



FAMILY MATTERS

*Celebrating 10 Years of Service
to Children & Families!*

Winter 2008

Did You Know?

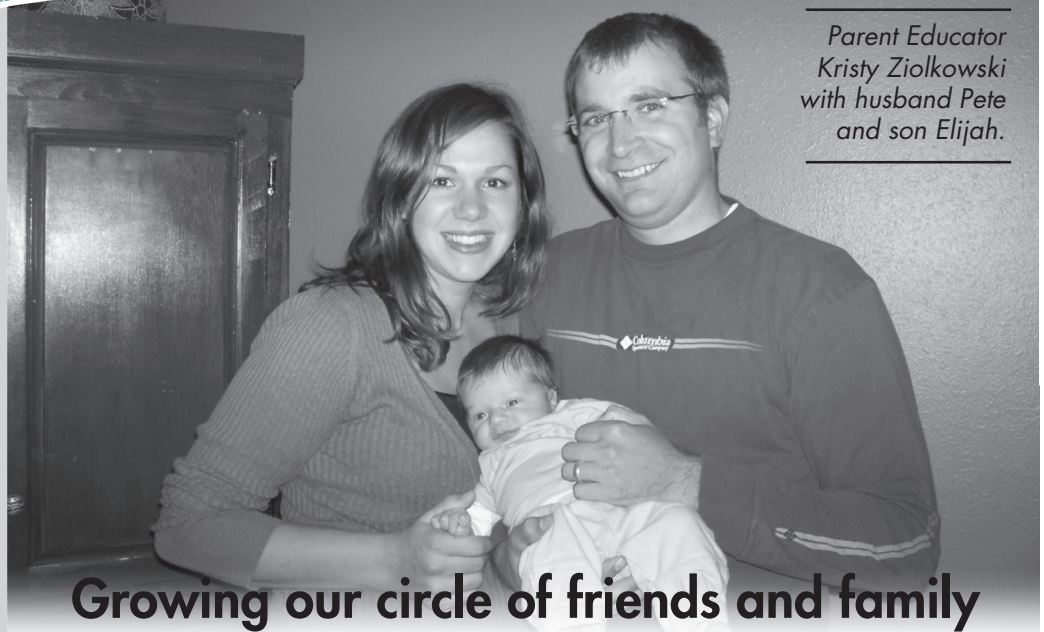
- You MUST be pre-registered to attend our group sessions.
- Our Holiday Shopping Spree is December 6.
- If you bring us your old cell phones, empty ink cartridges, Econo Foods receipts, and Milk Moola labels and caps, we make money.
- You can donate to us without spending a dime? Search the web with www.goodsearch.com and money from the advertisers will go to us. Be sure to select: (Who do you use Good Search for?) Family Resource Center St. Croix Valley – FRCSCV.

Attention FRCSCV Community Partners: Businesses and Community Organizations

Sponsor our newsletter's seasonal pull-out schedule of classes and activities and your organization will receive the following benefits:

- Your info will appear on the newsletter activity page.
- You get maximum exposure as parents will use this handy, pull-out schedule regularly.
- Your info will appear frequently; schedule will print 4 times per year.
- Get your name in front of our mailed and emailed circulation of more than 2000 families and individuals.

Call now for specifications and rates! Contact Mary or Lauren 715-684-4440 info@frcscv.org



*Parent Educator
Kristy Ziolkowski
with husband Pete
and son Elijah.*

Growing our circle of friends and family

Elijah Christian Ziolkowski arrived on September 19, 2008. He was a handsome (if I do say so myself) and healthy 7 pounds 13 ounces and 20 1/12 inches long. The consensus so far is that he has mommy's eye's and daddy's intensity! We are enjoying every minute with our little man, even the screaming moments! Pete and I are very grateful for the gracious support of the staff and board here at the Family Resource Center St. Croix Valley as well as of the thoughts and prayers of the families I have the privilege to work with! I will be returning to work on the 4th of November; until then I'll do all I can to retain the very significant continuing education Elijah is entrusting to me! He no doubt will add immensely to my effectiveness as I continue to serve the young families in our area! We'll see you soon! -Kristy Ziolkowski, Parent Educator



