



# Family Connections

## of Southwest Wisconsin

1015 S. Madison St., Lancaster, WI 53813  
1-800-267-1018 608-723-3400  
www.familyconnectionsswwi.org

**Office Hours:**  
Lancaster Office: Mon.-Thur. 8:30-4:30 Fri. 8:30-12:30  
Evenings/weekend by appt.  
Platteville Office: By Appointment

Jan./Feb./March 2009

Notes from the Staff: Jim Lindell

### Tax season: tis time to organize your documents and receipts

It is almost that time of the year. Oh the wonderful joy of tax season. It is our right and privilege to pay taxes. It is also your right to take the Child and Dependent Care Credit on your federal income tax return, if you paid someone for childcare, daycare, or adult daycare services. You may be able to reduce your tax by claiming this credit.

To qualify for the Child and Dependent Care Credit you must meet certain conditions. The care provided must enable you to work or to look for work, and you must have a dependent child age 12 or younger. You may also claim daycare expenses for a dependent age 13 or older or for a spouse, if that person is physically or mentally unable to care for himself or herself. The qualifying person must have lived with you for more than half of 2007. Your daycare provider must provide you with his or her name, business name (if applicable), address, and either Social Security or Employer Identification Number. There should also be a record of the expenses you paid over the year for 2008. The credit is a percentage of the amount of work-related child and dependent care expenses you paid to a care provider. The payments for care cannot be paid to someone you can claim as your dependent on your return or to your child who is under age 19. For 2007, you could use up to \$3,000 of the expenses paid in a year for one qualifying individual, or \$6,000 for two or more qualifying individuals. This is a dollar-for-dollar credit, not a deduction, and comes right off the top of the tax dollars you owe.

For providers, make sure you have this information to give to your customers. You should be claiming these payments as income. Make sure to keep records of ALL your business related expenses to offset your income. The more expenses you can report, the less taxes you will pay, and the more dollars in your pocket. Keeping good records should help to prolong the life of your business.



Administrative Assistant  
Jim Lindell

### 2009 Membership Information Providers and Parents

**Providers:** Enclosed you will find our "hot pink" 2009 Family Connections membership brochure. There have been a few changes so please be sure to read through the brochure. Please return these ASAP so that we can get you your 2009 membership card to you...Make sure you carry this card with you because you will never know when we may be at a conference or training and your membership makes you qualified for some **GREAT** deals!

**Parents:** We have opened membership opportunities to parents this year. If you are interested in using our workroom area you may do so for \$25.00 a year or \$5.00 each visit. A great deal for crafters and scrapbookers! Call for more details!

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### CHECK IT OUT!

[www.familyconnectionsswwi.org](http://www.familyconnectionsswwi.org)

### Staff E-Mail Addresses:

- Julie Statz, Executive Director  
[julie@familyconnectionsswwi.org](mailto:julie@familyconnectionsswwi.org)
- Cathy Smith, Resource & Referral Specialist  
[cathy@familyconnectionsswwi.org](mailto:cathy@familyconnectionsswwi.org)
- Jim Lindell, Administrative Assistant  
[jim@familyconnectionsswwi.org](mailto:jim@familyconnectionsswwi.org)
- Kathy Wetter, Respite & Outreach Coordinator  
[kathyw@familyconnectionsswwi.org](mailto:kathyw@familyconnectionsswwi.org)
- Marla Holl, Early Childhood Specialist  
[marla@familyconnectionsswwi.org](mailto:marla@familyconnectionsswwi.org)
- Leslie Clachrie, Outreach & Food Program Coordinator  
[leslie@familyconnectionsswwi.org](mailto:leslie@familyconnectionsswwi.org)

# The Partner Connection

## Birth To 3

Children do different things at different ages. Some babies sit without support at six months while others need help until they're nine months old. Some toddlers start talking when they're a year old. Others might take longer to say their first words. If you're worried about the way your baby or toddler is developing, don't wait! The years from birth to age three are so important. Talk with your child's doctor about your concerns. You can also call your county's Birth to 3 program director to learn more.

