



# Resource Family Connection

News, Events, and Information Benefiting  
the Children of Waukesha County

July and August, 2020



## Parenting in a Pandemic: Tips to Keep the Calm at Home

Source: American Academy of Pediatrics

Fear, uncertainty, and being holed up at home to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their behavior, and build resilience.

### Address Children's Fears

Children rely on their parents for safety, both physical and emotional. Reassure your children that you are there for them and that your family will get through this together.

- ◉ **Answer questions about the pandemic simply and honestly.** Talk with children about any frightening news they hear. It is OK to say people are getting sick, but say following rules like hand washing and staying home will help your family stay healthy.
- ◉ **Recognize your child's feelings.** Calmly say, for example, "I can see that you are upset because you can't have your friends over." Guiding questions can help older children and teens work through issues. ("I know it is disappointing not to be able to hand with your friends right now. How do you think you can stay in touch with them?")
- ◉ **Keep in touch with loved ones.** Children may also worry about a grandparent who is living alone or a relative or friend with an increased risk of getting COVID-19. Video chats can help ease their anxiety.
- ◉ **Model how to manage feelings.** Talk through how you are managing your own feelings. ("I am worried about Grandma since I can't go visit her. The best I can do is to check in with her more often by phone. I will put a reminder on my phone to call her in the morning and the afternoon until this outbreak ends.")
- ◉ **Tell your child before you leave** the house for work or essential errands. In a calm and reassuring voice, tell them where you are going, how long you will be gone, when you will return, and that you are taking steps to stay safe.
- ◉ **Look forward.** Tell them that scientists are working hard to figure out how to help people who get ill, and that things will get better.
- ◉ **Offer extra hugs** and say "I love you" more often.

### Keep Healthy Routines

During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.

- ◉ **Structure the day.** With the usual routines thrown off, establish new daily schedules. Break up schoolwork when possible. Older children and teens can help with schedules, but they should follow a general order, such as:
  1. Wake-up routines, getting dressed, breakfast, and some active play in the morning, followed by quiet time and snack to transition into schoolwork.
  2. Lunch, chores, exercise, some online social time with friends, and then homework in the afternoon.
  3. Family time and reading before bed.

### Use Positive Discipline

Everyone is more anxious and worried during the pandemic. Younger children may not have the words to describe their feelings. They're more likely to act out their stress, anxiety, or fear through their behavior (which can, in turn, upset parents, particularly if they are already stressed). Older children and teens may be extra irritable as they miss out on time with friends and special events being cancelled.

Some ways you can help your children manage their emotions and behavior:

- ◉ **Redirect bad behavior.** Sometimes children misbehave because they are bored or don't know any better. Find something else for them to do.
- ◉ **Creative play.** Suggest your children draw pictures of ways your family is staying safe. Make a collage and hang it up to remind everyone. Or, build an indoor fort or castle to keep the germs at bay, bringing in favorite stuffed animals or toys.
- ◉ **Direct your attention.** Attention - to reinforce good behaviors and discourage others - is a powerful tool. Notice good behavior and point it out, praising success and good tries. Explaining clear expectations, particularly with older children, can help with this.
- ◉ **Use rewards and privileges** to reinforce good behaviors (completing school assignments, chores, getting along with siblings, etc.) that wouldn't normally be given during less stressful times.
- ◉ **Know when not to respond.** As long as your child isn't doing something dangerous and gets attention for good behavior, ignoring bad behavior can be an effective way of stopping it.
- ◉ **Use time-outs.** This discipline tool works best by warning children they will get a time-out if they don't stop. Remind them what they did wrong in as few words - and with as little emotion - as possible. Then, remove them from the situation for a pre-set length of time (1 minute per year of age is a good guide).
- ◉ **Avoid physical punishment.** Spanking, hitting, and other forms of physical or "corporal" punishment risks injury and isn't effective. Physical punishment can increase aggression in children over time, fails to teach them to behave or practice self-control, and can even interfere with normal brain development. Corporal punishment may take away a child's sense of safety and security at home, which are especially needed now.
- ◉ **Take care of yourself.** Caregivers also should be sure to take care of themselves physically: eat healthy, exercise, and get enough sleep. Find ways to decompress and take breaks. If more than one parent is home, take turns watching the children if possible.
- ◉ **Remember to take a breath.** In addition to reaching out to others for help, the AAP recommends parents feeling overwhelmed or especially stressed try to take just a few seconds to ask themselves:
  - Does the problem represent an immediate danger?
  - How will I feel about this problem tomorrow?
  - Is this situation permanent?

