



[www.TheParentingPlace.net](http://www.TheParentingPlace.net)

# Building BLOCKS

The Parenting Place newsletter for the counties of La Crosse and Monroe.



## OUR MISSION

Supporting and empowering a community of adults who nurture thriving children

### LA CROSSE OFFICE

1500 Green Bay Street  
La Crosse, Wisconsin 54601  
608.784.8125  
800.873.1768  
fax 608.796.0098

### SPARTA

900E Montgomery Street  
Sparta, Wisconsin 54656  
608-716-4081

### TOMAH

310 West Elizabeth Street  
Tomah, Wisconsin 54660  
608-716-4081

Offices are temporarily closed to the public, but we'll be happy to receive your phone calls

Monday - Friday  
10:00AM-4:00PM

## WE'RE HIRING!

The Parenting Place has several open part and full-time positions! To learn more and to apply go to:

[www.theparentingplace.net/careers](http://www.theparentingplace.net/careers)

The Parenting Place is an equal opportunity employer.



## PLAY TODAY...FOR LEARNING TOMORROW

6:00 PM - 9:00 PM | DECEMBER 1ST | GREEN BAY OFFICE

In the words of Mr. Rogers, "Play is serious learning". This training is designed to inform participants of the importance of play and how play can support brain development. The content will address the essential elements of true play, interaction strategies that support meaningful play, play as a curriculum, a meaningful play...



## LIBRARY PLAY SHOPPE

10:00 AM - 11:00 AM | TUESDAYS | NORTH COMMUNITY LIBRARY

We have a new program, in cooperation with the library, a restart of the Library Play Shoppe, every Tuesday with Lindsay at the North Community Library. For this program, we'll have pandemic adaptations; starting with a walkabout and outdoor story until the Library returns to in-person programming.



# FOREST PLAY SHOPPE

Forest Play Shoppes are weekly outdoor adventure play groups built around the same core concepts you find behind all of our free Parent Education programs. Gather with other grownups who welcome you by name while your child delights in jumping, climbing, finding, tugging, digging, balancing, sharing, tossing, gathering, planning; always surrounded by nature's sensory delights: the crunch of snow, the smell of a pine grove, the feeling of slipping and balancing on an icy surface, the chatter of the birds, the lure of the woods in Winter.

In Forest Play Shoppes, adults and children embrace rain, snow, sunshine, wind, and mud (definitely mud!). We'll gather each week with weather appropriate clothing (some clothing to protect you and your child from moisture and cold may be provided).

Forest Play Shoppes are planned to minimize Covid-19 risks: activities are always outdoors and adults are required to wear masks at all times and to observe 6 foot distances.



Tomah	Sparta	LaCrosse
<b>WEDNESDAYS</b> 9:30–10:30am	<b>MONDAYS</b> 9:30–10:30am	<b>THURSDAYS</b> 10:00 - 11:00am
<b>LOCATION</b> Tomah School Forest	<b>LOCATION</b> Sparta Public Park	<b>FRIDAYS</b> 10:00 - 11:00am
<b>CANCELLED</b> October 27th December 15th		<b>CANCELLED</b> November 25, 26 December 23, 24 December 30, 31

Forest Play Shoppes are generously sponsored by

**GUNDERSEN**  
HEALTH SYSTEM®

## Bedtime Routines Discussion Group

**NOVEMBER 16**  
10:00am-12:00Pm

**Online (Zoom)**

If a crying, procrastinating child, or a child who won't go to bed and stay there is the norm for your family then you are almost certainly dealing with the effects of exhaustion too! Put a stop to the tears, excuses and attention seeking tactics so the whole family can get a good night's sleep - and be happier and healthier for it! You will leave the discussion group with a parenting plan that is tailored to your family.

## MUSCLES IN MOTION

**WEDNESDAYS**  
10:00am - 11:00am

**Online**  
**Facebook Live**

Sponsored by:



Join Parent Educator Mike Scott, along with many surprise guest appearances, for a 20-plus minute program of movement and fun for kids of all ages. There will be stretching, movement games and stories, Dad jokes and the most talked about new sensation - Stop and Go Online! Join the fun and be ready to move.

