

A winter-themed header with a blue background. It features a yellow crescent moon, a white cloud, a white bird in flight, a snowman, and a bare tree. The text "WINTER 2010 ~ 2011 NEWSLETTER" is written in white, stylized letters.

WINTER 2010 ~ 2011 NEWSLETTER

KEWEENAW FAMILY RESOURCE CENTER

850 W SHARON AVE - STE 6, HOUGHTON, MI 49931 ~ (906)482-9363 ~ WWW.KFRCKIDS.ORG

A Note from the Director

Dear Friends of KFRC,

The holidays seasons are upon us once again. Each year I ask myself how does this happen — how do the holidays sneak up on me? It's not like the warning signs weren't there. By the first of October I saw Christmas decorations up in major department stores. Even Black Friday was pushed into October. But still, I think, being a life long Michigander, it takes the first snowfall for me to start to panic. This year, November 15th marked the day it started with the heavy, wet snow and the Christmas jingle on the radio — I was shocked into the spirit! Now, if you are like me, the pad and pencil comes out and the list making begins. It is simpler for the young ones — just the utter anticipation and excitement is all they need. But for those of you responsible for bringing the holiday spirit into your homes the effort is nothing short of orchestrating a children's holiday pageant!

So in an effort to make your holidays trouble free and uncomplicated, the staff here at

KFRC have pooled their collective experience of over 100 years to help you create a stress free experience. We call it the "Holiday Survivors Kit" —outwit, outlast and outplay...and make the holidays easier. What to have on hand and the rationale:

* Books: the Velveteen Rabbit, The Polar Express and the Little Engine That Could (read this last one when you are really feeling overwhelmed).

* Movies: The Christmas Story, It's a Wonderful Life, and Breakfast at Tiffany's (play this last one for some holiday gift giving ideas).

* Popcorn—it's an easy, folksy and never tacky Christmas decoration when you string it. Plus you can eat it—it goes with the movies and it will be the food with the lowest calories you consume for the next two weeks.

* Lottery tickets...for all those people you forgot to buy presents for (trust us—you will forget someone).

* Hot cocoa and eggnog—thankfully you only have to

buy the eggnog once a year but it shouts holiday spirit.

* Cookies, peanut brittle and caramel corn (schedule your dentist visit now so you can get in by January 3rd).

* Holiday music: staff choice is John Denver and the Muppets. Avoid Alvin and the Chipmunks—after listening to it more than once it gets stuck in your brain and it's not a pretty sight.

* One good board game: staff choice is Apples to Apples. Avoid Monopoly during a recession—whoever the banker is will demand a bailout!

* Batteries: all sizes just to be on the safe side. You can bet the camera will need them, the toy robot will need them, and the singing fish will need them.

* Electric hand saw: to help open the plastic encased, adult proofed toy presents before nightfall.

This kit is NOT endorsed by Martha Stewart, but it does have the KFRC seal of approval!

Happy Holidays to all!

Catherine Benda

Special KFRC Holiday Hours

KFRC Playgroups will be closed Thursday, 12/23/10 thru Friday, 12/31/10 for the Holidays. The Tree House will be closed Saturday, 12/25/10, Monday, 12/27/10 and Saturday, 01/01/11 but will hold a special open hours session on Wednesday, 12/29/10 from 9:30 am to 12 noon. Regular open hours and programming will resume on Monday, 01/03/11.

FIVE PROTECTIVE FACTORS FOR FAMILY WELLNESS

KFRC is committed to family wellness and parenting support. In the field of family wellness and child abuse prevention, researchers have found there are **five protective factors for healthy families**—If parents have these things in their lives, they handle parenting well, and their children thrive. Those factors are:

1. Social connections to people who support them in their role as parents,
2. Secure attachment to the baby,
3. Concrete support and resources,
4. Parental resilience and coping skills, and
5. Knowledge of parenting and child development.

Janell Durham, Program Director for the Program for Early Parent Support (PEPS) Group out of Seattle, Washington has created a list of simple tools to support family wellness. These tools are typically incorporated into KFRC's center-based programming. They are:

1. When parents gather together each week and share their highs and lows, they are building social connections with other parents as they give and receive support.

