HELLO PLATTE COUNTY!

ROOTED IN RELATIONSHIPS



PLATTE COUNTY, NEBRASKA



WELCOME TO A WORLD OF DISCOVERY

Experts consider the first five years of a child's life to be the most important. During this time, they experience the majority of their brain development, which makes early experiences highly impactful on a child's future.

This year, Rooted in Relationships is celebrating six years of funding from the Nebraska Children and Families Foundation. This funding helps ensure that our organization stays strong in our county.

A SMART START MATTERS!

- Quality childcare matters
- Family support matters
- Early literacy matters
- Health and wellness matter
- Equity matters

We have written this book so you can check out all the beautiful learning we have for children in our community.

We invite you to use it as both a literacy tool and an adventure as you and your children visit the locations and complete the community passport card.

Is your child part of a Rooted in Relationships classroom or environment?

SCAN THE QR CODES TO CHECK US OUT

Community & Family Partnership
Platte, Colfax, Boone, and Nance Counties

Columbus Area United Way

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START YOUR ADVENTURE

1. **Pick up your passport card** on the second floor of the Columbus Public Library, and let the quality time begin!
2. Plan out your path to complete the available opportunities.
3. Bring your completed and signed card back to the library by August 2027 to earn your prize.
4. Be sure to **take pictures along the way,** so you can submit them when we put together our next community book.

VISIT OUR COMMUNITY

Visit a location and ask a staff member or volunteer to initial their name by the location and punch a number for you. If you visit a park or another location where you are unable to connect with a staff member or volunteer, mark it yourself and be sure to take a picture in case you need a reference.

PLACES TO VISIT:

- Library
- Zoo
- Pool
- Museum
- Bank
- Parenting class with free childcare
- Bowling
- Movie theater
- Animal care
- Fieldhouse
- Post office
- Park
- Grocery store
- Ice cream shop
- Columbus Community Building's Week of the Young Child in April



HELLO LIBRARY!







Help your child in challenging moments.

When you are present and in tune with your child, you can see when their level of frustration means they may need more help from you. Support your child through these moments by talking in a soft voice, and by teaching them strategies such as taking deep breaths and finding a quiet place to be calm or rest.







Delight in your child.

Share in your child's happiness when they do something new, like discovering their hands, building a tall block tower or getting dressed.

HELLO TOWN!





Get out and explore your community.

Parks, playgrounds, trails and other outdoor spaces give families room to move, play, explore and reset. When you are active outdoors, you can lower stress, boost your mood and feel better with your family.





HELLO MUSEUM!

Empower your child.

Allow your child to help load the dishwasher, sort clothes for laundry, get dressed for the day or perform other daily tasks. Children of all ages can carry out simple jobs like picking up their toys or putting clothes in the laundry basket.

HELLO FIELDHOUSE!



Encourage your child's independence.

Offer them choices, such as what to wear for the day or what chair they want to sit on at dinner. Give a five-minute warning before they need to clean up toys. Talk to them about what's next, and follow the same routine every day when getting ready for bed.





Support your child's understanding of feelings.

Talk about feelings with your child from the moment they are born. This helps them begin to identify them and learn how to respond in ways that fit the situation.

HELLO BANK!

HELLO GROCERY STORE!



Encourage engagement.

Community hubs provide access to educational, social and health-related resources, aiding in parenting and child development.

HELLO PARENTING!







Parents Interacting With Infants (PIWI)

Rooted in Relationships offers a Circle of Security for parents, which helps parents and caregivers give their children a feeling of security and confidence. This enables them to explore, learn, grow and build positive relationships — all essential skills for lifelong success.





HELLO APRIL!