# PARENT CONNECTION

During Parent Connection, we welcome moms, dads, grandparents, and caregivers who are looking to make connections with others in their community. In this time of uncertainty, The Parenting Place wants to remain your constant. We know the importance of staying connected and Parent connection is one way to achieve that. We've decided to move our Parent Connections virtually for the safety and well-being of our community. Registration will be required to receive a weekly email containing the Zoom link.



La Crosse	Sparta	Tomah
<b>TUESDAYS</b> 9:30–11:00am	<b>FRIDAYS</b> 9:00–10:30am	<b>THURSDAYS</b> 9:00–10:30am
	LOCATION Sparta Office	LOCATION Public Park
	CANCELLED November 26th December 24th	CANCELLED December 25th

# SHARED PARENTING RESPONSIBILITIES

**TUESDAYS**  
**OCT 12 - NOV 16**  
5:30pm–6:30pm

**NOV 30 - DEC 28**  
7:00pm–8:00pm

**ONLINE(ZOOM)**

This co-parenting course will help parents work together to raise their children after a separation, divorce, or break-up. This means learning to understand new roles, responsibilities, and rights. Cooperative co-parenting can help reduce stress and conflict for both parents and children. Attend together or separately.

Participants will receive a certificate of completion following the 6-week course.



**MARCH 8, 2022**  
5:30pm

## New date for La Crosse Family Feud!

We're moving the Feud to Tuesday, March 8, 2022! Keep a look out for more information

**Weber Center For  
The Performing Arts**

# REGISTRATION

To register for any of our Parent programs:

1. Scan this QR code with your phone camera or go to:  
[www.theparentingplace.net/parenting-classes](http://www.theparentingplace.net/parenting-classes)
2. Click on the desired program(s) and and fill in the registration form <1 min.
3. Wait for confirmation and more information from our Parent Educators.



**NOTE:** Parents only need to register once per location/day of week (not an ongoing registration for each week). Also note that Upon registration, parents will receive an email with instructions on how to find each cohort's location and how to prepare your child for Forest Play Shoppe.



## OTHER PROGRAMS

### Child-Care Certification

Being a child care professional can be both exciting and rewarding. You can be your own boss and choose the schedule that fits your life and family and make a positive impact on the lives of children. You will also have great income potential, while providing built-in interaction opportunities for your own children and sharing in every one of their milestones. If you live in La Crosse, Trempealeau, Monroe, Buffalo, Crawford, or Juneau County and are interested in providing child care in your home, The Parenting Place can help.

For more information on becoming certified, call 608.784.8125 and ask for Rachel Siegersma or Jan Burns-Fuchs. You may also e-mail any questions to: [rachelsiegersma@theparentingplace.net](mailto:rachelsiegersma@theparentingplace.net) [janburnsfuchs@theparentingplace.net](mailto:janburnsfuchs@theparentingplace.net)

### La Crosse Birth-to-3 Program

A great deal of learning takes place in a child's first three years. Families who have children with developmental delays or disabilities may need extra support to help their children reach their potential. The Birth to Three Program offers free evaluations for children ages 0–3 years old.

To speak with someone about the program, please call 608.784.8125. Outside of La Crosse County call 800.642.7837.

### Family Navigation Specialist

The Family Navigation Specialist works with families in La Crosse and Monroe counties when a Functional Screen needs to be completed for a child. Many programs in Wisconsin that provide supports and services for children with special needs require that a functional screen be completed to determine eligibility. Examples include: the CLTS Waiver Program, the Children's Community Options Program (CCOP), Comprehensive Community Services (CCS), among others. The Functional Screen is a screening tool that collects information on your child's health, need for supports and how they play and interact with others. The Family Navigation Specialist meets with families, either virtually or in your own home, and asks questions about your child. The staff will then complete a screening tool that will determine your child's program eligibility.

