



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
January and February, 2023



10 New Year's Resolution Ideas for Foster Parents By: Bryan Hoffstetter

As we look ahead to a new year, this can be a time to reflect on how we've parented the children. Parenting children with special needs is a challenge. Often it can be the little things that lead to our biggest successes.

Here are some realistic thoughts and ideas for this year.

1. Say "Yes" More. Try saying "yes" to spending quality time doing things together along with setting aside some individual time for each child.

2. Say "No" More. As parents we hear "I want," "I need," and "Everybody else has/does it." Be empathetic to the child's needs before saying "No." Give a reason to help the child understand your rationale. Look at alternatives or compromises. Say "No, and..." to encourage more cooperative behavior.

3. Worry Less. Keeping kids safe should be a priority, but don't let your large and small worries drive your life. Take care of yourself and the things you can control. Provide ways for children to safely explore what's around them.

4. Listen More; Talk Less. As your child questions - What do you think? What are you feeling? What would you do? Tell me about it.

5. Negotiate Less; Explain More. Kids deserve to know the thinking behind our decisions and expectations, but should not be equal partners at the bargaining table. We are the parents.

6. Read a Little More. Reading is a good way to spend time together. Reading with your child, and in front of your child, will also help them grow as readers. Grab books, magazines, and newspapers and have them available for children.

7. Write a Little More. Get in the habit of writing notes of encouragement, love, recognition, and daily appreciation of life.

8. Expect a Little More. In the New Year, expect more from your children, like good behavior, responsibility, manners, and kindness. When we place limits and restrictions, we get the minimum. When we expand our expectations, we may be pleasantly surprised.

9. Expect a Little Less. Be okay with a little less constant scheduling and activities. Slow down, you move too fast. Children need a lot of slow to grow. Create a daily schedule that is more balanced and realistic. Teach kids how to relax and model the behavior for them.

10. Connect More. Take steps to maintain personal friendships, and stay connected with family, other parents, the community, those less fortunate, and the natural world.

As a parent, some days will be easier than others. Parenting a child with special needs takes time and effort. Remember that what you are doing is important and is having an impact on a child. For foster parents, you may not see this transformation right away. You are planting a seed in the life of a child that may grow in the future. With love, compassion, and nurturing, your seed can take root and produce amazing results when we least expect it.

Waukesha JanBoree

A FREE event that takes place all around Waukesha.

Opening weekend events include: Ice sculpting demo, glow wild walk, wild snow sculpting demo, 19th annual geocaching event, winter wildlife exploration, Yukon slide, and Aurora Borealis Laser Light Show!

Weekday events include: Goosechase scavenger hunt, walk of lights, family painting, and a sunset meditation planetarium show and peaceful night hike.

Closing weekend events include: Ice sculpting competition, Creepy Crawly Zoo, ice fishing clinic, bean bag tournament, penguin egg hunt, and a "Top Gun Maverick" movie showing.

... AND SO MUCH MORE!!!

Where: Throughout Downtown Waukesha

When: January 13 - 22, 2023; Various Times

Cost: Most activities are free, although some may have a fee

Registration Required?: Some events require pre-registration.

For Additional Information: <https://www.janboree.org/>



Historical Society Markers

You've seen them around the community, but have you made a specific journey to read and learn more about Waukesha County's history? If you find yourself suffering from cabin fever, head out on the town and learn some fun facts! Take selfies and build memories!

For Additional Information: [https://](https://www.waukeshacountymuseum.org/research-center/markers/)

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Informational and Training Opportunity

Waukesha County Foster Parent Information Sessions

Open to Waukesha County residents interested in learning more about foster care in our community. Also required for any new foster parents. If you are a two-parent household, both parents must attend. The information sessions will be held virtually using Microsoft Teams.

Date: Wednesdays - January 11, February 8, 2023

Time: 6:00 p.m. - 7:00 p.m.

Date: Thursdays - January 26, February 23, 2023

Time: 12:00 p.m. - 1:00 p.m.

For Additional Information and to Register: www.wcfostercare.com

Let's Cook! Cheesy Sticks! One Easy Snack, Two Variations!

By: iwashyoudry.com



A completely customizable snack - perfect for the long, cold winter! And, after baking them, let them cool and you can pop them into a freezer bag and freeze them up to 3 months! Great for a quick snack!