### What is the Birth to 3 Program?

Birth to 3 is Wisconsin's early intervention program for infants and toddlers, with developmental delays and disabilities and their families. The Birth to 3 Program is for children ages birth to 36 months. Eligibility is based on a significant delay in one or more areas of development or a diagnosed disability.

### How the Birth to 3 Program Can Help Your Child

The earlier a child's developmental delays are discovered, the more opportunities there are for a child to increase skills and abilities. The early intervention team will provide ideas and techniques to help a family enhance their child's development and learning potential. Services are provided in the child's natural environment. These settings are unique to each family and might include the home, child care and other community settings.

### Child Care Professionals:

Child Care Professionals work with many children and many different developmental levels, as a trained professional if concerns about a child's development become evident please share this with the child's family. Early intervention is key!

### Birth to 3 contact information:

**Grant and Iowa County:** Liz Lindstrom 608-935-2776

**Lafayette County:** Tammy Griffiths 608-776-4913

**Richland County:** Michelle Parr 608-6478821 ext.259

**Crawford County:** Traci Mara 608-357-2339

**Vernon County:** Michelle Kramer 888-231-3229

## Family Connection's Policy on Sick Children

- Please do not bring your child to the center or any programming if he/she has had any fever, vomiting or diarrhea within 12 hours before the activity.
- Please do not bring your child to the center or any programming if she/he has symptoms of a cold such as: nose running with yellow or green mucus, coughing or sneezing.
- Ear infections are usually not contagious if your child has been without a fever and on an antibiotic for at least 24 hours.

Thank you for helping to keep Family Connections a healthy place for all of our children.

## Inclement Weather Policy

Family Connections will be closed and programming will not occur if the school district that the programming is in cancels due to the weather. Please listen to WGLR 97.7 for cancellations due to the weather or call 1-800-267-1018.

## Closed Dates

The first Monday of every month Family Connections is closed for staff development and collaborations.

Jan. 5th

Feb. 2nd

March 2nd

January 1st and 2nd



# Playgroups and Support Groups

## Family Programming

**Playgroups**, a time for interactive fun, that offers children the opportunity to experience both structured and unstructured play. Come join the fun!!!

No registration required.

### Boscobel Playgroup

Where: Boscobel Public Library Basement

When: Wednesdays, 9:00 – Noon

No playgroup: December 31st

### Lancaster Playgroup

Where: Family Connections, 1015 S. Madison St., Lancaster

When: Tuesdays, 9:30 – 11:00 am

Music Dates: Jan. 20th, Feb. 24th, March 24th

No playgroup: March 17th

### Platteville Playgroup

Where: Platteville United Methodist Church, Main Level, 1065 Lancaster St., Platteville.

When: Thursdays, 9:30 – 11:00

Music Date: Jan. 22nd, Feb. 26th, March 26th

No playgroup: Jan 1st (New Year's Day), Jan. 29th, March 19th (Spring Break)



## Homemade Playdough

Ingredients:

1 c. flour	1 c. water	2 tsp. cream of tarter
1/2 c. salt	1 Tbl. Oil	food coloring

Combine all ingredients in saucepan. Cook over medium heat, stirring constantly until it forms a ball. Knead until smooth. Store in an airtight container in the refrigerator.

Playing with playdough helps toddlers and preschool age children develop fine motor skills, imaginative play and prewriting skills.

## Support Groups

### Time For You!

Join us for an evening to share ideas, thoughts, and concerns as we informally discuss parenting topics. Find your own strengths and discover new ways to meet the challenges of parenting.

**When:** Tuesdays, 6:00 – 8:00 pm

**Lancaster Dates:** Jan. 6th, Feb. 3rd & March 3rd

**Where:** Family Connections, 1015 S. Madison St., Lancaster

**Platteville Dates:** Jan. 13th, Feb. 10th & March 10th

**Where:** Platteville United Methodist Church (main level)  
1065 Lancaster St., Platteville

\*\*Please call by the Monday prior to programming to register and for FREE childcare 723-3400 or 1-800-267-1018.

### S.P.I.N. (Single Parents in Need)

Family Connections is offering a support group for single parents. Parenting is difficult enough with two parents... single parenting is just down right HARD. Join us to share your struggles and triumphs of going at it alone

#### Where and When:

Platteville United Methodist Church Jan. 27th & March 24th  
Lancaster Family Connections Feb. 24th

Time: 6:00-7:30PM

Bring a Friend!