For more information please call Rachel at (608) 397-1897 or by email at [screens@theparentingplace.net](mailto:screens@theparentingplace.net)

### P.A.T.—Parents as Teachers

**Fact:** You are your child's first teacher.

**Fact:** Teachers receive training and professional development.

**Fact:** Now, you can too!

The Parenting Place is now offering FREE parent mentoring and training visits in your home. These Parents as Teachers sessions teach you how to connect with your child based on his/her developmental stage. Our expert trainers will emphasize hands on learning and reflective practice to increase your child's readiness and success in school. Visits can be anywhere from weekly to once a month depending on each unique situation. Appointments are being made now for children 3 years of age and under in La Crosse and Monroe Counties.

Call 608-784-8125

or email [info@theparentingplace.net](mailto:info@theparentingplace.net)

### Parenting Classes On the Go Via Zoom

Did you know that The Parenting Place can bring parenting classes to your work site or group? We can! Choose from the following topics that are common challenges for all families: **Help! My Child Doesn't Listen to Me** (Dealing with Discipline), **Good Night, Sleep Tight!** (Developing Good Bedtime Routines), **Stop the Snicker and the Bicker** (Managing Fighting and Aggression), **To Market We Shall Go** (Hassle-Free Shopping with Children). Each class is an hour long and perfect for a lunch-time presentation.

Please call at least four weeks ahead of time to schedule a presentation. There is limited availability, so call Marilyn at 608.784.8125 ext 231.

### Looking for Child Care? We Can Help!

We provide parents with custom referrals to child care centers, family child care providers, and preschools based on ages of the children, work schedule, preferred location, etc.

This service is free. Referrals can be obtained by contacting us by phone during normal business hours at 608.784.4519 or online on our website: [www.theparentingplace.net](http://www.theparentingplace.net)

### Sick-Child Policy

Sick Policy, The Parenting Place requires all staff to stay home if they are ill, something we also ask of you. Please be mindful and stay home if you or your children are ill or have any of these symptoms; persistent cough, shortness of breath, fever, rashes, vomiting, diarrhea, yellow/green runny nose, or body aches. Staying at home will support the health of all our participants and

# FREE DIAPERS AT OUR DIAPER BANK!

## DO YOU NEED DIAPERS?

1. Submit your request by 11am on the day of diaper distribution (see location info below). We need
  - Your first and last name
  - Number of children needing diapers
  - Sizes needed
2. Wait for a confirmation before picking up diapers.
3. Pick up your diapers!

## LA CROSSE

- Requests to [diapers@theparentingplace.net](mailto:diapers@theparentingplace.net) or text 608-467-4702
- Pick up diapers Thurs from 11a - 2p, at West entrance of 1500 Green Bay Street, next to the ramp.
- \*\*WAFER Mobile Food Pantry will be on site the first Thursday of each month from 11am - 12pm

## TOMAH

- Requests to [canderson@spartan.org](mailto:canderson@spartan.org) or text 608-716-4081
- Pick up on Thursdays from 11a - 2p at 900 E Montgomery St.

## SPARTA

- Requests to [canderson@spartan.org](mailto:canderson@spartan.org) or text 608-716-4081
- Pick up on Fridays from 11a - 2p at The Parenting Place Tomah office at Gloria Dei Church, 310 W Elizabeth St



## YOU CAN SUPPORT THE DIAPER BANK!

- Drop off diapers during diaper distribution, Thurs, 11 - 2, in La Crosse, or by appointment in Sparta and Tomah
  - Drop off diapers at Once Upon a Child in Onalaska
  - Send diapers to The Parenting Place from our Wish List: <https://tinyurl.com/fkmxec5x>
  - Make a monetary donation online: <https://www.theparentingplace.net/diaper-bank/>
- Scan the QR code here for more info:



# TRIPLE P (POSITIVE PARENTING PROGRAMS) WITH THE PARENTING PLACE

*Parenting is rewarding, but sometimes you can come to a sticky situation. Triple P provides you with positive ways to help your family work and play better together. We've got lots of Triple P options – choose the one that is right for your family. Triple P is a parenting program used worldwide and you can enroll for free with The Parenting Place. All programs will be held on Zoom this quarter. Registration is required.*

## Triple P Seminar: The Power of Positive Parenting Seminar

**OCTOBER 10**  
4:30am-6:30pm

**DECEMBER 15**  
9:30am-11:30am

Online (Zoom)

During this seminar learn how our child's environment and our expectations can play a role in their success. Also, learn about assertive discipline and the importance of parental self-care.