2. When they sing songs or play games with their babies, they are learning ways to interact, and to strengthen the bond between them and their baby.
3. At break time, they have a chance to talk to each other about what resources are available in the community what tools and gadgets are useful for parenting, and what ideas they have heard of for finding babysitters and child care.
4. During the topic discussions, as well as learning basic facts about eating and sleeping, they learn resilient attitudes, stress reduction skills, and problem-solving tools that help them handle the stresses of parenting and of life in general.
5. Throughout group meetings, parents have the chance to observe several other babies the same age as their child, and through this observation, they learn invaluable lessons about child development, and about the different ways that children develop. And they observe other parents, and through that observation, learn a wide range of ideas for how to be an effective and loving parent.

Source: <http://www.pepsgroup.org>

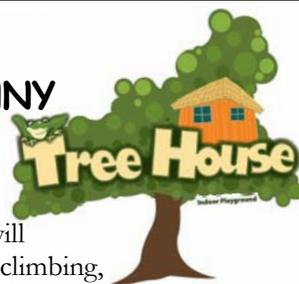
KFRC SERVING THE COMMUNITY

From 10/01/09 through 09/30/10, the Keweenaw Family Resource Center:

- Visited 330 new mothers who delivered at both area hospitals providing "Welcome Baby" bags containing information on community resources.
- Mailed an average of 317 "Parenting the First Year" newsletters each month to families with newborns in the tri-county area.
- Provided 5 playgroups and 1 story hour at 5 locations throughout the Copper Country each week from October through May. 143 families were served through playgroups and story hour with the number of child visits totaling 1185!
- Provided 7 Tree House open hour sessions each week beginning March 22, 2010. 252 families attended open hours with the number of child visits totaling 1264!
- Provided 384 home visits to 23 preschool age children.
- Hosted 17 "Playtime in the Park" outings throughout the summer months at a variety of local parks. 43 families participated in "Playtime" with the number of child visits totaling 411.
- Provided 41 area families with needed items from the Baby & Maternity Closet.

In a houseful of toddlers and pets, you can start out having a bad day, but you keep getting detoured. ~ Robert Brault

IT'S ALWAYS WARM AND SUNNY AT THE



Not rain, sleet, snow or below freezing temperatures outside will hinder children from swinging, climbing, bouncing, balancing, crashing and overall moving their bodies every which way at KFRC's Indoor Playground. A **Tree House gift certificate** is a great way to provide your favorite little ones with a safe, warm, happy place to be active any time of the year, rain or shine. The gift of play is something EVERY child will love! Call KFRC at 482-9363 for more info on purchasing gift certificates.



Above children work their muscles on the Tree House climbing wall.



850 West Sharon Avenue, Ste #6 ~ Houghton, MI 49931

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The mission of the Keweenaw Family Resource Center is to support, enrich and strengthen family life in the Keweenaw Peninsula by providing a variety of programs which focus on families with children from birth through 4 years. KFRC is a 501© 3 non-profit organization.

KFRC is located in the Red Ridge Plaza, 850 W. Sharon Ave. ~ #6, Houghton

Office Hours: Monday– Thursday, 9AM - 4PM; Fridays by appointment

Phone: (906) 482-9363 Fax: (906) 482-9353
Email: info@kfrckids.org Website: www.kfrckids.org

Tree House Open Hours (for children birth through age 4):

Mondays: 9:30AM - NOON and 2:00PM - 5:30PM
Tuesdays: 9:30AM - NOON and 4:00PM - 7:00PM
Thursdays: 9:30AM - NOON and 4:00PM - 7:00PM
Saturdays: 10:00AM - 1:00PM

For Mommy, Daddy & Me Playgroup and Sleepy-Time schedules please check our website or call the KFRC office.

KFRC is supported by the Michigan Department of Education, BHK Child Development Board, Copper Country Intermediate School District, Michigan Children’s Trust Fund, Canterbury House/Episcopal Association for College Work, Copper Country United Way, Trinity Episcopal Church, Superior Child Abuse Prevention Council, Portage Health, Rotary Club of Houghton, Kiwanis of the Copper Country, Keweenaw Community Foundation, the Episcopal Diocese of Northern Michigan, local businesses, service organizations, and individual donations.

KFRC STAFF

Cathy Benda, *Director*
Lori Bradley, *Administrator*
Laura Nakkula, *Home Visitor*
Pam Sheridan, *Home Visitor*
Kathy Williams, *Center-Based Coordinator*
Andra Ziemnick, *Program Assistant*

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