**Free Childcare Available!**

**Please call to register or with ?'s  
732-3400 or 1-800-267-1018**



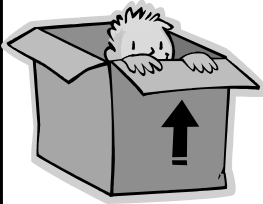
## Parent/Provider On-Line Forum

[www.familyconnectionsswwi.org](http://www.familyconnectionsswwi.org)

Grab a cup of coffee and join in the fun at Family Connections on-line Parent/Provider Forum. Where parents can gather to swap advice and ideas, share their experiences and build friendships. We have several topics to choose from and each quarter we will have a main topic with information supplied by our knowledgeable staff. If you have some suggestions for topics or ideas please email [leslie@familyconnectionsswwi.org](mailto:leslie@familyconnectionsswwi.org). We would be happy to try to get those implemented.

# Workshops and Classes

## Family Fun



### DINNER & A DRIVE-IN

Looking for a night out as a family? How about going to the "drive-in-movies", complete with dinner? You'll be constructing a vehicle of your choice out of a large cardboard box that will be provided. Oh, but of course, you will be using your imagination to construct a car, truck or bus etc. and then you will pull it up to our indoor drive-in movie theater. The Family Connections Cinema is located inside the United Methodist Church fellowship hall, downstairs. Pizza, movie and all the supplies will be provided by Family Connections.

**WHEN:** Friday, January 30th from 6-8 pm

**WHERE:** United Methodist Church, Platteville

**Register early this program usually fills up quickly!**

(608) 723-3400 or 1-800-267-1018

**FREE!**

## Lending Library

Please check out our **WONDERFUL** Lending Library! We have well stocked libraries at both our Lancaster and Platteville sites. You will find...

**Toys:** learning kits, age appropriate, safe, clean toys

**Equipment:** car seats, pak-n-plays, high chairs, gates

**Resources:** books, books and more books

magazines (parenting, planning, professional)

## Car Seat Safety Checkups

Is your car seat protecting your child? Ninety percent of car seats are installed improperly. Have you child's car seat checked, for **free**, by a certified Child Passenger Safety Technician.

Please call 1-800-267-1018 to set up an appointment.



## Workshops

### Pondering the Potty

One of the biggest tasks parents face is potty training their child. Every child is different when it comes to when, how, and how quickly they learn to use the toilet. If you're like most parents, you'll seek potty training advice from friends, the doctor, and books, but remember: You'll only learn what's worked for other kids. Your own will train in his or her special way. Sharing other people's experiences can help you get through this, "learning process" with your sanity intact. So on that note, we'll be doing some "potty talk".

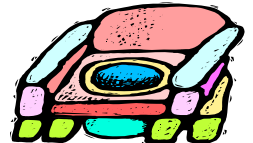
Come and join us as we discuss all the potty training tips, advice, and true tales you need to help your preschooler out of the diaper and onto the porcelain throne.

**Where:** Platteville United Methodist Church

**When:** Monday, March 9th, 6:00 - 7:30 p.m.

**Register By:** Thursday, March 6<sup>th</sup>  
723-3400

**\*\*Childcare available upon request**



## Fun With Food

### A Healthy Heart is a Happy Heart!

Join us with your preschooler and/or toddler for an exciting morning of fun and interactive activities, story, song, and a healthy snack that your child gets to make themselves.

This workshop will be offered in both Platteville and Lancaster.