Meet our New Employees

Lauren Koshere, a graduate of River

Falls High School and current River Falls resident, joins us as our new Development and Marketing Coordinator. Lauren recently graduated from the College of St. Catherine, where she worked in the Office of Development for four years. Lauren loves the outdoors and added over 180 miles of wear to her hiking boots last summer when she worked and lived in Yellowstone National Park. She also enjoys writing, cooking, and travel. Lauren is excited to serve the western Wisconsin community through her work with the Family Resource Center.



Our newest Parent Educator is **Jeena Bignell**. She graduated from the University of Wisconsin-Stout in 2005 with a degree in Human Development and Family Studies and resides in Glenwood City with her family. Jeena has two children; Halle is 3 years old and Royal is 11 months old.

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FRCSCV Board of Directors

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The mission of the Family Resource Center St. Croix Valley is to strengthen children, families and communities by offering education, resources and support.

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NEWSLETTER

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Please notify us if your mailing address has changed. For an electronic version of this newsletter, email info@frcscv.org or call Mary @ 715-684-4440. Thank You!

From the Director's Desk

As the days get shorter and leaves are falling, it seems like a good time to reflect on the past year. I am always amazed at how many things happen and change over the course of a year at FRCSCV.

It seems fitting that we take a moment to thank **Vivian Hart** for her nearly two years of service to the FRCSCV. Vivian was the "right person at the right time" and worked to market and develop revenue streams to further the mission of the organization. We thank her for her service and wish her well in the future.

Vivian's resignation, however, opened the door for a new face to join the FRCSCV team. **Lauren Koshere**, was recently hired as the Development & Marketing Coordinator and began October 15th. We would like to welcome Lauren and encourage you to connect with her if you would like a presentation, have fundraising ideas, or know of a connection Lauren should make in furthering the mission of the organization through philanthropy. Her contact information is listed on the website and within this newsletter. **Welcome Lauren!**

Elijah Christian Ziolkowski...we are so happy to report that Kristy Ziolkowski, one of our parent educators, recently gave birth to a healthy baby boy. Elijah Christian was born to Kristy & Pete on September 19 at 4:58pm, weighed 7 lbs, 13 oz and was 20.5 inches long. We **welcome Elijah** to the FRCSCV Family!

Elijah's arrival created a few staffing changes at the FRCSCV too. Kristy will be returning to work part time and Jeena Bignell was hired to cover the rest of Kristy's full time hours; both teachers will be working ½ time. Jeena hails from Glenwood City and has been a great asset in the transition period the last few months. The education and experience Jeena has are a great fit for the FRCSCV. At this point Jeena mainly teaches Play & Learn Groups, however we anticipate she will be providing home visits in the future too. We are really happy to Welcome Jeena to the staff.

It is also the time of year when FRCSCV generally receives an increase in monetary donations, in-kind gifts and/or gifts of time through acts of volunteerism. We are very grateful for all the kindness and generosity shown throughout the holiday season, but more specifically throughout the entire year! If you would like more information about any of the above opportunities, give us a call!

Patty Draxler, Executive Director

"Growing our circle of family and friends" continued...

Although she has only been here for a short time, she has thoroughly enjoyed every aspect of it. Jeena says, "The families and children that I have met have been extremely welcoming. The staff here is incredibly supportive, helpful, and kind. I am excited to be a part of this program and look forward to the coming events!"

