

COM
MUN
ITY

KIDS

WINTER
2024



**Dodge
County**
Parent Resource Place

renewalunlimited.net

Services Available At The Parent Resource Place

The Parent Resource Place provides free services to all Dodge County families who have children ages 0-5. Those services include:

Warmline:

Parents can use this opportunity to call center staff and discuss child and family issues. All calls are confidential! Call 1-800-453-5831 toll free, or 920-887-7503 local.

Resource Library:

Filled with toys, games, books, and videos to borrow and take home for up to three weeks.

Newsletter:

Contains our most recent schedules and other family information. It is distributed quarterly to interested parties. Call if you'd like to be added to the mailing list - please leave your name, address, phone number, and e-mail.

Early Head Start/Head Start:

Provides activities and home visits for income eligible families with expecting parents and/or children up to five years of age. Call for an application.

Play Groups:

Thursdays 9 - 11 a.m. A loosely structured interaction time for families with children Birth - Kindergarten, uses the FrogStreet curriculum. Snack is provided. No registration required.

Parent Trainings:

A free training for local parents about different topics relating to parenting. They are open to the public. Please call the Parent Resource Place to register.

ABC Group for Child Care Providers:

This monthly meeting is for child care providers to hear topics of interest and offer others support. The presentations typically qualify for continuing education hours. Registry certificates are distributed. Come, meet other providers, and gather new information! All groups are held at the Parent Resource Place in Beaver Dam unless otherwise noted. Contact Shelley.

All services and programs offered by the Parent Resource Place are free!

The Parent Resource Place is a collaborative community project supported by:

Head Start & Early Head Start
Marshfield Medical Center- Beaver Dam
Community Volunteers and Organizations



**920 S. University Avenue
Beaver Dam, WI 53916**

(lower level of Beaver Dam Church of Christ)

920-887-7503 • 1-800-453-5831

ParentResourcePlace@renewalunlimited.net

[f /LearnAtHomeWithDodgeCountyHeadStart](https://www.facebook.com/LearnAtHomeWithDodgeCountyHeadStart)

Community Services Directory

Beaver Dam Community Food Pantry

134 S. Spring St., Beaver Dam; 920-885-9559

We are a private not-for-profit organization which operates a variety of State and Federal Programs to assist low-income families in becoming self sufficient and help our communities grow and prosper. The Food Pantry is available to serve residents from Beaver Dam, Lowell, and Reeseville who are income eligible based on Poverty Guidelines. Clients can utilize the Food Pantry one time per month on Tuesdays and Thursdays between the hours of 1:30 p.m. and 3:30 p.m. The Mobile Pantry serves all of Dodge County and is open every second Saturday of the month. Sign-up is at 9:30 a.m. and distribution is from 10-11 a.m. We also offer rental assistance to qualifying single and families in crisis situations.

Marshfield Medical Center - Beaver Dam

While some in person classes are suspended we are able to forward class information, including much of the class content, via email. For more information call the OB department at 920-887-4007.

FAMILY AND FRIENDS CPR

Currently on hold. Call 920-887-5926 for information.

Marshfield Medical Center- Beaver Dam offers Free Family and Friends CPR classes. Class covers basic adult/child/infant CPR and choking.

PREPARING FOR CHILDBIRTH (2-CLASS SERIES)

Currently on hold. Receive class materials now by calling the OB department at 920-887-4007.

Our certified, experienced childbirth instructors will teach you and your support person ways to enhance your comfort and decision making during your hospital stay. The series covers the labor and delivery process, relaxation, and pain management techniques for a healthy and comfortable birthing experience. You will also learn to recognize physical and behavioral characteristics of your newborn. Along with learning infant feeding choices and cord care, you will learn measures you can take to ensure your family's health and safety.

Columbus Community Hospital

A NEW BABY FOR US

This special class is designed for children expecting a new sibling. Your child or children will learn about new babies and how they can help with their new brother or sister. Children will see a video and tour the Women's & Childbirth Services department. Each child should bring a stuffed animal or doll and at least one parent to the class. Cost: Free. To schedule an appointment contact the Education Department at 920-623-1276.