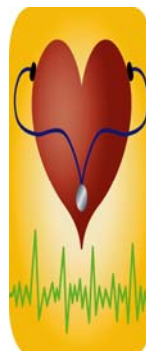
**Platteville:** Monday, February 9th,  
10 - 11 am

Platteville United Methodist Church  
(side entrance, main level)

**Lancaster:** Friday, February 13th,  
10 - 11am

Family Connections, Lancaster

Must call to register: 608-723-3400



## Parents and Providers

### Active Parenting

The philosophy of Active Parenting is that it is the job of the parent rather than the child to play the leadership role in the family. The skills taught in this 7 week program help parents build five important qualities of character in their children as well as themselves:

- ◆ Parenting Styles Past/Present
- ◆ Building Character and Self-Esteem
- ◆ Active Communication
- ◆ Effective Discipline
- ◆ Sidestepping Power Struggles

**When:** Wednesdays, January 21st - March 4th

**Where:** Platteville, United Methodist Church  
1065 Lancaster St., Platteville  
(enter side door, main level)

**Time:** 6:00-7:30 pm

\*\*\*Please call to register 1-800-267-1018 or 723-3400

**Child care available upon request**

**Registry Labels Available!**

### 3rd Annual Grant County Parenting Conference

#### *"Staying Positive During Hard Times"*

Parents, teachers, child care providers and anyone that has an interest in children and families please join Family Connections and our Grant County Partners for a morning of great parenting, financial, inspirational and practical tips.

Keynote speaker Renee Zaman will speak on staying positive as a parent and two break out sessions on "Challenging Behaviors in Children".

**WHEN:** Saturday, February 28th

**WERE:** Lancaster High School, 806 E. Elm St., Lancaster

**TIME:** 8:30 am - 12:30 pm

**COST:** \$5.00 includes rolls, coffee, and light lunch

\*\*\*\*Child Care and activities for the children included\*\*\*\*

Registry Hours Available

For more information please call 1-800-267-1018 or 723-3400



### Family Connections' Bags and Books

Family Connections has colorful tote bags and our very own recipe books for sale!

Recipe Book \$12.00

Tote Bag \$12.00

Or any two for \$20.00

**All proceeds will go towards local programming  
at Family Connections.**

### Autism Workshop

Understanding and working with children with autism.  
Join us as we hear a family's first hand experiences  
and ask questions of your own.

**When:** February 26<sup>th</sup> 6:00-7:30 pm

**Where:** Family Connections Lancaster Office

**Register by Feb. 20th 1-800-267-1018**

**Registry labels will be given!**

**Sorry no childcare available**

# Workshops and Continuing Education

## Provider Classes/Workshops

### Shaken Baby Syndrome & SIDS Training

Date: TBA, Feb. 2009

Registry Labels Available. Space Limited!!

Call today for more info.: 723-3400

## Child Care Start-Up Classes

January and February 2009

- ◆ Introduction To The Child Care Profession
- ◆ Skills and Strategies for the Child Care Teacher

Call today for information and dates:

Family Connections: 1-800-267-1018

## T.E.A.C.H / R.E.W.A.R.D

Come to find out exactly what this program can do for you! Each participant who registers will be given a **\$25.00 Gift Certificate** to Discount School Supply to be used toward materials to enhance your childcare program.

**When:** March 26<sup>th</sup>, 2009

**Time:** 6:30 - 8 pm.

**Where:** Extension Office, Prairie du Chien

**Call:** 1-800-267-1018 to register

**Registry labels will be given for 1.5 hrs. of continuing education**

## WTC - LaCrosse Classes and Workshops

February 10th Allergies and Asthma

March 21st Children's Sleep and Behavior

For more info. and classes call 608-785-9267

## 2009 CPR Training

Grant Co. Health Dept. - Lancaster

2009 5:45-9:00 pm

For dates call: 723-6416

Upland Hills Health, - Dodgeville

For dates and times call: 930-7165

Prairie du Chien Memorial Hospital

For Dates and times call: 357-2135

SW Technical College:

Call for class dates at:

1-800-362-3322



## UW-Extension Workshops

**Topic:** "Balancing Work And Your Well Being"

**January 14<sup>th</sup> - Prairie du Chien**

To register contact: 326-0227

**February 16<sup>th</sup> - Richland Center**

To register contact: 647-6148

**Topic:** "The Teen Brain"

**February 5<sup>th</sup> - Richland Center**

To register call: 647-6148

**Topic:** "Art Appreciation 101 For Young Children"

**March 26<sup>th</sup> - Dodgeville**

To register call: 935-0391

Registry labels will be available for those attending. Contact your counties U.W. Extension Family Living Agent for more great workshops!