In many cases, the answers will deflate the panic and impulse to lash out physically or verbally at children.

## Thank You, Home Depot!

May is National Foster Care Month. Traditionally, Waukesha County Foster Care hosts an event in May to recognize foster families that support the children and youth of Waukesha County. Due to the COVID-19 pandemic, a large gathering was not possible this year, at this time. Despite not hosting a gathering in May, Waukesha County, along with community providers feel that it is imperative to recognize foster families and the service they provide to our community. Waukesha County Foster Care received a monetary donation from Waukesha State Bank. A portion of the funds were utilized to purchase small succulents which will be door-delivered to Waukesha County Foster Families. Waukesha County Volunteer drivers happily agreed to be the couriers of these tiny plants. Along with the succulents, foster families will receive hand-written thank you cards from community members. Unfortunately, not all of the succulents ordered, arrived. After brainstorming, the foster care team contacted the Mukwonago Home Depot to inquire about their inventory of succulents for purchase. To the surprise of the foster care team, the Mukwonago Home Depot insisted on donating the remaining succulents needed to honor foster families this month. Although many people continue to be socially distanced, community within Waukesha County remains strong!



## Friends Like Mine: Wisconsin Relative Caregivers for Children Conference

The second annual Families Like Mine: Wisconsin Relative Caregivers for Children Conference will take place on Saturday, September 12, 2020. Stay tuned for more details as they become available.

## No Matter What Families

This website is dedicated to sharing real stories from real people. Here, foster parents, adoptive parents, relative caregivers, and more share moments of vulnerability, courage, and insight. We hope these stories remind you that you are not alone on your journey to inspire you and reach out and make connections when you need support. <https://nomatterwhatfamilies.org/>



## Summer Activities

### Hartland Kids Day 2020

Come to the biggest family-centered event in Hartland! Join in the fun with the rock wall, demonstrations, fun activities, food, and more!

*Where:* Nixon Park, Hartland, WI

*When:* Wednesday, July 29, 2020

*Time:* 9:00 a.m. - 2:00 p.m.

*More Information:* <https://lakecountryfamilyfun.com/event/hartland-kids-day-2/>

### Kids Fest 2020

Join the fun and come see what local organizations have to offer your family and our community! Enjoy games, entertainment, music, inflatables, arts and crafts, food, and more!

*Where:* Roosevelt Park, Oconomowoc, WI

*When:* Tuesday, August 11, 2020

*Time:* 9:00 a.m. - 1:00 p.m.

*More Information:* <https://www.facebook.com/Oconomowoc-Kids-Fest-466286886788883>

## Tom and Barb Reilly



Meet Tom and Barb Reilly. They are Christians, by grace, through faith, with no boast except in the cross of Christ. They have a blended family comprising of eight adult children. They are foster parents through Waukesha County.

Tom and his first and late wife, Sara, began foster care in 1989, while still having children of their own. They wanted to be part of a non-abortive solution to crisis pregnancy. They did private agency pre-adoptive foster care during a period of Wisconsin's legal history where a third party foster family was required during the period of the child's life between birth and the birth parents' voluntary termination of parental rights. This kept them busy with babies for over a decade, during which time, they fostered 23 infants. When the projective adoptive parents of one of these infants backed out due to the onset of that little boy's experience of medical difficulties, God gave Tom and Sara clarity that they should become his adoptive parents. Adding this newborn to the three older birth children, they had four children in total when Sara was diagnosed with cancer and died in 2004.

Barb was a single mother of three birth children when her best friends provided her first glimpse of what it was like to do foster care. She lived for a time with these friends, who were doing the same kind of pre-adoptive infant foster care as Tom and Sara. Once Barb and her kids moved out on their own, her two older children pressed Mom to do foster care, too. All were clearly touched by the experience of living with a foster care provider. Barb was a registered nurse, staying home to raise her children, so with a great love for babies, and knowing there was a great need for foster families, she became licensed with a private agency in 1994. Barb also wanted to be part of a non-abortive solution to crisis and pregnancy, just like Tom and Sara. Over time, Barb had the privilege of fostering 50 babies in 6 years. Again, similar to Tom and Sara, one of the children that came into Barb's care became available for adoption. The baby girl that was placed in her care became her forever child, her fourth in total.

Tom and Barb married in 2005. Blending families kept them busy for several years, but four years in, a familiar desire for family service began to grow. They decided they wanted to foster babies together. State law had changed, however, to no longer require a third party foster home from birth to legal clearance for placement. So they looked into foster care, voicing a desire to be used in the care of babies. At that time, Waukesha County contracted with Milwaukee County, loaning foster homes to them as needed. For the first five years, most of their placements came through Milwaukee County, and were in fact, infants. Their current placement is a sibling pair, through Waukesha County. These two bring the Reilly Waukesha County total to 14 children.

