



WYOMING CITIZEN REVIEW PANEL

FAMILY NEWSLETTER by Kris Pierson

December 2015

Budgeting For the Holidays

Oh the holidays are here again! Time for family, food, laughter and fun. Also time for shopping, bills and stress about the ever shrinking bank account. Financial stress, and stress of any sort, can often be more amplified during this time of year. Increased stress for a parent can lead to shorter and hotter tempers and less patience with spouses, partners and children. What if there was a way in which you could lessen that stress and give yourself more opportunities to enjoy family, friends and holidays themselves? Would you do it?

Forbes.com suggests using lists or spreadsheets (if you are a tech savvy type) to track your holiday spending. Often, a major issue people run into is simply not having a current and realistic sense of their spending for that time. Setting a budget for whatever event you are shopping for and then keeping a runny tally of your spending as you work through your list can help you track exactly where you are.

Forbes also suggests starting early when you know events are coming up. By spreading shopping out over months rather than days, shoppers are able to take more time to find the best deal! Check your favorite store's policy on price matching also! This can save you a ton of run around time and many will also match online retailers such as Amazon, so consider allowing your fingers to do the walking around town rather than physically going from store to store.

Take time to enjoy life this holiday season and let the stress go where you can!

Baby, What Are These Feelings?

As your children grow, helping them to understand their emotions can play a large part in their development.

While emotional development begins as early as 2 months of age, children really don't have much control over their emotions until they are between 4-5 years old according to www.webmd.com.

As your children begin to experience emotions such as anger, sadness or frustration, take time to talk to them about what they are feeling. Explain that feeling these things are normal and help them name the emotion which they are experiencing. This will allow your child to better voice their needs as they continue to grow and allow them to better communicate in all situations when they are feeling strong emotions.



In This Issue

- Budgeting for the Holidays
- Emotional Development
- PRAMS
- Homemade Parent Corner
- Community Calendar
- Kids, Emotions and Parents
- Summer Dreamin

In the Community

Are your kids insured?

Check out Kid Care Chip, to see if your children qualify for low to no cost health care.

To apply or for more information, call 855-294-2127 or visit www.wesystem.wyo.gov

Are you a DV survivor?

You are not alone! The Casper Domestic Violence and Sexual Assault Survivor's support group meets Thursdays from 5:30-6:30. Call 307-235-2814 for more information.

Recommend Us To a Friend!

Please share this email/letter with family and friends to help us expand our mailing list!

We Still Have Openings!

Check our website for contact information and join our program!

Do You Have An Idea?

Do you have an idea or question you would like to see in the newsletter? Submit your questions or ideas to kpierson@wycrp.org or your parent educator today!

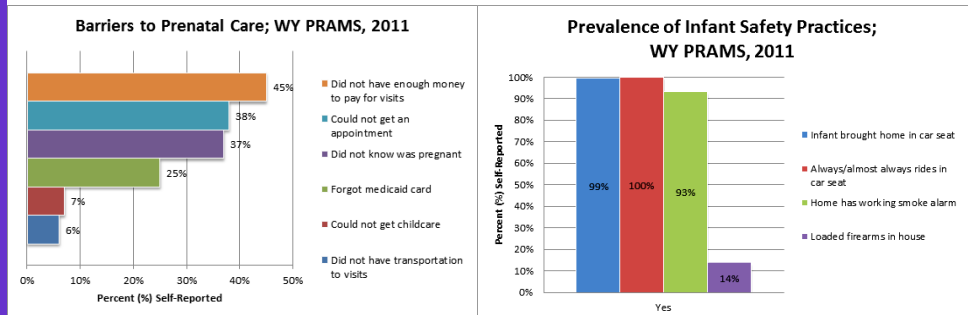
Follow us on Social Media!