Proud to support our community



104 East Locust Street
River Falls, WI 54022
(715) 425-2401

ADDITIONAL LOCATIONS OF THE FIRST NATIONAL BANK OF RIVER FALLS:

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Attention Play & Learn Families

Thank you to our Play and Learn families who have made their donation of a snack and juice for class. If you have not yet brought in your donation, it isn't too late! We are still accepting donations for 100% juice and a healthy snack. As always, we are also accepting monetary donations. The Family Resource Center has felt the strain of hard economic times. It is our hope that we can continue programming in all of our current locations, but as we are 100% funded by grants and donations, this cannot happen without the support of our participating families. Please consider whether you are able to help support your Play & Learn class. Thank you in advance for your generosity!

BABY & ME

A play and discussion hour for parents and their infants (Birth to 12 months).

Some of the topics discussed include:

- Sleep • Nutrition • Reading Baby's Cues • Music • Taking Care of Mom
- Baby Sign • Child Development
- Massage • Separation Anxiety
- Family Traditions

ACTIVITIES • December • January • February

BABY & ME (Pre-registration is required by calling 715-684-4440)

A play and discussion hour for parents and their infants (Birth to 12 months). You MUST be pre-registered to attend.

Amery Mondays 1:00 pm – 2:00 pm at Amery Regional Medical Center, Classroom D

Baldwin Wednesdays 1:00 pm – 2:00 pm at FRCSVCV, 857 Main St. Baldwin

New Richmond Fridays 10:30 am – 11:30 am at Westfield's Hospital Conference Center, New Richmond

River Falls Fridays 10:30 am – 11:30 am at River Falls Area Hospital, Classrooms B & C, River Falls

PLAY & LEARN (Pre-registration is required by calling 715-684-4440)

Play & Learn provides an opportunity for children to interact with their parents and other children their age. Parents can also discuss parenting strategies, dilemmas and everyday happenings with a Parent Educator and other parents going through similar situations.

Winter Session begins week of January 5 and runs through week of March 9.

No Play & Learn week of February 16 and April 27

Winter Play & Learn Registration December 15, 9:00 am by calling 715-684-4440. Pre-registration is required. You MUST be pre-registered to attend.

Spring Play & Learn Registration March 16, 9:00 am by calling 715-684-4440. Pre-registration is required. You MUST be pre-registered to attend.

Multi-Age Play & Learn (You MUST be pre-registered to attend.)

River Falls Mondays 9:30 – 11:00 am @ St. Bridget's Catholic Church, 135 E Division St.

Amery Mondays 9:30 - 11:00 am @ Lein Elementary School, 469 Minneapolis Ave.

Spring Valley Tuesdays 9:00 am – 10:30 am @ Spring Valley Village Hall, E121 South Second St.

Hudson Tuesdays 1:00 pm – 2:00 pm @ Bethel Lutheran Church, 920 – 3rd St.

Baldwin Wednesdays 9:00 am – 10:00 am @ FRCSVCV, 857 Main St.

New Richmond Wednesdays 9:00 am – 10:00 am @ St. Luke's Lutheran Church, 367 W River Dr.

Baldwin Wednesdays 10:30 am – 11:30 am @ FRCSVCV, 857 Main St.

Baldwin Thursdays 9:00 am – 10:00 am @ FRCSVCV, 857 Main St.

Luck Thursdays 9:30 - 11:00 am @ Luck Library

Preschool Play & Learn (You MUST be pre-registered to attend)

New Richmond Wednesdays 10:30 – 11:30 am @ St. Luke's Lutheran Church, 367 W River Dr.

Baldwin Thursdays 10:30 am – 11:30 am @ FRCSVCV, 857 Main St.

Evening Play & Learn (You MUST be pre-registered to attend.)

Baldwin 3rd Tuesday/every month 5:30pm – 7:00 pm @ FRCSVCV, 857 Main St. September 16, October 21, November 18

POSITIVE PARENTING (You MUST be pre-registered to attend.)

This series will help you identify what you do well as parents and learn skills to strengthen what you would like to improve. You MUST be pre-registered to attend.

Call 715-684-440 for details.

OFFICE WILL BE CLOSED • Wednesday, December 24 • Thursday, December 25
• Thursday, January 1 • Monday, January 9

BADGER CARE PLUS First Thursday of every month @ FRCSVCV. Call 715-684-4440 for an appointment.