## Coping with Teenagers' Emotions Discussion Group

**OCTOBER 26**  
10:00am-12:00pm

Online (Zoom)

When teenagers become emotional it can be difficult for parents to know what to do. The important thing is for teenagers to learn how to calm themselves down when they are upset. Learning to manage emotions is an important life skill that parents can teach their teenagers by following some simple tips. Join Cara for this discussion group to look at some reasons why teenagers can become emotional, and get some practical suggestions to help you teach your teenager how to manage their emotions.

## Building Teenagers' Survival Skills Discussion Group

**OCTOBER 12**  
10:00am-12:00pm

Online (Zoom)

Parents can help prepare your teenager to cope with some of the challenges they may meet by helping them first recognize and manage situations where the risks are smaller. In this way you can teach your teenager to plan for situations that they might otherwise struggle to cope with. Join Cara for this discussion group that will look at some of the reasons why teenagers can get into trouble and give some practical suggestions to help you teach your teenager how to anticipate and manage problem situations.

## Triple P Parenting: Raising Resilient Children

**LACROSSE**  
**DECEMBER 1**  
9:30am-11:30am

**OCTOBER 24**  
4:30am-6:30pm

**MONROE**  
**DECEMBER 21**  
10:00 am-12:00 pm

Triple P Seminar: Raising Resilient Children: Resiliency has always been important, but now more than ever we can foresee the issues that may arise if our children are not being given the proper foundation for resiliency. During this seminar, you will learn about strategies that will help you promote your child's recognition and expression of feelings, and the development of coping skills. You will also learn how to help them deal with those stressful life events that we all know happen!

## New Triple P Positive Parenting Program for Parents of Children who have a Disability

Our Parent Educators have just become accredited in Triple P (Positive Parenting Program) for families with children who have a disability. If your child is experiencing an intellectual or physical disability or has disruptive behavior related to a delay or disability, this program will help you learn small and quick ways to move through behavior problems and increase your family's well-being. For more information, email [info@theparentingplace.net](mailto:info@theparentingplace.net) or call 608-784-8125, ext. 231. As always, our Parent Educators can talk with any family about how free Triple P group or individual sessions can "put more positive in your day".

## Dealing with Disobedience Discussion Group

**OCTOBER 17**  
4:30am-6:30pm

**NOVEMBER 30**  
10:00am-12:00pm

Online (Zoom)

This Triple P workshop will provide you with healthy and effective strategies to help with one of the most difficult parenting challenges, dealing with disobedience. Let Cara help you design a personalized parenting plan for your family.

## Raising Confident, Competent Children Seminar

**OCTOBER 17**  
4:30 PM- 6:30 PM

Online (Zoom)

One of three Triple P seminars will be presented: Raising Resilient Children. This seminar will allow you to gain tools to help you deal with problem behavior, encourage desirable behavior, grow more confident as a parent, and take care of yourself. Targeted at parents with children ages 0-12 years of age.

## REGISTRATION

To register for any of our Parent programs:

1. Scan this QR code with your phone camera or go to: [www.theparentingplace.net/parenting-classes](http://www.theparentingplace.net/parenting-classes)
2. Click on the desired program(s) then fill in the registration form <1 min.
3. Wait for confirmation and more information from our Parent Educators.



## Triple P for Teens

\*\*\*New at The Parenting Place\*\*\*

**NOVEMBER 14**  
4:30pm-6:30pm

Now you can get the same proven parenting tools for the teen years:



## Positive Parenting For Dads

**DECEMBER 5**  
4:30am-6:00pm

Online (Zoom)

Join Parent Educator and resident Dad-vocate Mike Scott for Positive Parenting strategies and tips designed just for Dads with kids ages 0-10 years of age. These are evidence-based, which, in other words, mean that they will work.



