



Children's Service
Society of Wisconsin™

A member of Children's Hospital and Health System.

September – December 2011

Programs and services

Play and Learn

9 a.m. – 10:30 a.m. Tuesdays

Community Care Center

401 W. Main St., Merrill

Parents, grandparents and caregivers along with their infants and young children are welcome to drop in each week to participate in learning activities. These activities will enhance your child's development and promote school readiness. We've also got ideas for playing and learning that you can do at home.

New! Play and Learn P.M.

6 p.m. – 7 p.m.

Thursdays Sept. 15-29 and Oct. 6-20

Community Care Center

401 W. Main St., Merrill

Can't make it to Play and Learn during the day? Join us for Play and Learn P.M.! There will be time to visit, time to play and a lot to learn.

Family resource center programming is free. Registration is required. Please call today to register for programs. Child care may be available during programs – ask about it when you register.

Merrill Family Resource Center

Community Care Center

401 W. Main St.

(715) 539-9228 or toll-free (800) 577-7971

debra.mcgregor@cssw.org

Center hours are available by appointment

cssw.org

Lincoln County FAMILY RESOURCE CENTERS FAMILY MATTERS

Developmental Screenings

Ages and Stages developmental screenings are available at the family resource center through the Play and Learn program or by appointment. They're for children age 4 months to 5 years old. For more information or to schedule an appointment, call (715) 539-9228.

Parents as Teachers

This is an early learning program for qualifying families with new babies. Weekly in-home visits are provided that include information and activities about child development, literacy and parenting skill-building. Call (715) 539-9228 to see if this program is right for you.

Prenatal Care Coordination

Trained staff are available to meet with expectant moms who qualify for Medical Assistance through your pregnancy and after the birth of your baby. We'll work together to be sure your baby gets the best possible start. Prenatal care coordination is one of your Medical Assistance benefits, and we want to help you take advantage of this program.

Warmline

The Warmline is your connection to 24-hour parenting information and a link to expert, nonemergency advice on the day-to-day trials of child rearing. Call (800) 577-7971.

One-to-one parenting consultation

Family resource center staff is trained to provide parenting information to families. If you would like an individualized parenting consultation, call (715) 539-9228 to make an appointment.



Merrill Area
United Way





Children's Service
Society of Wisconsin™

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Lincoln County Family Resource Center
Community Care Center
401 W. Main St.
Merrill, WI 54452

Lincoln County FAMILY
RESOURCE
CENTERS
FAMILY MATTERS

Early experiences guide children's ability to learn and grow

From the moment children are born, they are stimulated by experiences that teach them about the world and shape their reactions to it. Their brains are wired to respond to and learn from these experiences, and providing babies and young children with an environment rich with love and positive experiences will have a tremendous effect on their physical, social and emotional development. Here are some things you can do to stimulate your baby's brain from birth to age three:

- **Care for your child's physical needs in a loving and responsive manner.** During routine interactions such as feeding, holding and changing diapers, smile, coo and cuddle your baby. Pick your baby up often and tell him or her that you love him or her. Let your toddler know that you are happy he or she is yours.
- **Respond to your child's nonverbal and verbal cues.** Even infants who are only a few days old communicate through the sounds they make, the way they move and the expressions on their faces. It is important to learn and acknowledge these cues. Infants cry to tell you what they need – listen and see if you can tell the difference between the cry that says your baby is hungry and the cry that says he or she needs to a diaper change, or a nap or some play time.
- **Share language with your child by talking, reading and singing.** It is through these early “conversations” that a child's language capacity grows. Look into your baby's face and mimic the sounds he or she is making. Sing silly songs with your toddler using rhyming words. Read to your child every day and make books available for him or her to look at and touch.
- **Encourage your child to learn through safe exploration and play.** Unlock a child's learning potential. Provide an environment full of sights, sounds, tastes and smells. Take part in programs like the Family Resource Center's Play and Learn Tuesday mornings for ideas and activities.
- **Reduce your child's stress by establishing routines and rituals.** Routines give your child a sense of security and help him or her feel like he or she can count on you and your environment for stability. Try not to schedule activities during naptime, for example, and have meals on a regular schedule.
- **Get to know other parents with young children.** Learn from each other and share ideas and experiences. Join the fun at Play and Learn at the Family Resource Center!

Call the Family Resource Center at (715) 539-9228 to find out about upcoming programs.