

Staying Together While Apart: The Parenting Place's Parent Educators are here for you!

April/May 2020

- a. **Warmlines:** Parent Educators are here to be your cheerleader or coach. Find a friendly ear to affirm your parenting, get evidence-based parenting tips, and learn about child development milestones.

Monday through Friday, 10 am to 4 pm
608-784-8125 or 1-800-873-1768

Evening Hours: Wednesdays, 7-9 pm, 608-784-8125, press extension 236 when the voice greeting begins.

- b. **Un-“Whine”d with Elizabeth:** At the end of the day, it's time to focus on you. Un-“Whine”d is a social gathering on Zoom held on the Second Saturday of the month from 7-9 pm. Drop in to our Zoom link: Elizabeth Digby-Britten, Parent Educator, and other parents will be waiting there to talk about the joys and the struggles of your day. Ask the parenting question that is on your mind and collect some inspiration. Email elizabethdigby-britten@theparentingplace.net for the Zoom link.

- c. **Parent Connection – Live from Home via Zoom:** Talk with other parents each week about your parenting joys and struggles. A Parent Educator facilitates the conversation and can offer evidence-based parenting advice when desired. Check our Facebook page for the Zoom link or call 608-784-8125 for more information.

Tuesdays, 9:30 to 11, La Crosse Parent Educator, Heather Pfaff

Thursdays, 9-10:30, Tomah Parent Educator, Cara Anderson

Friday 9-10:30, Sparta Parent Educator, Cara Anderson

- d. **Facebook Live:** Mike Scott, Parent Educator and entertainer gives live parenting advice, suggestions for play at home, and, on Wednesdays, leads an online version of his Muscles in Motion group. Find it by searching for The Parenting Place on Facebook – watch it live or check-in later to view a recording of the show.

Mondays, Wednesdays, Fridays, 11 am

- e. **Parent Pulse Blog**

Released on Mondays each week. Look for the link on Facebook or go to <https://parentpulse.wordpress.com/>. Check in to read what's on Parent Educator Fran Swift's mind in this helpful, informal blog focusing on all things related to families. Humor, inspiration, and gentle reassurance await you!

- f. **Say Hi on Zoom to Heather and Fran.** Our Parent Educators just can't take it anymore – they miss seeing you and your children at Play Shoppe and other programs. Bring the children

and log on to Zoom to say hi. Just like at Play Shoppe, we can take a moment to talk about your child's development, your parenting questions, and how your life is going! Click on Zoom, but know that if you are left in the waiting room for more than a minute, it means that we are with another family and will be with you as soon as we can.

Thursdays, April 30th, May 7th, and May 14th from 11 am to 2 pm (watch Facebook for announcements about future dates or email registration@theparentingplace.net). 11 am to 2 pm.

April 30th link: <https://us02web.zoom.us/j/9090046120> Meeting ID: 909 004 6120

May 7th link: <https://us02web.zoom.us/j/9090046120> Meeting ID: 909 004 6120

May 14th link: <https://us02web.zoom.us/j/9090046120> Meeting ID: 909 004 6120

- g. Parents as Teachers:** We provide home visiting with this evidence-based curriculum. While we can't visit you in-person right now, we can still connect via Zoom, FaceTime, or phone. We've even got age-based packets of materials that we can drop on your doorstep. Parents as Teachers provides just-in-time developmental assessments, suggestions for simple activities and routines that nurture your child's developmental progress, parenting skill development, and individualized coaching and cheerleading for parents of children ages 0-3. Contact Elizabeth at Elizabethdigby-britten@theparentingplace.net
- h. Workshop: Make a Personal Story to Support your Child through Change:** Join Fran Swift in this pre-recorded workshop as she explains a practice used by generations of parents at The Parenting Place. You'll learn how to develop a personal story for your child that you'll make into a simple book. Through re-reading this book, your child will master the emotions, fears, and questions that accompany a big change in his or her life. One-one-one follow-up appointments are available to discuss the Personal Story as it applies to your family. For a link to this workshop, email registration@theparentingplace.net
- i. Triple P Positive Parenting Program Classes and Individual Sessions:** We've moved our popular evidence-based classes online! As always, we'll also offer these classes for any group or for the public at-large. If you are a church, childcare program, school, neighborhood, or other group that wants to come together around parenting, contact Mike Scott at michaelscott@theparentingplace.net to schedule a group program. Triple P will give you quick tips to make immediate changes: Put More Positive in Your Day!

May 6, 6:30 to 8 pm: *The Power of Positive Parenting*: Every aspect of our lives seems to be ever-changing amidst our current state of affairs. And it does not go unsaid that parenting is one of those areas that looks very different right now. If you are finding it difficult to remain positive with your children in the thick of this added stress check out our Power of Positive Parenting Seminar on May 6th from 6:30-8 via Zoom. We will learn ways to make our learning environment safe and interesting for our children and we will

discuss parental self-care. Registration is required to receive the link for the seminar. Email Heather at heatherpfaff@theparentingplace.net.

Email registration@theparentingplace.net for other sessions that are scheduled for the public.

Triple P Stepping Stones: Get the same great Triple P parenting tips with built-in consideration for parenting a child with special needs.

Wednesdays, May 6, 13, 20 from 9:30 to 11 am. Email lanedickman@theparentingplace.net for Zoom link.

Thursdays, May 7, 14, 21 from 2 to 3:30 pm. Email katiegermanson@theparentingplace.net for Zoom link.

- j. **Shared Parenting:** This series of five sessions offers a road map for parents who are no longer living together but are co-parenting a child. Learn how to manage communication, collaborate on expectations and discipline, and work out the many ways that your child needs both parents to grow up strong,

For dates of upcoming classes and to register: email michaelscott@theparentingplace.net

- k. **Diaper Bank:** Pick up or donate diapers on Thursdays in La Crosse between 11-2. Text 608-792-3923 or email elizabethdigby-britten@theparentingplace.net. We're observing social distancing, so please contact us ahead of time so we can prepare your size. We also ask that you text when you arrive so we can drop your package outside the front door.

We also have a Diaper Bank in Sparta and Tomah. Hours are by appointment only: contact canderson@spartan.org

- l. **Birth to 3:** Our therapists and coaches are providing weekly visits via telehealth to families in La Crosse and Vernon Counties. Birth to 3 is a federal program which provides in-home (currently through phone or videoconference) support for families with a child under the age of three who has a developmental delay or disability. If you have a concern about your child's development, call our Service Coordinators at 608-784-1035 or email birthto3@theparentingplace.net Find our Birth to 3 Facebook group by searching "Birth to 3 The Parenting Place" on Facebook.