Grant Co: Bev Doll - 723-2125

Crawford Co: Jane Schaaf - 326-0227

Richland Co: Peggy Olive -647-6148

Richland Co: Karen Ehle-Traastad -637-5276

Iowa Co: Ruth Schriefer- 935-3354

Lafayette Co: Mary Knellwolf -776-4820

## Wisconsin Model Early Learning Standards

This training will include an overview of the contents and design of the Wisconsin Model Early Learning Standards (WMELS) and how to apply them within any early learning classroom setting. Training activities will emphasize:

- How to plan for the "whole child" with WMELS as a guide.
- How to plan developmentally appropriate activities to carry out learning goals supported by the WMELS.
- How to assess children's growth and development using both formal and informal assessment strategies.

**When:** Saturday, February 7th and 21st (8-3:30 pm)

**Where:** CESA 3, Fennimore (15 hrs of Continuing Ed!)

**Call 1-800-267-1018 for more details and to register**

**Must Register by January 30th!**

**\*\*\*\*\*2009 Revised Licensing Rules\*\*\*\*\***

Go to:

[dcf.wisconsin.gov/childcare/licensed/ccrulerev.htm](http://dcf.wisconsin.gov/childcare/licensed/ccrulerev.htm)

# Provider Support & News

## Provider Support & News

### Update Forms For Child Care Providers

Thank you to all of the programs that returned their Update Forms. This helps us to provide the most up-to-date information to our parents when they are searching for child care.

As stated in the last newsletter; update forms that were returned before October 31<sup>st</sup>, 2008 would be put into a drawing for a door prize where we would pick one winner. That winner is Pamela NeCollins from Pam's Family Day Care in Platteville, WI. Congratulations Pam!

### Grant County Provider Support Group P.A.C.T.

(Providers Actively Connecting Through Teaming)  
Everyone needs to pre-register.

Registry labels will be given for continuing education.

**Call: Kristin at 732-2089** to register. All meetings are held in Lancaster or Platteville from 6:30 pm-8:30 p.m.

**January 8th** "Balancing Work & Your Well-Being"  
At Grant County Social Services-Lancaster

**February 12th** "Emergency Preparedness"  
At Grant County Sheriffs Department

**March 12th** "Pamper Yourself and Access to Workroom"  
At Family Connections -Lancaster

### Director's Support Group

If you are interested in getting together with other group center directors to see how things are handled in other centers and share ideas, then take this opportunity to network with others in the same business.

**When:** 2<sup>nd</sup> Thurs of each month.

**Place:** Unique Café, Boscobel

**Contact:** Debby Lynch at 647-5239 for times.

### Substitutes Needed

If you, or someone you know would be interested in substituting at area regulated daycares, call us for more information and to be put on a "Call List"! 1-800-267-1018

### Family Resource Centers

Call your nearest Family Resource Center for wonderful programs, workshops, and activities. Find out how their resources can help you!!!

**Celebrating Families Right From The Start...**

Grant Co: 1-800-736-8612

Crawford Co: 1-800-241-9276

Iowa Co: (608) 935-7300

Vernon Co: (608) 637-7450



### "TOYS" Support Group- Lafayette Co.

All meetings are held in Darlington  
Contact Mary Jo Erikson or Carol Barnard at:  
776-2300 for dates

## Upcoming Conferences

### 22nd Annual U.W. Platteville Early Childhood Conference

"Relax, Revive, and Rejuvenate"

**Date/Time:**

Saturday, April 4, 2009

8:00 A.M. to 4:00 P.M.

**For more information or to register call:**

**1-888-281-9472**

### 2009 Wisconsin Early Child Care Administrators Association (WCCAA) Conference

"Enjoy the Journey, Embrace the Challenges"