Cheesy Pepperoni Sticks

Ingredients:

- ✿ 1 tube Pillsbury Pizza Dough
- ✿ Pepperoni Slices (they say "40" - we say "measure with your heart!" LOL) (if you don't want pepperoni, use any toppings your heart desires! Peppers, mushrooms, olives, sausage, etc!)
- ✿ 10 Mozzarella Cheese Sticks
- ✿ 2 Tbsp Butter
- ✿ 1/2 tsp Garlic Powder
- ✿ 1/2 tsp Dried Parsley
- ✿ Marinara Sauce, for dipping (Optional)



Instructions:

1. Preheat oven to 450 degrees.
2. Spread pizza dough out on a lightly greased baking sheet. Cut the dough into 10 equal sized rectangles.
3. Arrange (at least!) 4 pepperoni slices on each rectangle and top with a mozzarella cheese stick.
4. Roll up the pizza dough, enclosing the cheese stick, pinching the seams closed.
5. Melt the butter and add the garlic powder and dried parsley. Brush the pizza sticks with the butter.
6. Bake for 10 - 12 minutes or until golden brown.
7. Enjoy warm with a side of marinara sauce for dipping if desired!

Cheesy Taco Sticks

Ingredients:

- ✿ 1 lb. Ground Beef, Browned and Drained
- ✿ 1 packet Taco Seasoning Mix
- ✿ 1 tube Pillsbury Pizza Dough
- ✿ 5 Colby Jack and Cheddar Cheese Sticks, Halved
- ✿ 4 Tbsp Butter, Melted
- ✿ 1 tsp Garlic Powder
- ✿ 1 tsp Dried Parsley



Instructions:

1. Preheat oven to 425 degrees.
2. Mix in the taco seasoning packet (no water!) with the ground beef and stir until fully coated. Remove from heat and let cool to room temperature.
3. Spread pizza dough out on a lightly greased baking sheet. Cut the dough into 10 equal sized rectangles.
4. Place about a Tbsp of taco meet in the center of the dough, top with halved cheese stick.
5. Roll up the pizza dough, enclosing the cheese stick, pinching the seams closed.
6. Melt the butter and add the garlic powder and dried parsley. Brush the taco sticks with the butter.
7. Bake for 10 - 12 minutes or until golden brown.
8. Enjoy warm with your favorite taco toppings!

Let's Craft!

DIY Melted Crayon Heart Valentines

By: momdot.com

This is a super fun craft and a wonderful way to upcycle any broken crayons you have lying around your home! You can either keep the crayons for yourself, or go a step further and make them into valentines!

What You'll Need:

- ✿ Heart Shaped Silicone Mold
- ✿ Colorful Card Stock
- ✿ Sharpie Marker
- ✿ Crayons (labels peeled off)
- ✿ Zots Dots



Hint:

If you need help getting the labels off, place the crayon(s) in a bowl of warm water and the paper will peel off after a little soak! Then just towel dry!

What You'll Do:

1. Preheat oven to 250 degrees.
2. Break the crayons into small chunks and feel each heart mold with different colors. (Editorial note: When I made these years ago, I made sure each one had a piece of gold or silver for that little extra sparkle!)
3. Place mold on a baking sheet and bake for 20

- minutes until they are melted all the way.
4. Remove pan from oven to cool. (If you are impatient, you can place them in the freezer to cool in as little as 15 minutes!)
5. Pop the crayons out of the mold and set aside.
6. To make into Valentine's Day card, cut the card stock into whatever shape you would like - square, circle, heart, etc!
7. Write a Valentine's Day message on each card, leaving space for the crayon
8. Stick a Zots sticky dot in the center to help secure the crayon.
9. Press the crayon on the Zots, and you are ready to share your custom creations!



Contact Numbers:

Foster Care Social Workers:

Waukesha County Health & Human Services
262-548-7212

Michelle Lim, Foster Care Supervisor
262-970-4761

Cassie BeLow 262-896-8574
Stephanie Engle..... 262-548-7424
Rhonda Klinger 262-548-7240
Jennifer Mantei 262-548-7250
Hilary Smith 262-548-7254
Brittany Sutton..... 262-548-7262

Case Management Social Workers:

Angie Sadler, Ongoing Social Work Supervisor
262-548-7272

Denise Hegberg, Ongoing Social Work Supervisor
262-548-7754

Jennifer Eiler, Ongoing Social Work Supervisor
262-548-7260

Jamie Carter 262-548-7264
Kimberly Dudzik 262-548-7347
Megan Fishler..... 262-896-8570
Abbey Girman..... 262-548-7695
Abby Hudson-Ramirez

..... 262-548-7298
Emily Kerr 262-548-7239
Nicole Laird 262-548-7265
Jessica Larsen 262-548-7346
Maria Maurer 262-548-7345
Jessica Palmersheim 262-896-8281
Johanna Ploeger 262-896-6857
Cindie Remshek..... 262-548-7281
Elizabeth Russo 262-548-7349
Kim Sampson..... 262-548-7273
Linda Senger..... 262-548-7698

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911

Family Emergency: 211 or 262-547-3388



If an Allegation of Abuse or Neglect has been made against you, please call:

FASPP
Norma Schoenberg
920-922-9627