



Family Matters

Ask the Experts:

January - May 2020

Ongoing Programs:

Drafting a Discipline Blueprint

Tuesday, February 18th, 6pm - 7:30pm

Presented by Emily Nowicki, Family Support Worker
Disciplining children brings many unique questions and challenges. Attend this informational, hands-on session to create a working document that communicates the discipline you want used in your home. Come ready to address the influences your own childhood has had as well as understand more about your specific parenting style.

Reactive Attachment Disorder

Tuesday, March 10th, 6pm - 7:30pm

Presented by Stacy Stefaniak-Luther, PsyD, LPC
Children who learned from an early age that caregivers will not consistently meet their needs may struggle with RAD. Join us for an evening of discussion to further explain what RAD is and how parents can best support their children who have it.

Autism 101

Tuesday, April 14th, 6pm - 7:30pm

Presented by Stacy Stefaniak-Luther, PsyD, LPC
This informational workshop will further your understanding on Autism Spectrum Disorder, as well as offer tips and hints for preparing your kiddo for adulthood, advice on raising neurotypical siblings alongside their brother or sister with autism, and guidance for increasing functioning within your entire family.

Our name and logo has changed, but our dedication and services to families has not! Visit <https://chw.org/newshub/stories/we-are-now-childrens-wisconsin> to learn more about the evolution of our name!



All Programing is FREE but registration is appreciated
Childcare may be available, ask when you register.

Register: Call: 715-848-1457, Email:
ENowicki@CHW.org, or Text: 715-937-8910

LEAP – (Learning Essentials about Parenting)

Sit back and relax with us for this 9-week series on relevant issues about the joys and trials of parenthood. Topics include building self-esteem, child development, communication skills, media, positive discipline techniques and more. **9 weeks, 6 pm – 7:30 pm Mondays. Call to register. Childcare is available.**

Warmline

This is your non-emergency connection to speak with an expert on the day-to-day trials of child rearing and receive practical parenting information, tools, and advice.
Call 715-848-1457

One-To-One Parenting Sessions

Trained staff will provide parenting information and support to families. If you would like an individualized parenting consultation, **call 715-848-1457.**

In-Home Parent Education

This 3-month in-home program provides visits with a parent educator to help improve parenting skills and teach positive discipline techniques. The program is tailored to meet individual needs. **Call to register 715-848-1457.**

LENA Start Marathon County

Jump start your 0 - 32 month old for success in school and in life with this free 10 - week program that emphasizes the importance of early communication. Enjoy a free meal each week while learning more about the significance of early talk. Includes FREE childcare, books, and incentives.

Spring groups begin February 16th:

MCPL-Wednesdays 12:30-1:30, MCPL-Thursdays 5:30-6:30, WIC-Thursdays 12:30-1:30, Achieve Center-Thursdays 8:45-9:45. Other locations and times may be available. Must start on Class 1. For more information and to register visit LenaStartMC.org or by texting 715-660-0397.

Visit us at Chw.org/communityservices

Unless otherwise noted, programs are held at:
Children's Wisconsin

705 S. 24th Ave., Suite 400

Wausau, WI 54401

715-848-1457

Hours: Monday-Friday 8:30 am - 5pm

Family Matters

Play and Learn Family Events:

Story-Telling Yoga

Tuesday, February 4th, 10:30am - 11am **at the Athens Community Hall, 221 Caroline St, Athens**

Thursday, February 27th, 10:30am - 11am **at the Edgar Village Hall, 224 S 3rd Ave, Edgar**

Wednesday, April 15th, 10:30am - 11am **at the Mosinee Public Library, 123 Main St, Mosinee**

Back by popular demand! Spend the first half hour of play and learn with a stretchable story time led by registered yoga teacher, Jessica Halvorsen. Caregivers and children of all ages are welcome to attend any (or all!) locations above to take part in posing and centering. **Comfortable workout shoes and clothes encouraged; no yoga mats necessary.**

A Sock-tastic Nature Walk

Wednesday, May 20th, 12:30pm - 1:30pm
 Welcome summer with a nature walk full of socks and hopefully some sun! Meet us at **Big Eau Pleine County Park at 3301 Eau Pleine Rd, Mosinee** at the **Park Manager station** to enjoy a leisure stroll through the woods. Bring some socks from home to wear over your hiking shoes — we'll start the day discussing what we think might happen to our socks by the end of the trip. When our hike is over, recharge with a light snack while carefully placing your socks in a Ziploc bag to observe at home. **In the event of bad weather, activities will be rescheduled. Please bring your own socks to participate.**

****COMING SOON!****

End of School Extravaganza

Tuesday, June 9th, 10am - 11:30am
 Join us in an end of school celebration at **Machmueller Park, 7200 Quentin St, Weston** with games and good times galore! Bring the entire family to take part in this summer-welcoming event with free play, stories, and a snack. **In the event of bad weather, activities will be rescheduled.**

Look for us on Facebook!



All programs are funded by Marathon County and Marathon County United Way and are provided free of charge.

Programs are not an Athens, Abbotsford, Edgar, DCE, Marathon, Wausau, Spencer, Stratford or Newman Catholic School District sponsored activity and the opinions expressed are not necessarily those of the school district or their personnel.



United Way
of Marathon County



**Some Play and Learn times have changed!
 Check out our updated schedule below!**

Play and Learn Schedule and Locations:

Caregivers are a child's first and most important teachers. Take this opportunity to connect with others who have young children while participating in early learning activities that enhance your child's development and promote school readiness. All play and learns are free and open to the public. Stop by at any location listed below to enjoy!

Monday

Marathon City Village Hall
 311 Walnut St., **Marathon**
 10am - 11:30am

Tuesday

Athens Community Hall
 221 Caroline St., **Athens**
 10:30am - 12pm

Rothschild Public Library
 211 N Grand Ave.,
Rothschild
 10:30am - 12pm

Wednesday

Mosinee Public Library
 123 Main St., **Mosinee**
 10:30am - 12pm

Village Building
 105 Park St., **Spencer**
 1:30pm - 3:00pm

Stratford Public Library
 213201 Scholar St
Stratford
 10:30am - 12pm

Thursday

Edgar Village Hall
 224 S 3rd Ave.,
Edgar
 10:30am - 12pm

Hatley Public Library
 435 Curtis Ave., **Hatley**
 10am - 11:30am

Friday

Marathon County Public Library
 300 N. First St., **Wausau**
 9:30am - 11am

If the school district your Play and Learn is located in is cancelled due to poor weather, play and learn is also cancelled.

Pop up Play and Learns:

Paint Splatter Kind of Play and Learn

Wednesday, February 5th, 3:30pm - 5pm
 Leave your good clothes at home and join us for a messy play and learn at the **Children's Hospital of Wisconsin, 705 S 24th Ave, Suite 400, Wausau!** We'll enjoy some typical toy play time before getting our hands dirty and taking turns at stations filled with shaving cream art, cloud dough molding, bubble painting, and pompom splattering. Take home some of your messy masterpieces at the end of the session!

Musical Tot Shoppe

Thursday, March 19th, 10:30am - 12pm **at the Edgar Village Hall, 224 S 3rd Ave, Edgar**

Tuesday, April 7th, 10:30am - 12pm **at the Athens Community Hall, 221 Caroline St, Athens**

Bring your toddler and your love of music for these mornings of dancing and singing! Join us at any (or all!) of the locations above to join in on finger plays, classic children's songs, and new tunes to sing long after the session is over.