CHILDBIRTH CLASSES

The Series is designed for the first-time parent/parents. The focus of the class is to help the mother and support person work as a team and to help you understand the pregnancy. You will learn relaxation techniques to make this the kind of delivery you can look back on and appreciate. Baby care and Breastfeeding included. Cost: Free. To schedule an appointment contact the Education Department at 920-623-1276.

CAR SEAT CHECKS

Car seat checks offered by a certified/trained RN. These car seat checks are offered free by appointment only. To schedule an appointment contact the Education Department at 920-623-1276.

Harambee Village

Pregnancy, Childbirth, & Postpartum Care

Harambee Village is a community based organization committed to mothers, babies, and families. The word "Harambee (Har-ahm-bay)" is our name and our mission; it means "Let's Pull Together" in the Swahili language. We pull people together for the good of our community by connecting mothers in pregnancy with doulas who provide support throughout pregnancy and beyond. The doula model of care includes emotional and physical support, respects cultural and social needs, and offers educational resources to foster informed decision making. We provide a safe space for mothers to have access to the support, compassion, and health care they deserve. Call or text: 608-535-9525. Email: villageofharambee@gmail.com

Energy Services for Dodge County

107 Henry St., Suite 1, Beaver Dam • 1-800-506-5596

Are high energy costs getting you down? The Home Energy Plus Program may help! To schedule an appointment call 1-800-506-5596.

WIC (Women, Infants, and Children)

Are food bills getting you down? WIC is a nutrition and education program designed to meet the needs of pregnant, breastfeeding, and postpartum women up to 6 months, and infants and children up to age five. WIC provides nutrition and breastfeeding information, supplements nutritious foods, and makes referrals to other health and nutrition services. A family with a post-partum woman, infant, and two children under the age of five could receive a food package worth \$334 per month. Working families, farm families, and self-employed families are encouraged to apply. Income guidelines are quite generous. A family of four can make up to \$4279 per month and meet income guidelines. For more information call 920-386-3680.

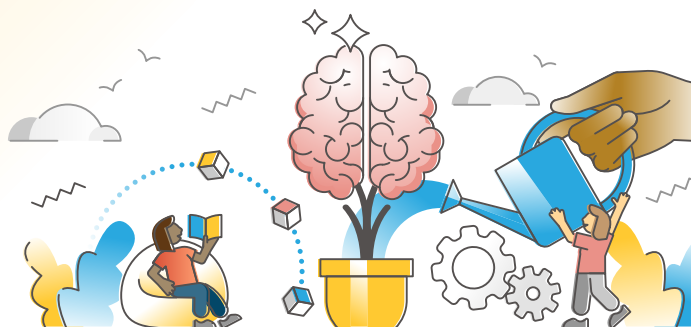
Breastfeeding Help

Are you BREASTFEEDING or PUMPING... and need help, have questions, or concerns? If so, call Dodge County Public Health to schedule free breastfeeding home visits with a Certified Lactation Specialist. (920) 386-3670.

¿Está usted AMAMANTANDO o POMPEANDO... y necesita ayuda, tiene preguntas o preocupaciones? Si es así, llame a la Salud Pública del Condado de Dodge para programar visitas de lactancia gratis a su domicilio con un especialista certificado en lactancia. (920) 386-3680



Parent Trainings



Monthly trainings, sponsored by
Head Start/Early Head Start,
open for the community to attend.
Child care and a light meal/snack provided.
Registration preferred.
Call or email Shelley to sign up for these events!

920-887-7503
sstorhoff@renewalunlimited.net

Process vs. Product Art

Tuesday December 12, 9 – 10:30 a.m.

Shelley Storhoff, Parent Educator Supervisor, Renewal Unlimited Head Start/Early Head Start Home-Based Programs

When art is a process rather than a product, the value of the activity is in the making of the art rather than in the final product. The value is in the free exploration, creative process, and the hands-on experience. Process Art nurtures social and emotional health, reinforcing such skills as relaxation, focus, self-esteem and emotional sharing. It also helps to build cognitive skills such as comparison, prediction, planning and problem-solving. After a brief presentation for parents, families will have the opportunity to experience process art WITH your children during the interactive make and take portion of the event! Please call or email Shelley to sign up, to ensure that we can properly prepare for supplies.