# CHILD CARE TRAININGS

The Parenting Place offers high quality trainings for child care professionals. Spots are limited and registration is required in advance. If a fee is required, this information is noted in the training description. Payment must be received in advance to confirm your registration and fees are non-refundable. Participants will receive a Registry Certificate for all trainings unless otherwise noted. Child care is NOT offered for these trainings. *For more information call 608.784.8125 or 800.873.1768.*

## AHA CPR/AED Training

<b>OCTOBER 20</b>	<b>NOVEMBER 18</b>	<b>Cost: \$60</b>
<b>TOMAH</b>	<b>LACROSSE</b>	
5:30pm-8:30pm	5:30pm-8:30pm	

Statistics have shown that people who receive high quality CPR have a better chance of surviving a sudden cardiac event. In this three hour in-person video-based training, participants will learn infant, child, and adult CPR along with how to use an AED for all ages. The training also covers techniques to help a choking individual. Registration for this class starts the week before the training and is open to the first 8 people who register and pay, once those spots are full a waitlist will be started.

## Abusive Head Trauma Prevention and Sudden Infant Death Syndrome Prevention

<b>OCTOBER 25</b>	<b>DECEMBER 6</b>	<b>Cost: \$10</b>
5:30pm-8:30pm	5:30pm-8:30pm	<b>VIRTUAL</b>

Crying is an infant or toddler's main method of communicating their needs. Do you have a plan for when it becomes overwhelming? Shaken Baby Syndrome is one form of Abusive Head Trauma (AHT). AHT includes injury to the brain, skull or spinal cord, as a result of shaking a child or inflicting trauma to the head which can occur when a caregiver reaches their breaking point. In this combined training, participants will also learn strategies to prevent Sudden Infant Death Syndrome. There are things that parents and caregivers can do to reduce the risk of a SIDS death. Join us to learn skills and strategies to help prevent two causes of injury and death in young children.

## Exploring Early Childhood Environment Rating Scales Presented online

<b>NOVEMBER 15-22</b>	<b>Cost: \$15</b>
At your own pace	

**LOCATION :  
CANVAS  
TRAINING**

This five-hour online course will provide you with a comprehensive look at the Early Childhood Environment Rating Scale-Third Edition, referred to as ECERS-3. ECERS-3 is designed to assess center-based childcare programs for preschool children 3 years through 5 years of age. This online training requires participants to complete knowledge checks, assignments and to interact with the instructor and peers through discussion boards. The ECERS-3 is considered best practice in early childhood education. This online training is not just for providers participating in YoungStar, all are welcomed to participate who have an interest in setting up high quality environments and providing meaningful interactions in their classrooms.

## Play Today...for Learning Tomorrow

<b>DECEMBER 1</b>	<b>Cost: \$25</b>
6:00Pm-9:00pm	<b>GREEN BAY OFFICE</b>

In the words of Mr. Rogers, "Play is serious learning". This training is designed to inform participants of the importance of play and how play can support brain development. The content will address the essential elements of true play, interaction strategies that support meaningful play, play as a curriculum, and how the environment can support meaningful play. Participants will leave this night with a greater understanding of why play activities and a quality environment are important to a child's brain development. A light supper and holiday cheer will be provided by The Parenting Place.



## Safe and Healthy Environments: Presented Online

**OCTOBER 25-  
NOVEMBER 1**  
At your own pace

Cost: **\$15**

**LOCATION :  
CANVAS  
TRAINING**

Keeping children safe and healthy has never been more challenging than it is during a pandemic! This new and improved training will take a deeper dive into health practices related to the early childhood environment. Online Learners will discover the importance of following proper procedures when it comes to handwashing, diapering, and toileting. We will also take a close look at both Wisconsin Department of Children and Families Licensing Rules and best practice items from the Environment Rating Scales. Even though this will be presented Online via Canvas Platform, learners will be engage in hands-on activities, either on their own or with the children they care for. Upon completion of this course, Online Learners will have access to motivational materials to use with children, resources from reputable sites, and a checklist for routine cleaning, sanitizing, and disinfecting procedures to be used in their classrooms or in their own home.