March 4, 5 & 6, 2009

Where: Brookfield Wisconsin

<http://www.wccaa.org/>

# Calendar of Events

## January 2009

Thurs. 1/1	New Years Day <b>CLOSED</b>
Fri 1/2	<b>CLOSED</b>
Mon. 1/5	<b>CLOSED (Staff Development)</b>
Tues. 1/6	Playgroup (L), Time For You 6-8(L)
Wed. 1/7	Playgroup (B)
Thurs. 1/8	Playgroup (P)
Tues. 1/13	Playgroup (L), Time For You 6-8 (P)
Wed. 1/14	Playgroup (B)
Thurs. 1/15	Playgroup (P)
Tues. 1/20	Playgroup (L)
Wed. 1/21	Playgroup (B)
Wed. 1/21	Active Parenting 6-7:30 (P)
Thurs. 1/22	Playgroup (P)
Tues. 1/27	Playgroup (L)
Tues. 1/27	S.P.I.N. 6-7:30 (P)
Wed. 1/28	Playgroup (B)
Wed. 1/28	Active Parenting 6-7:30 (P)
Thurs. 1/29	<b>NO Playgroup (P)</b>
Fri. 1/30	Dinner and a Drive In 6-8 (P)
Sat. 1/31	Babysitting W.S. 8:30-2:30 (L)

## February 2009

Mon. 2/2	<b>CLOSED (Staff Development)</b>
Tues. 2/3	Playgroup (L)
Tues. 2/3	Time For You 6-8 (L)
Wed. 2/4	Playgroup (B)
Wed. 2/4	Active Parenting 6-7:30 (P)
Thurs. 2/5	Playgroup (P)
Sat. 2/7	WMELS 8am — 3:30 pm (F)
Mon. 2/9	Fun with Food 10-11 (P)
Tues. 2/10	Playgroup (L)
Tues. 2/10	Time For You 6-8 (P)
Wed. 2/11	Playgroup (B)
Wed. 2/11	Active Parenting 6-7:30 (P)
Thurs. 2/12	Playgroup (P)
Fri. 2/13	Fun with Food 10-11 (L)
Tues. 2/17	Playgroup (L)
Wed. 2/18	Playgroup (B)
Wed. 2/18	Active Parenting 6-7:30 (P)
Thurs. 2/19	Playgroup (P)
Sat. 2/21	WMELS 8am– 3:30 pm (F)
Tues. 2/24	Playgroup (L)
Tues. 2/24	S.P.I.N. 6-7:30 (L)
Wed. 2/25	Playgroup (B)
Wed. 2/25	Active Parenting 6-7:30 (P)
Thurs. 2/26	Playgroup (P)
Thurs. 2/26	Autism W.S. (L)
Sat. 2/28	Grant Cty Partners Parenting Conf. 8:30-12:30 (L)

## March 2009

Mon. 3/2	<b>CLOSED (Staff Development)</b>
Tues. 3/3	Playgroup (L)
Tues. 3/3	Time For You 6-8 (L)
Wed. 3/4	Playgroup (B)
Wed. 3/4	Active Parenting 6-7:30 (P)
Thurs. 3/5	Playgroup (P)
Mon. 3/9	Pondering the Potty (P)
Tues. 3/10	Playgroup (L)
Tues. 3/10	Time For You 6-8 (P)
Wed. 3/11	Playgroup (B)
Thurs. 3/12	Playgroup (P)
Tues. 3/17	<b>NO Playgroup (L)</b>
Wed. 3/18	Playgroup (B)
Thurs. 3/19	<b>NO Playgroup (P)</b>
Tues. 3/24	Playgroup (L)
Tues. 3/24	S.P.I.N. 6-7:30 (P)
Wed. 3/25	Playgroup (B)
Thurs. 3/26	Playgroup (P)
Thurs. 3/26	TEACH REWARD W.S. (PDC)
Tues. 3/31	Playgroup (L)

### Family Literacy

For more information about our Family Literacy and Adult Basic Education programs please call Family Connections at 1-800-267-1018 or 608-723-3400.

Boscobel Hours: Wednesdays 9:00-Noon (Playgroup too!)  
Thursdays 1:00-7:00 pm  
Boscobel Public Library Basement

### Respite Care

Unfortunately, Respite Care funding is very limited at this time. Family Connections is actively looking at ways to increase our respite care funding to help meet the needs of our families that rely on respite care. For more information or to donate time or money please call 1-800-723-3400.