Liking New Foods Takes Time

**Thursday January 18, 11:30 a.m. – 12:30 p.m.,
(lunch offered at 11 a.m.)**

Kimberly Lafler, Dodge/Columbia County FoodWise Nutrition Educator, UW Madison Division of Education

Make snacks and mealtimes fun! Help your child (and you!) eat and enjoy new foods! Call or email Shelley to sign up, to help us best prepare for the meal and child care.

February Parent Training

**Wednesday, February 7
5:30 – 6:30 p.m.**

Watch our Facebook page for details as the date gets closer!

Special Four-Week Course!

**Thursday, March 21 and
Thursday, March 28
11:30 a.m. – 12:30 p.m., (lunch offered at 11 a.m.)**

**Thursday, April 4 and
Thursday, April 11
11:30 a.m. – 12:30 p.m., (lunch offered at 11 a.m.)**

Kimberly Lafler, Dodge/Columbia County FoodWise Nutrition Educator, UW Madison Division of Education

Pattie Carroll, Human Development and Relationships Educator, UW Madison Division of Extension

Mark your calendars for an upcoming 4-week course. More details will be available in the next newsletter!



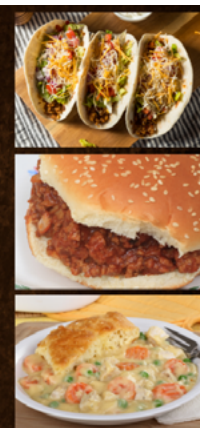
You are invited to join us on Tuesday nights

**We look
forward to
serving you!**



**Tuesdays 4:00 – 5:30 p.m.
For a free hot meal served at First Lutheran Church
311 W Mackie Street, Beaver Dam
*Enter the parking lot on Beaver Street. Drive through only!**

Photos inspired by past meals.





920 S. University Ave., Beaver Dam, WI 53916
(lower level of Beaver Dam Church of Christ)

920-887-7503 • 1-800-453-5831

ParentResourcePlace@renewalunlimited.net

Parent Resource Place Hours

Monday – Thursday, 9 a.m. – 2 p.m. • Friday by appointment



/learnathomewithdodgecountyheadstart

Monday

Tuesday

Wednesday

Thursday

Friday

December

Play Group Theme: Traditional Tales

					1
4		5	6	PLAY GROUP 9-11 A.M.	8
11	Parent Training: Process vs. Product Art 9-10:30AM	12	0-3-year-old Family Night In BEAVER DAM for HS/EHS families 5-6:30PM	13	14
18		19		20	21
25		26		27	28
				NO PLAY GROUP TODAY	29

Parent Resource Place Closed December 25 - January 1

January

Play Group Theme: Traditional Songs

1		2	3	PLAY GROUP 9-11 A.M.	5
8		9	3-5-year-old Family Night In BEAVER DAM for HS/EHS families 5-6:30PM	10	12
15	ABC group 6:30-9PM: CPR/AED training	16		17	18
22		23		24	25
29		30		31	1

February

Play Group Theme: Bugs

5		6		7	8
			Parent Training: 5:30-6:30PM	PLAY GROUP 9-11 A.M.	9
12		13	0-3-year-old Family Night In BEAVER DAM for HS/EHS families 5-6:30PM	14	15
19		20		21	22
26		27		28	29

Please join Dodge County Public Health's

FREE SUPPORT GROUP

to learn more about maternal health, newborn care, breastfeeding and to meet other families!



Last Thursday of each month at 10 AM The Open Door Coffeehouse

20 S. Main Street, Mayville, WI 53050

Please call/text Bobbi with questions or concerns:

920-763-2185

Fall Library Events

Saturday, December 16 | 2-3 p.m.

Sensory Saturday

Join us for some open, sensory-friendly playtime. Children will be able to explore different hands-on sensory activities. Sensory activities engage one's sense of touch, sight, hearing, taste, or smell.

Saturday, January 13 | 10-11 a.m.

