

# Parent Education and Support Spring 2019



Improving lives to help individuals and families succeed

Thanks to the generous support of Ozaukee Family Services Donors and United Way of Northern Ozaukee,  
we offer all our classes **FREE OF CHARGE!**

## **Playgroup** 9:30-10:30am

**January 14, 25; February 11, 22; and March 11, 22; April 8, 26; May 13, 24; and June 10, July 8, and August 12**  
**2<sup>nd</sup> Monday and 4<sup>th</sup> Friday of each month**

**NOTE: No Friday Playgroups June, July, or August**

An open interactive group for parents and children age 0-4, using books and activity stations centered around themes. Come and play with your child while interacting with other parents in our safe and fun playroom!

Explore different toys, gain ideas to try at home, make new friends or bring friends to share in the fun!

Facilitated by Ozaukee Family Services' Parents as Teachers staff. *Please call or register online to reserve a spot!*

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## **Let's Play to Learn** 10:00-11:00am    **\*\*Childcare available**

Learn ways to stimulate your 2- 4 year old's learning and creativity through of these play-based parent and child workshops. These workshops fill quickly!

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|-------------------------------|---------------------|----------------------------|----------------------------|
| <b>- Thursday, February 7</b> | <b>Cabin Fever</b>  | <b>- Tuesday, March 26</b> | <b>Let's Get Messy!</b>    |
| <b>- Monday, February 18</b>  | <b>Making Music</b> | <b>- Wednesday, May 1</b>  | <b>Hurray for May Day!</b> |
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## **Understanding Anxiety in Your Child**    **\*\*Childcare available**

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|------------------------------|-------------------------------------------------|--------------------|
| <b>- Monday, February 18</b> | <b>Elementary School - 5<sup>th</sup> grade</b> | <b>6:30-8:00pm</b> |
| <b>- Monday, March 11</b>    | <b>Middle - High School</b>                     | <b>6:30-8:00pm</b> |
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As a parent or caregiver, how do we support someone who is struggling with anxiety? What's the difference between 'normal' situational anxiety and something more? Learn to recognize symptoms and how anxiety can affect a child's day to day life. Dr. Dave and Allie will discuss types of anxiety, and strategies for both parent and child to ease challenging situations. Facilitated by Dr. David Eichenhofer, Ph.D., Eichenhofer Psychological Services and Ozaukee Family Services' counselor, Allie Eichenhofer MSW, APSW.

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## **Parenting Your Spirited Child**

**Tuesday, February 26** 6:30-8:00pm    **\*\*Childcare available**

For parents of children who are more intense, persistent, resistant to change or generally more spirited than most. Learn ways to work with your child's spirit and temperament, including positive parenting and discipline techniques. Techniques and teachings based on *Raising Your Spirited Child* by Mary Sheedy Kurcinka.

Facilitated by Kathy Bergmann, Parent Educator at Ozaukee Family Services.

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## **Picky Eaters**

**Thursday, March 7** 6:00-7:30pm    **\*\*Childcare available**

Does your child only eat certain foods or suddenly refuse to eat his favorite foods? Are you frustrated that mealtime is a battle with your child? Please join in a conversation about raising healthy eaters. WIC Nutritionists will be sharing tangible, practical strategies to help minimize mealtime frustration and provide easy meal ideas for busy families. WIC is a supplemental Nutrition Program for Pregnant, Postpartum and Breastfeeding Women, Infants, and Children. This class will address eating habits of older children as well.

**\*\*Limited childcare available for workshops.**

*Please register early to ensure availability of childcare.*

Please register by calling **262-376-7774** or go to [www.ozaukeefamilyservices.org](http://www.ozaukeefamilyservices.org)

All classes are held at

**Family Enrichment Center, 885 Badger Circle, Grafton**

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## **Brushing Up on Dental Health for All Ages**

**Tuesday, March 12** 6:30-8:00pm    **\*\*Childcare available**

A great smile has 32 parts... but what if getting your kids to brush is a battle? Are your kids doing a good-enough job when they brush? Developing healthy dental habits can have a lifelong impact. Explore the benefits of good dental health and learn tips and techniques from Dr. Katie Hansen, DDS, Hometown Dental, to make brushing less stressful and more fun for you and your family.

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## **The Incredible Years**

**Mondays, March 18- May 6** 6:00-8:00pm    **\*\*Childcare available**  
NO class on April 15

This 7-week course for parents is an evidence-based parenting program designed to help promote the social, emotional, and academic success of kids ages 2-14. Parents learn how to prevent, reduce, and treat emotional challenges in children through a positive and nurturing approach. The course introduces developmentally appropriate and consistent responses to increase children's self-esteem, reduce conflict in the home, and promote a strong and healthy family. Facilitated by Ozaukee Family Services' staff.

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## **The Note You Never Want to Find: Talking to Your Teen About Suicide and Self-Harm**

**Tuesday, April 9** 6:30-8:00pm    **\*\*Childcare available**

Talking to your teen about tough topics can feel overwhelming. Suicide is one of those topics where it can be hard to know what to say, or how, or when. Did you know that over 16% of public high school students in Wisconsin have considered suicide in the last year? Recent studies indicate that up to 37% of adolescents have engaged in some form of self-harm. Learn how to recognize the warning signs, and what to do if you are worried about someone you know. Watch and participate in role play and take home practical information on how you can help those you love. Facilitated by Ozaukee Family Services' counseling staff, Elizabeth Davison, LPC and Ashley Maas, MSW, APSW.

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## **Infant Massage    **\*\*Childcare available for children not participating in the class****

**Tuesdays, April 23-May 21** 9:30-10:30am

Kathy Bergmann, Certified Educator of Infant Massage and Ozaukee Family Services staff member, will demonstrate how to perform basic infant massage stroke techniques, as well as identify the benefits of infant massage for the infant and caregiver. Kathy will share research regarding the benefits of touch in the healthy growth and development of a child. Caregivers are invited to attend with babies from birth to 10 months.

**\*\*Limited childcare available for workshops.**

*Please register early to ensure availability of childcare.*

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