



Improving lives to help individuals and families succeed

## Parent Education and Support Spring 2018

Thanks to the generous support of Ozaukee Family Services Donors and United Way of Northern Ozaukee, we offer all our classes **FREE OF CHARGE!**

### Play Group

**Meets the 2<sup>nd</sup> Monday and 4<sup>th</sup> Friday of the month January 8-May 25 9:30-10:30am**

An open and interactive group for parents and their children age 0-4, using books and activity stations centered around themes. Come and play with your child while interacting with other parents in our safe and fun playroom! Enjoy different toys, gain ideas to try at home, make new friends or bring friends to share in the fun! Space is limited. Please call to reserve a spot! Facilitated by Ozaukee Family Services' Parents as Teachers staff.

### Let's Play to Learn

Learn ways to stimulate your 2- 4 year old's learning and creativity through these play-based parent and child workshops. \*These workshops fill quickly!\* Please call to reserve your spot!

- **Wednesday, January 17** **The Mitten: Storytelling & Sequencing** 10:00-11:00am **\*\*Childcare available**
- **Monday, February 5** **Music and Movement** 10:00-11:00am **\*\*Childcare available**
- **Wednesday, April 18** **Mindfulness: Strategies to calm & focus** 10:00-11:00am **\*\*Childcare available**

### Raising Your Spirited Child

**Tuesday, March 6 6:30-8:00pm \*\*Childcare available**

For parents of children who are more intense, persistent, resistant to change or generally more spirited than most. Learn ways to work with your child's spirit and temperament, including positive parenting and discipline techniques. Techniques and teachings based on *Raising Your Spirited Child* by Mary Sheedy Kurcinka. Facilitated by Kathy Bergmann, Parent Educator at Ozaukee Family Services.

### The Incredible Years

**Wednesdays, April 11-May 23 6:00-8:00pm \*\*Childcare available**

This 7-week course for parents is an evidence-based parenting program designed to help promote the social, emotional, and academic success of kids ages 2-14. Parents learn how to prevent, reduce, and treat emotional challenges in children through a positive and nurturing approach. The course introduces developmentally appropriate and consistent responses to increase children's self-esteem, reduce conflict in the home, and promote a strong and healthy family. Facilitated by Ozaukee Family Services' staff: Katie Baud, MSW, Family Steps Coordinator and Melissa Wellenstein, BSW, MS, LPC.

**\*\*Limited childcare available for some workshops. Please register early to ensure availability of childcare. Include child's name and birthdate at time of registration.**

**All classes held at Family Enrichment Center in Grafton**

**Ozaukee Family Services**  
**885 Badger Circle, Grafton, WI**  
**262-376-7774**  
[ozaukeefamilyservices.org](http://ozaukeefamilyservices.org)

Please see next page for more offerings! →→→→



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### Sensory vs. Behavior

**Monday, February 19 10:00- 11:00am**

Learn how to tell the difference, *Is it a behavior or is it a sensory need?* Children and parents will explore sensory activities using everyday household items (soup cans, couch cushions, blankets, laundry baskets, etc.) while receiving educational information about how these activities regulate your child's sensory needs. An occupational therapist from Ozaukee Therapy will lead this parent and child class for toddler and pre-school aged children. Facilitated by Ozaukee Therapy, <https://rehabresourcesinc.com> Reserve your spot for this class by calling **Ozaukee Family Services at 262-376-7774**

### Fine Motor Development

**Monday, March 26 10:00-11:00am**

What fine motor skills should my child be doing at this age? Explore age appropriate fine motor skills with an occupational therapist from Ozaukee Therapy. She will share developmental expectations, activities, and tips for toddlers and preschoolers at this parent/child class. Facilitated by Ozaukee Therapy, <https://rehabresourcesinc.com> Reserve your spot for this class by calling **Ozaukee Family Services at 262-376-7774**

### Understanding Anxiety in Your Child

As a parent or caregiver, how do we support someone who is struggling with anxiety? What's the difference between 'normal' situational anxiety and something more? Join Dr. David Eichenhofer in learning about anxiety in children. Learn to recognize symptoms and how your child may be affected in their day to day life. Dr. Eichenhofer will discuss types of anxiety as well as strategies for both parent and child to ease challenging situations. Facilitated by Dr. David Eichenhofer, Ph.D., Eichenhofer Psychological Services

- **Monday, March 19 Middle- High School Age (6<sup>th</sup> – 12<sup>th</sup> grade) 6:30-8:00pm **\*\*Childcare available****
- **Tuesday, April 10 Elementary School Age (through 5<sup>th</sup> grade) 6:30-8:00pm **\*\*Childcare available****

### Potty Time

**Thursday, April 19 6:30-8:00pm **\*\*Childcare available****

*Potty Time* is a class for parents of toddlers who are ready (or not!) for potty training. This workshop covers your questions about how to ditch the diapers. Experienced parent and pediatrician, Dr. Dan Hagerman of Cedar Mills Medical Group will provide parents with information, answer questions, and help shed some light (and humor) to parenting through potty training.

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