### Thank You!

Family Connections would like to thank the following individuals that have volunteered their time and expertise to programming and/or fundraising in the past 3 months:



-Christi Dalton	-Joanne Beraldi
-Astrid Breutzman	-Maegen Johnson
-Rayel Starling	-Nancy Collins
-Susie Wetter	-Jessie Sprenger-
-Vicki Nahas	Schulenberg
-Kyle Vesperman	-Susan Cramer
-Tonia Wagner	-Tami Weydert

P: Platteville L: Lancaster B: Boscobel F: Fennimore

# Family/Provider Activities

## Winter Fun

### Activities/Crafts:

**Happy Time Collage:** What you will need; assorted pieces of colored paper, cellophane, lace, doilies, seeds, feathers, string, yarn, sticks, wire, aluminum foil, 12 x 18 inch construction paper, rubber cement, scissors, staples. A happy feeling can be simply expressed with favorite colors, items, etc... Have child select items that express a happy feeling. Cut or tear these items into shapes that you like. Arrange them on your paper base, where you think they look best. Overlap some to them; place others so they show through pieces of contrasting materials. Invent all kinds of arrangement but leave some open spaces. Glue or staple to the background paper.

**Doily Snowlady:** What you will need; paper doilies, assorted colored construction paper, scissors, paste, 12 by 18 inch pastel construction paper, crayons, chalk. Hold the paper the short way. Paste three doilies on the paper to form the head, body and torso of the snowlady. Next, cut bits of scrap paper into features and clothing for the snow person. Since it is a female, why not make her very feminine by adding cut paper hair, earrings, pocketbook, skirt, hat, and any items you can think of to make the composition interesting. Add a background to your picture with crayon or chalk.



**Valentine Wiggly Waggly:** What you will need; red construction paper, scissors, paste, staples, bits of assorted colored paper. Cut a heart out of a 6 x 9 inch piece of red paper. Cut a 12 by 18 inch piece of red paper into 4—3 inch strips. Cut away  $\frac{1}{4}$  of 2 strips, these are the arms of the wiggly waggle. Fold all the strips into fan folds and staple them to the heart shape for arms and legs. Cut eyes, nose and mouth out of the scrap paper and paste them to the heart head for the face. Now cut out feet and hands for the construction. Cut the hands like mittens, and the feet in oval shapes; paste these to the wiggly waggle.



## Music

**JACK FROST** (Touch your body parts as you sing the song)  
Jack Frost bites your noses.  
He chills your checks and freezes your toes.  
He comes every year when winter is here  
and stays until Spring is near.

**I'M A FROZEN ICICLE**  
I'm a frozen icicle. Hanging by your door.  
When it's cold, I grow some more.  
When it's warm, I'm on the floor.

**ROSES ARE RED**  
Roses are red, Violets are blue.  
Sugar is sweet and so are you.  
Roses are red, Violets are blue.  
Grass is green, and so are you.



## Recipes

### BANANA SHAKE

#### INGREDIENTS:

- 1 C skim milk
- 1/3 C low-fat cottage cheese
- 1 tsp vanilla extract
- 1 ripe banana, peeled and cut in half
- 3 to 4 ice cubes
- 1 1/2 tsp sugar
- Dash of ground nutmeg

**INSTRUCTIONS:** Place all ingredients for one shake in blender. Cover and turn to high speed. Blend for 45 seconds, or until creamy and smooth.

To serve, pour into tall cups or glasses. ENJOY!

### BIRDSEED BISCUITS

Let children pretend they are winter birds enjoying their seeds as they eat these delicious biscuits. Save crumbs if there are any, and put them out for the real winter birds to enjoy.

#### What you need:

- Can of refrigerator biscuits
- Melted margarine or butter
- Sesame seeds and/or sunflower nuts

#### What you do:

Place biscuits on a cookie sheet or as directed on the package label. Brush the tops of the biscuits with melted butter or margarine. Press seeds on the top of each biscuit. Bake as directed. Serve warm with jam or honey.



# Family Connections

of Southwest Wisconsin

1015 S. Madison St. Lancaster, WI 53813  
1-800-267-1018 608-723-3400  
www.familyconnectionsswwi.org

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## Family Connections Wish List

- Napkins
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- Clorox wipes
- Juice and nonperishable snacks
- Cleaning supplies
- Toilet paper
- Paper cups
- Garbage Bags
- Baby Wipes
- Hand soap (pump)

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