Child Safety Restraints, Booster Seats, and Safety Belt Requirements: Let's Keep Our Children Safe!

By Marla Butler, Parent Educator
Family Resource Center St. Croix Valley

Do you know that at least 8 out of 10 child restraints are misused? There is an average of 3 errors per misused seat.

On June 1st, 2006 new child safety restraint requirements went into effect. This is 2005 Wisconsin ACT 106. This creates a tiered structure, according to age and size, of restraint requirements for transporting children under the age of eight in a motor vehicle.

1. A child less than one year old or weighing less than 20 pounds must be "properly restrained" in a rear-facing child safety seat in the back seat of the vehicle if the vehicle is equipped with a back seat.
2. A child at least one year old and weighing at least 20 pounds but is less than four years old or weighs less than 40 pounds must be properly restrained in a forward-facing child safety seat in the back seat of the vehicle if the vehicle is equipped with a back seat.
3. A child at least four years old but less than eight years old, weighing at least 40 pounds but not more than 80 pounds, and is no more than 4'9" tall must be properly restrained in a "child booster seat".
4. A child under the age of eight and exceeding the weight or height limits in item 3 above, must be properly restrained by a seat belt.

Other tips for safe travel are:

General Safety Tips

- Child safety seats expire after 6 years. With the drastic temperature changes in Wisconsin it weakens the plastic. Please check the manufactured date on each seat to determine the age.
- Do not use extra add-ons that you can buy in the store such as seat covers for your car, head positioners, toys, or belt tighteners. These items have not been tested with the child safety seats when testing was done.
- Do not use blankets or towels under car seats. These do not allow you to get the seat tight enough in the car.
- A tight seat will not move more than 1 inch from side to side or forward.
- All chest clips should be placed at armpit level.
- All harnesses should be tight. You will not fit more than one finger under the strap.
- All belts and harnesses should lay flat across the child's lap and chest.
- Know the history of your child's seat. Do not use seats that have been in accidents. Do not purchase seats from garage sales. You do not know the history of the seat even if they do tell you it has never been in an accident.

Rear-facing seats Birth to 1 year and 20 pounds

- Rear-facing seat position supports entire head, neck and back: cradles and moves with the child reducing stress to neck and spinal cord in a crash.
- If you are using an infant carrier, travel with the handle down. The handle is not a roll bar and could shatter and injure the baby in an accident.
- Shoulder straps for a rear-facing seat should be at or below the child's shoulders.

1 year & 20 pounds-40 pounds

- Harnesses should be at or above the child's shoulders. Usually the top slot is best.
- Shoulders should not be above top slots.

40-80 pounds

- Use a belt-positioning booster.
- A high back booster is needed for those vehicles that do not have head rests.
- A low back booster can be used in a vehicle with head support.
- All boosters must be used with the lap/shoulder belt combinations.
- The lap belt sits on the child's hips, not their stomach.
- The shoulder belt is on the child's shoulder, not their neck, under their arm, or behind them.

80+ pounds

- Your child is big enough to sit in an adult seat when they can sit with their back flat against the seat, butt at the crack of the seat, and their legs can bend without slouching.
- The lap belt sits on the child's hips, not his stomach.
- The shoulder belt is on the child's shoulder, not their neck, under their arm, or behind them.

If you have questions please contact Marla at Family Resource Center at 715-684-4440.

Public Health Recommends

Before your child turns 2...

4 DTaP	3-4 Hib
1 MMR	3 Hep B
3 Polio	1 Varicella (Chickenpox)
4 Hep A	4 Pneumococcal (PCV)

1 - 2 Influenza recommended annually for 6 month old to age 5.

Contact your doctor or your local public health department

St. Croix County Public Health Department
715-246-8263

Pierce County Public Health Department
715-273-3531

Polk County Public Health Department
715-485-8500