The Reillys count it a great blessing and privilege to have touched and been touched by so many little lives. They are especially delighted to build relationships with the many adults involved in each case. From case managers through GALs, with birth parents and adoptive parents, the joys continually exceed the struggles; and the feeling that they are just where God wants them to be in the community is the greatest joy of them all

The Waukesha County Foster Care Program and staff would like to recognize the Reilly family for their support and commitment! You are truly amazing!



## Area Farmer's Markets

Please check each location for information regarding regulations due to COVID-19.

### Brookfield:

Produce, flowers, food, and crafts!

*When:* Every Saturday from 7:30 a.m. - noon, rain or shine

*Where:* Brookfield Central High School, 16900 W. Gebhardt Rd, Brookfield, WI

*More Information:* <https://brookfieldfarmersmarket.com/>

### Oconomowoc:

Fresh produce, flowers, food, crafts, and more!

*When:* Every Saturday from 8:00 a.m. - noon, rain or shine

*Where:* First Bank Financial Center Campus Lot, 155 W. Wisconsin Ave., Oconomowoc, WI

*More Information:* <https://www.oconomowoc.org/events/summer-farmers-market/>

### Waukesha:

Fresh produce, food vendors, crafts, music, and professional vendors!

*When:* Every Saturday from 8:00 a.m. - noon, rain or shine

*Where:* Corner of St. Paul St. and Madison St., Waukesha, WI

*More Information:* <http://www.waukeshafarmersmarket.com/>

## Movie Night

Watch movies outdoors while practicing social distancing at any of these venues! A fun experience for the whole family! Note that the movies are shown in the later evening.

### Highway 18 Outdoor Theatre

Wisconsin's first outdoor cinema. Enjoy a movie from the comfort of your vehicle. They have a children's playground and concession stand.

*Where:* W6423 Highway 18, Jefferson, WI

*Cost:* \$10/adult, \$6/children aged 5-11; children 4 and under are free

*More Information:* <http://highway18.com/index.htm>

### Majestic Parking Lot Cinema

An outdoor cinema experience in the theatre parking lot where guests view movies from the privacy and comfort of their own vehicle.

*Where:* 770 Springdale Rd, Waukesha, WI

*Cost:* \$26/carload (tickets available online only)

*More Information:* <https://www.marcustheatres.com/theatre-locations/majestic-cinema-of-brookfield-brookfield>

### Milky Way Drive-In

One or two movies showing nearly every evening!

*Where:* 7035 S. Ballpark Dr, Franklin, WI (Near 76th St and Rawson Ave)

*Cost:* \$35 per vehicle per movie (tickets available online only)

*More Information:* <http://www.milkywaydrivein.com/home>

### Moonlit Movies Oconomowoc

Moonlit Movies are completely free family fun.

*Where:* See the website for the most up-to-date information

*Cost:* Free; request for non-perishable food donations for the food pantry

*More Information:* <http://www.facebook.com/MoonlitMovies/>

## 2020 Caregiver Zoo Event



Due to continued COVID-19 concerns, the 2020 Caregiver Zoo Event has been postponed to May 2021.

## Waukesha County Swimming Beaches

Waukesha County Park System has six beautiful parks that offer swimming beaches - ranging from small spring-fed ponds to Nagawicka Lake! Beaches are provided with both "Lifeguard on Duty" hours and "Swim At Your Own Risk" hours.

For additional information, including rules, FAQs, water quality and conditions, and more: <http://www.waukeshacounty.gov/swimming>

## Craft Time! Painted Galaxy Rocks

By: [colormehappy.com](http://colormehappy.com)

(Introduction by: Waukesha County HHS Staff)



A great way to get out and have some safe, outdoor fun, is to participate in various painted rock hunts! An added bonus is that there are many pages on Facebook where you can take pictures of your finds, leave hints to where you have hidden your painted rocks, and admire others' finds! Some of them include: #WIRocks, Waukesha County "Rocks", Mukwonago Rocks!, New Berlin Rocks!, and Wisconsin Rocks! Imagine the

excitement if someone shares a picture that they found the rock your child painted and it made their day!

Be sure to check out [colormehappy.com](http://colormehappy.com) for additional tips for rock painting!