## WMELS Domains: Approaches to Learning: From Theory to Practice

**OCTOBER 13**  
6:00pm-9:00pm

Cost: **\$15**  
**VIRTUAL**

Have you noticed that children approach learning in different ways? In this training, participants will learn the fundamentals of the Wisconsin Model Early Learning Standards Approaches to Learning domain. Participants will come away from this virtual training understanding that children learn within the context of their family and their culture. Approaches to Learning builds on a child's curiosity about the world and the importance that imagination and invention play in completing tasks and challenges. Participants will be given opportunities to identify, through practice observations, the process by which children learn skills and how to utilize intentional planning to increase children's development within this domain. Participants will also understand how children learn is an important factor of what children learn.

## Healthy Bites: Nutrition For Infants

**NOVEMBER 10**  
6:00pm-9:00pm

Cost: **\$15**  
**VIRTUAL**

Calling all Infant Teachers...this training is for you! Food nourishes healthy growth and development at every age and stage in a child's life. This training will empower early care and education programs to support and promote breastfeeding and to improve the quality of the meals and snacks served by including foods recommended for proper growth. This training will also provide strategies for introducing new foods and how to engage families in the process of feeding infants while the child is in your care.

## REGISTRATION

To register for any of our provider trainings:

1. Scan this QR code  
with your phone camera  
or go to:



[www.theparentingplace.net/child-care-providers-training](http://www.theparentingplace.net/child-care-providers-training)

2. Click on the desired training(s) then  
fill in the registration form < 1min.
3. Wait for confirmation and more  
information from our staff.

# Brothers

A selection from The Parenting Place Parent Pulse blog archive

Posted on NOV 12, 2018 by Parent Educator Fran Swift.

Brothers – that’s what resonated with me after our recent visit with our two grandsons, Theo and Zeke.

It seems that Zeke has sneaked out of babyhood and right on in to a young toddler with eyes toward and imitation of what his big brother Theo is doing.

Most of the time.

Sometimes still, however, you see him staring at his big brother – and then turning away as if to say ” I don’t think so – maybe not ready for that”.

Yet I can see already the friendship these two boys will enjoy – sense the bond that is growing.

On a chilly day after Halloween, Grandpa Dick and I were outside with the boys. They had their cut-out pumpkins on their wagon and they were busily digging and filling them with dirt from a nearby garden bed.

Watching them “work” together on this project proved the suggestion I’ve so often given to parents – “get your kids to

work on a project together and you’ll feel the connection and the partnership grow.”

And work these two did. (they were pretty large pumpkins!) Of course it was made even more “magical” by a coin appearing now and then in the hole as they turned away to fill their pumpkins. (Remember I told you Grandpa Dick was there – and you know how grandpas can be!)

Ah, what a surprise – what a discovery! “There’s Gold in them thar holes!”

There was “gold” for sure – not only in the dirt pile, but definitely being discovered between two brothers – working together.

Precious.



# IN TOUCH

A way to get your questions answered, your concerns considered - and taken seriously, suggestions offered, perspectives shared – a personal response received.

*Email our Parent Educators at [info@theparentingplace.net](mailto:info@theparentingplace.net) and let's stay "in touch"!*

As a parent, sometimes it's not until everything has quieted down in the evening - the last call for "another hug" or "I'm thirsty has been heard - and it's then your mind begins to wonder. " How can I change this - what can I do about my daughter's constant whining? Why is my child acting so aggressively toward his sister? I'm feeling like nothing works."

IN TOUCH is a way to get your questions heard, taken seriously, a personal response received. Just drop a line, share your thoughts, concerns, and a Parent Educator will respond to you by email. As one participant shared "Your emails are just like big hugs just when I need them. Thank you!" Maria Hertel



The Neighborhood

**Support the programs you love!  
Join The Neighborhood!**

With as little as \$5 per month, you can make sure families like yours can find support, connection, and resources at The Parenting Place when they need it. Set up automatic monthly donations - it's an easy and incredibly impactful way to give!



**Use your smartphone camera to scan the QR code and join The Neighborhood today!**





1500 Green Bay Street  
La Crosse, Wisconsin 54601

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PERMIT # 887

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Office on Violence Against Women



An EEO/Affirmation Action employer, **The Parenting Place** provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please make such requests as early as possible when contacting The Parenting Place at 608.784.8125 or 800.873.1768 so proper arrangements can be made.