The Week of the Young Child

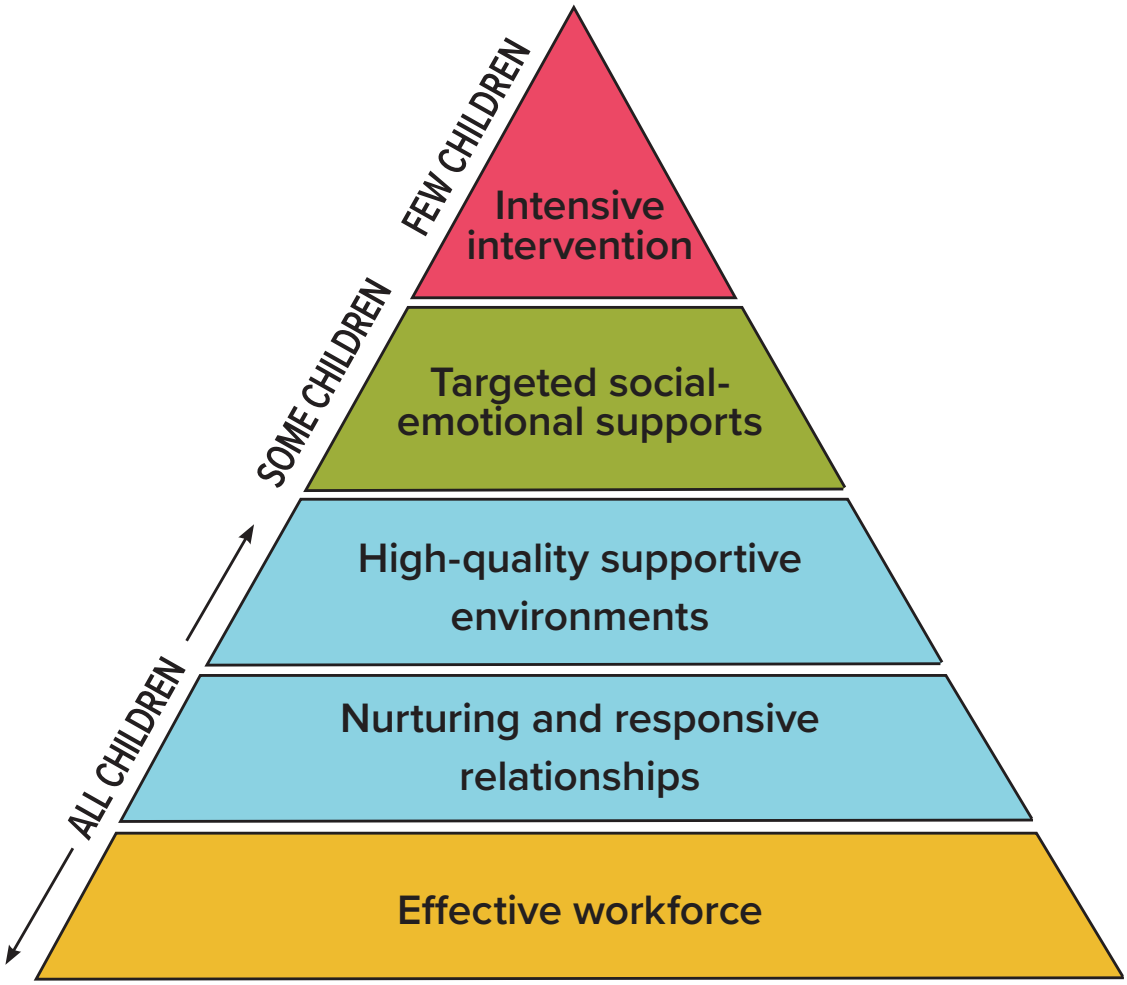
We celebrate children at the Columbus Community Building during the Week ofthe Young Child in April.

Tip: Children learn to socialize, develop empathy and build self-confidence by interacting with diverse people in community settings.

WE IMPLEMENT

THE PYRAMID MODEL

What does this mean for my child?



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Mental health tips for parents and caregivers — because you matter, too!

When you're a parent or caregiver, taking care of your mental health is crucial not only for your well-being, but also for those under your care. Here are some mental health tips that can help you manage the challenges and stresses of parenting and caregiving:

1. Set boundaries. Recognize that it's okay to say no or ask for help when you need it. Establishing healthy boundaries with your family, friends and others can prevent burnout.

2. Take breaks. Schedule time for yourself, even if it's just a few minutes to breathe deeply, read a book or take a walk. Breaks can help you recharge and improve your patience and energy levels.

3. Practice self-compassion. Parenting and caregiving can be overwhelming, and you're bound to face challenges. Be kind to yourself and avoid self-criticism. Remind yourself that you're doing the best you can.

4. Connect with others. Isolation can worsen stress. Reach out to friends, family or online support groups where you can talk about your experiences. Sharing challenges can provide relief and make you feel understood.

5. Prioritize sleep. Sleep is essential for mental health. Try to establish a routine that allows you to get enough rest and recharge.

6. Exercise regularly. Physical activity can reduce stress and improve your mood. Even short walks or stretching can make a difference in how you feel.

7. Eat nutritious meals. When you focus on a balanced diet, you can help your body and mind stay strong. Try to include a variety of fruits, vegetables, proteins and whole grains in your meals.

8. Use stress-relief techniques. Try practices such as deep breathing, meditation or mindfulness to calm your mind. These techniques can help manage daily stress and promote mental clarity.

9. Remember you're not alone. Many parents and caregivers go through similar struggles, and it's important to remind yourself that you're not alone in your experiences.

10. Seek professional help. If you find yourself feeling overwhelmed, anxious or depressed, it's important to talk to a professional. Therapy or counseling can help you navigate difficult emotions.

Suicide and Crisis Lifeline – Call 988

By taking small steps to prioritize your mental health, you'll not only feel better, but also be better equipped to support those who rely on you.

ROOTED IN RELATIONSHIPS PROVIDERS AND CENTERS

Shannon Stutzman
Mandy Wemhoff
Lagina Kozak
Sandra Wood
Cassie Chohon
Sam Speicher
Jennifer Barber

Saint Bonaventure Preschool and Childcare
Immanuel Lutheran Preschool and Childcare
Bright Stars Childcare Center
Krammer Childcare Center
Little Saints Childcare Center
Christ Lutheran Preschool and Childcare
Clarkson Christian Childcare



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DESIGNER

Columbus Community Hospital

FAMILIES FEATURED

Cable family
Swantek family
Kumpf family
Crumley family
Muhle family
Hetzel family
Muller family
Hein family
Miller family
Ellenwood family
Christo family
Kuta family
Oakley family
Mertens family
Polanco family
Avina family
Ramds family
Sandoval family
McNeil family

LOCATIONS FEATURED

Horn T Zoo
Children's Museum
What's the Scoop?
Pawnee Plunge
Pawnee Park
Walmart
Columbus Public Library
Lake Esther
Lake North
Lake North
Columbus Fieldhouse
First Nebraska Bank
Columbus Post Office
PIWI (Parents Interacting With Children)
Columbus Community Building