Glow in the Dark Dance Party

Come have some glow in the dark fun at a family-friendly dance party!

Feb 5 through Apr 22 | Mondays at 9:30 a.m.

Spring Storytime

All ages and abilities are welcome! Storytimes include a story, rhymes, music, and/or movement.



For updates, visit the library,
cityofbeaverdam.com/library,
call 920-887-4631, or text 66746
(start your question with askbdcl).



311 N SPRING STREET | BEAVER DAM, WI 53916 | 920-887-4631

SAMANTHA JONES, YOUTH SERVICES LIBRARIAN

SJONES@BEAVERDAMLIBRARY.ORG | [IG @BDCL1984](https://www.instagram.com/BDCL1984)

CITYOFBEAVERDAM.COM/LIBRARY | [FACEBOOK/BDCL1984](https://www.facebook.com/BDCL1984)

PLAY GROUPS

Thursdays 9-11 A.M.
at the Parent Resource Place!
Snack is provided!

A loosely structured interaction time
for families with children Birth - Kindergarten,
uses the FrogStreet curriculum.
No registration is required.



frogstreet

If the Beaver Dam Unified
School District has
a weather-related late
start or cancellation,
Play Group will also be
cancelled for that day.

RENEWAL UNLIMITED PARENT RESOURCE PLACE GUIDELINES

Parent Resource Place is about
parent-child interactions. Parents are
responsible for their children at the center.

We are not a licensed child care center.
Therefore, at no time can staff be left
responsible for your children.

To ensure that your child is your top
priority while you are here, please limit
cell phone use to emergencies only!

All toys at our center are considered for safety, and
they are for all children to share. We ask that no
outside toys come into the events held at our center.

No outside food or beverages allowed.

Our services are for families with
expectant parents and/or children
through kindergarten age.

Physical punishment
- in ANY form -
is not allowed.

Please speak with a staff member if you have
questions. Thank you in advance for your cooperation!



This monthly meeting is for child care providers to hear topics of interest and offer others support. The presentations typically qualify for continuing education hours. Registry certificates are distributed. Come, meet other providers, and gather new information! All groups are held at the Parent Resource Place in Beaver Dam unless otherwise noted. Contact Shelley.



Oh, the benefits of outdoor winter play!

Sauk County

Winter is a great time for children to explore, learn, and develop essential life skills while building strong bodies and minds. Research demonstrates that outdoor play during the winter months positively impacts a child's physical, mental, and emotional development. Despite the challenges of colder weather, outdoor winter play can be just as enjoyable and beneficial as activities in the warmer seasons.

In summary, outdoor winter play offers a multitude of benefits for children, enhancing their physical health, cognitive development, creativity, and overall well-being. These activities provide an opportunity for kids to enjoy the winter season while developing essential life skills and enjoying the great outdoors.



Enhanced Brain Function

Outdoor winter play promotes enhanced brain function. Activities like walking in the snow or on ice require balance and coordination, stimulating the brain. Sledding, skiing, ice-skating, snow-shoeing, and snowball fights challenge children physically and mentally. Regular outdoor activity has been linked to improved learning, cognitive development, motor skills, fitness, sleep quality, overall health, and the refreshing benefits of clean, fresh air.



Boosted Creativity

Winter play fosters creativity and imagination. Kids can build snow castles, snowmen, snow mountains, and forts, allowing them to express themselves creatively. Painting the snow or making snow angels further engages their artistic sides. Increased physical activity positively impacts mental health, reducing stress and anxiety while boosting self-esteem and self-worth.



Physical Health and Development

Outdoor winter play strengthens physical health and development. It engages muscles not typically used during other seasons. Activities like pulling a sled uphill or trudging through deep snow promote leg strength and core development. These activities require balance, engaging the core muscles. This core work benefits children at school, helping them sit comfortably without expending extra energy or worrying about posture.

No ABC Group In December

January & February 2024 ABC Group: **TWO-PART COURSE: CPR / AED / First Aid Training**

Barb Schellinger, American Heart Association Instructor; Be Prepared, Get Trained, LLC

TUESDAY, JANUARY 16
CPR / AED TRAINING: 6:30-9:00 P.M.



