-type: none"> Meditate/pray Listen to favorite music Take a fast-paced walk
	ANXIOUS, WORRIED, UNSETTLED ▶ Pacing, Avoiding, Clingy	<ul style="list-style-type: none"> Talk to a family member/friend Pay attention to each of your 5 senses Focus on what you <i>can</i> control
	SAD, NEGATIVE, LONELY ▶ Crying, Withdrawn, Slowed/Disengaged	<ul style="list-style-type: none"> Set a positive goal for the day Call a friend or relative Journal about your feelings
	HAPPY, CALM, CONTENT ▶ Smiling, Laughing, Engaged	<ul style="list-style-type: none"> Help someone else Notice and enjoy your positive mood Engage in an enjoyable activity

 Wisconsin Office of Children's Mental Health children.wi.gov



Visit from the Wisconsin Office of Children's Mental Health

Pick up your Feelings Thermometer magnet today at FRCSVC

Available in English, Spanish and Hmong

"Working as a family to identify feelings, reduce anxiety, and find balance will help everyone feel better."

- First Lady, Kathy Evers



SUMMER FUN WITH FAMILY RESOURCE CENTER



young children

by Jennifer Griggs-Andress, Director Mental Health Task Force Polk County



Jennifer Griggs-Andress
Director, MHTF

You may have noticed that there is a lot of talk about mental health. But what does that mean for young children? Mental health in childhood means reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. (Centers for Disease Control and Prevention). What are developmental and emotional milestones? What are healthy social skills? I do not remember my parents being concerned about my mental health when I was a child.

The Mental Health Task Force (MHTF) of Polk County is a non-profit organization committed to addressing community mental health needs cooperatively. They work with mental health providers, substance use providers, health systems, local non-profits, faith communities, educational systems, government and public safety agencies and community members to address community health needs. Their mission is to improve mental health in the community through education and innovative programming.

MHTF is partnering with local school districts in Polk County to offer Parent Universities which are parent education days, where you can gain tools for your parenting toolbox, including learning more about what impacts mental health.

Parent University will be held Saturday, November 5th at the Frederic School District. Keynote presenter, Tom Kidd, will talk about "How to dramatically increase your opportunities of raising happy, healthy and successful children." There are also breakout sessions that you can attend. Two of the sessions are presented by Family Resource Center of St. Croix Valley: Five for Families and Triple P: Raising Resilient Children!

What about my kids? No problem. Free childcare is available with pre-registration. Children will be able to participate in some learning activities as well. UW-Extension will be doing a presentation called "Fishing for My Plate" They will learn to identify which MyPlate food group different food groups belong to while playing a fishing game.

Refreshments, lunch and resource fair available at no-cost.

Learn more about MHTF and Parent university at <https://mentalhealthpolk.org/>

Yes, I would like to make a difference!

NAME _____

ADDRESS _____

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GIFT AMOUNT \$ _____ I wish to make this gift anonymously

I would like to give in honor/memory of my loved one

Name of loved one _____

Please notify someone about my gift. Add contact information below:

I would like to receive the newsletter electronically

I would like more information on programs and services

 **Scan Here to donate online**
Thank you! Your gift supports FRCCV's mission to strengthen families with young children in Pierce, Polk & St. Croix Counties.

Donations can be mailed to: Family Resource Center, 857 Main Street, Baldwin, WI.

round-up

Thank you to those who participated in the Nilssen's Foods annual Round-Up in Baldwin, Clear Lake, Ellsworth and Glenwood City!

Together you raised \$1,678.39! The funds will be used to provide education, resources and support to families with young children in Pierce, Polk & St. Croix Counties! Counties.

Thank you to Nilssen's Foods for the continued support, we appreciate all you do for the community!



AT FRCSKV WE



to read!

Reading to babies encourages them to look, point and touch. This helps with social development and thinking skills. Babies improve language skills by copying sounds, recognizing pictures and learning words. You can even read to your baby when pregnant - they begin recognizing voices at six months in utero!

Do you have new or gently used board books you no longer use? FRCSKV is in need of books for children ages 0-3. Your donation will be shared locally with families that have young children!

Donations can be dropped at 857 Main Street, Baldwin, WI, call 715-684-4440 or email info@frcscv.org to arrange pickup.

BOOKMARK LOCAL

resources



Get Connected. Get Help. 24/7/365

When you need help and don't know where to turn, 211 is your one-stop connection to the local services like food and utility assistance, housing, mental health services and crisis intervention, elder care, disaster services, substance abuse help, and much more. United Way's 211 is a free, statewide service that provides confidential information and referral to community health and social services in your community. Call specialists are available 24 hours a day, 7 days a week, 365 days a year.

CALL 211 to speak to a representative (877-947-2211) or TEXT your zip code to 898211.

SEARCH the online database to access more than 10,000 different statewide programs and services:

<https://www.unitedwaystcroix.org/211>



Operation HELP provides residents of St. Croix County with financial assistance, a place for personal support, and connections to community resources to alleviate short-term economic crises.

Learn more about support and services at <https://operationhelpstcroix.org/>



Family Resource Center

St. Croix Valley

Serving Families in Pierce, Polk and St. Croix Counties
857 Main Street, PO Box 2087
Baldwin, WI 54002

Phone: 715.684.4440
Fax: 715.684.5122
info@frcscv.org | frcscv.org



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