What You'll Need:

- ✧ Rocks (Found either outside, home improvement store's gardening section, landscape store, or even Amazon)
- ✧ Acrylic paint (Recommended: Folk Art or Martha Stewart - both are thick paints with bright colors) - Black and colorful (for galaxy, think pink, purple, blue)
- ✧ White acrylic ink (you can use white paint, but the ink can be easier)
- ✧ Round foam brush (recommended) or sponge
- ✧ Old toothbrush
- ✧ Toothpicks (optional)
- ✧ Sealant (spray sealant ideal; Mod Podge can be utilized if the rocks will be kept indoors)



What You'll Do:

1. Cover your rock with black acrylic paint, or paint a black silhouette design. Let dry completely before the next step to prevent muddy colors.
2. Using your foam brush, pick a color from your paint palette and lightly sponge it onto the rock.
3. Next, choose a lighter version of your first color and sponge next to the darker color.
4. Add a few other colors and keep sponging to help blend the colors, while still leaving a few darker black areas showing - or make your galaxy super colorful with very little black! It's your rock to paint how you desire!
5. Add stars by applying a small amount of white acrylic ink or regular white acrylic paint to a toothbrush. Keep the bristles pointed away from you (and facing the rock), and run your finger up the bristles, gently flicking the paint onto your rock.
6. Once you have the amount of stars you like, you can add in large ones using a toothpick or small round paint brush. You can also add other fun details like a moon, planets, or even constellations!
7. Once your rocks are painted to your liking, seal them and hide them!





# Additional Training and Events

Due to COVID-19 and social distancing, we currently are not having any in-person trainings or informational sessions. A survey will be distributed at a later time regarding in-person trainings.

## COVID-19 Resources

**How to Talk to Your Kids About Coronavirus** - This is a great article with helpful information. The website also has games and activities for your kids to play. <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

**Parent/Caregiver Guide to Help Families Cope with the Coronavirus** - This resource will help you understand what an infectious disease is, and how you can help your family cope. <https://www.nctsn.org/print/2251>

**COVID-19 Updates from the Department of Children and Families** - The Department of Children and Families is working closely with DHS and is committed to keeping you informed about COVID-19 and its impact here in Wisconsin. For up-to-date information, please go to: <https://dcf.wisconsin.gov/covid-19>

**Waukesha County Public Health** - Waukesha County Public Health website provides up-to-date information about the number of COVID-19 cases, the latest news and information, how to protect yourself and your family, and more. Go to: <https://www.waukeshacounty.gov/COVID19>



It's Food Truck Friday at the Waukesha County Airport! Time. To. Chow. Down.

**When:** Fridays, 11:00 a.m. - 1:30 p.m.

**Where:** Waukesha County Airport terminal at 2525 Aviation Drive, Waukesha, WI

**Safety:** Take-out or iso-picnic on the grass (bring your own blanket). Sorry - no tables, games, or pedal planes for now.

July 10	Lumpia & Denson's
July 17	Truckmeister & Yellow Bellies
July 24	Scrima's Pizza & Marco Pollo
July 31	Yellow Bellies & Mr. P's Grilled Cheese
August 7	Truckmeister & Lumpia
August 14	Mr. P's Grilled Cheese & Denson's
August 21	Scrima's Pizza & Marco Pollo
August 28	Yellow Bellies & TBA
September 4	Mr. P's Grilled Cheese & Lumpia



### 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  
 Rhonda Klinger ..... 262-548-7240  
 Jennifer Mantei ..... 262-548-7250  
 Libby Sinclair ..... 262-548-7277  
 Hilary Smith ..... 262-548-7254

#### Case Management Social Workers:

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

Eric Calvino, Ongoing Social Work Supervisor  
262-548-7271

Eve Altizer, Ongoing Social Work Supervisor  
262-548-7267

Nicole Allende ..... 262-548-7265  
 Wyatt Caldwell ..... 262-896-8281  
 Kimberly Dudzik ..... 262-548-7347  
 Stephanie Engle ..... 262-548-7424  
 Megan Fishler ..... 262-896-8570  
 Abbey Girman ..... 262-548-7695  
 Sharon Godwin ..... 262-548-7684  
 Laura Jahnke ..... 262-548-7359  
 Alyssa Jones ..... 262-548-7239  
 Jessica Larsen ..... 262-548-7346  
 Maria Maurer ..... 262-548-7345  
 Rachel O'Sullivan ..... 262-548-7639  
 Johanna Ploeger ..... 262-896-6857  
 Elizabeth Russo ..... 262-548-7349  
 Kim Sampson ..... 262-548-7273  
 Linda Senger ..... 262-548-7698  
 Brittany Sutton ..... 262-548-7262  
 Jamie West ..... 262-548-7264

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