THURSDAY, FEBRUARY 15
FIRST AID TRAINING: 6:30-8:30 P.M.

Please note that this is a two-part course, which will be held at a special time: 6:30 – 9 p.m. for CPR / AED and 6:30 – 8:30 p.m. for First Aid. The course will cover safety for you-the rescuer; medical, injury, and environmental emergencies; choking; adult, child and infant CPR; and the use of the AED. The classes will be offered in a manner that you can attend one or the other, or both of the groups, depending on what certification you are looking for.

A reminder that there is an option to receive proof of training (with expiration date) or the extra \$27 certification eCard credential. If anyone is considered a K-3 or K-4 school, there is now an option to buy a School K-12 credential for \$10, instead of \$27. With those options in mind, the breakdown of fees for the classes is as follows:

First Aid & CPR / AED with proof, no credential	...\$45
First Aid & CPR / AED with K-3/K-4 credential\$55
First Aid & CPR / AED with a 2-year credential\$72
CPR / AED only with proof, no credential\$30
CPR / AED only with K-3/K-4 credential\$40
CPR / AED only with a 2-year credential\$57
First Aid only with proof, no credential\$20
First Aid only with K-3/K-4 credential\$30
First Aid only with a 2-year credential\$47

Be Prepared Get Trained LLC, Barb Schellinger, is now a Training Specialist for the WIS Registry. If you decide not to purchase the American Heart eCard credentials (an additional \$27 for Heartsaver or \$10 for K-12 School), she will continue to issue the completion forms she has been using, and also enter on the registry website. To do this, she will need the Registry number for each student, that you can write on her roster on the day of the class.

Each participant is encouraged to have the newest book, which is an additional \$10. (If you already have the most current book from 2021, there is not a need to purchase another one.) Registration – including payment – is required by Monday January 8, 2024 and will be handled on a first come, first serve basis. Each of the groups will need to have a minimum of 6 people signed up in order to be held. CPR / AED has a maximum of 12 participants. First Aid has no maximum. To register, please send Shelley the following information:

1. Name of each Participant
2. Name of Child Care Center that Participant works for
3. Which Course Participant would like to attend: CPR / AED only, First Aid only, or Both
4. Does Participant Need the Credential? If yes, which kind (general or K-3/K-4)?
5. Does Participant Need Book?
6. Payment for Courses and/or Books, checks written to **BE PREPARED, GET TRAINED, LLC**
 - a. Without Credential: Both Courses = \$45, CPR / AED only = \$30, First Aid only = \$20
 - b. With K-3/K-4 Credential: Both Courses = \$55, CPR / AED only = \$40, First Aid only = \$30
 - c. With Credential: Both Courses = \$72, CPR / AED only = \$57, First Aid only = \$47
 - d. Book = \$10
7. Contact Phone Number for each Participant
8. E-mail address for each Participant

Registration information should be mailed to: Shelley Storhoff, Renewal Unlimited, Inc. – Parent Resource Place, 920 South University Avenue, Beaver Dam, WI 53916. Registration is not considered complete until the payment is received. Each participant will receive a confirmation e-mail or phone call when their full registration has been received. Please contact Shelley with any questions!

MONDAY, MARCH 4, 6:30 – 9:30 P.M. (rescheduled date for the October group!)

Resilience in the face of Grief and Loss

Briana Kurlinkus, Early Childhood Trainer; 4-C Madison

Most young children are aware of death, even if they don't understand it. Death is a common theme in cartoons and television, and some of your child's friends may have already lost a loved one. But experiencing grief firsthand is a different and often confusing process for kids. As parents/caregivers you can't protect a child from the pain of loss, but you can help them feel safe. This session will provide ideas on how to explain grief to children, recommendations for books and resources, and coping strategies to help deal with losing a loved one.



Parent Resource Place

c/o Renewal Unlimited
2900 Red Fox Run
Portage, WI 53901

Return Service Requested

NONPROFIT
ORGANIZATION
US POSTAGE
PAID
PORTAGE, WI
PERMIT NO. 8



We're getting a
JUMP on the future!

PROBLEM SOLVING:
...bringing in the trampoline from outside!