<https://www.facebook.com/WYCRP>

<http://www.pinterest.com/wycrp/>

What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a population-based risk factor surveillance system jointly sponsored by the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). The purpose of PRAMS is to find out why some babies are both healthy and others are not. To do this, PRAMS asks a sample of Wyoming women who had a live birth infant in the past two to six months, questions about their experience and behaviors before, during, and shortly after preg-



Of the 12.2% of *Wyoming moms* who did not receive prenatal care as early as they wanted, 45% of moms reported their primary barrier was not having enough money to pay for prenatal care visits.

In 2011, *Wyoming moms* reported 100% of their infants always or almost always ride in a car seat

Homemade Parent Corner

This time of year seems to be filled with leftovers! Whether it is a family gathering, a football party or just a good 'ol fashion home cooked meal, leftovers are hard to avoid! Ham is always around at our house this time of year. While my family loves their ham, finding new ways to use it is an essential part of our routine. One of the easiest uses I have found for my family is soup! The possibilities are seemingly endless and oh so very yummy!

We have created ham and beans, ham and potato soup, split pea with ham and even a vegetable soup with ham. Quite possibly the best part is all of these can be made in the crockpot!

Great for busy mom's and dad's because the slow cooker does all the work! Set it all up in the stoneware the night before, plop it in the cooker when you start your day and dinner will be waiting for you when you are ready. The hard part is having to smell that deliciousness all day long!

Have fun with your leftovers and get creative. For recipes and tips, check out our Pinterest page and look for the Using Leftovers board!



December 2015

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Happy Holidays!</p> 		<p>1 FC: Native American “Around Town” Art Show continues NC: Festival of Trees</p>	<p>2</p>	<p>3 AC: Lighting of the Trees Ceremony FC: Festival of Trees NC: DVA support group Casper Art Walk</p>	<p>4 FC: Festival of Trees NC: Cowboy State Craft Expo Candlelight Christmas at the Fort</p>	<p>5 AC: Happy Holidays, Laramie @ UW Art Museum FC: Light-up Lander Annual Christmas Craft Sale NC: Cowboy State Craft Fair NC Craft Fair Scandinavian Bake Sale SWC: 18th Annual Lighted Holiday Parade</p>
<p>6 AC: Boots , Brushes, Brew Event Holiday Home Tour FC: Art in the Afternoon NC: A Brasstacular Christmas</p>	<p>7</p>	<p>8</p>	<p>9 NC: Coffee, Tea and Dee at the Tate SWC: After-Christmas Super Savings @ WML</p>	<p>10 NC: DVA support group</p>	<p>11</p>	<p>12 AC: UW Gala Holiday Concert Holiday Open House Laramie Plains Museum Jingle Cells @ Territorial Prison Christmas in Centennial NC: Last Minute Craft Fair Tis’ the Season Swim Skate with Santa The Royal Holiday Ball SWC: Holiday Altered Books Workshop @ SCL</p>
<p>13 AC: UW Gala Holiday Concert Holiday Open House Laramie Plains Museum FC: Art in the Afternoon NC: Last Minute Craft Fair</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17 NC: DVA support group SWC: Holiday Puppet Show @ RSL</p>	<p>18 FC: Holiday Cookie Tray Sale NC: Un In Arms Gun Show</p>	<p>19 FC: Native American “Around Town” Art Show ends Santa’s Workshop @ Lander Children’s Museum NC: Un In Arms Gun Show 100 Years of Toys SWC: R & R Rodeo</p>
<p>20 NC: Un In Arms Gun Show</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24 NC: DVA support group</p>	<p>25</p>	<p>26</p>
<p>27 AC: Holiday Tree Cutting</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31 FC: New Years Eve Party NC: DVA support group SWC: R & R Rodeo New Years Eve Dance</p>		

Kids, Emotions and Parents

As children grow, so do their emotions. Sometimes, their emotions grow faster than their understanding of what they are feeling. This is where we as parents often find ourselves in situations full of angry words and frustration. Many parents have felt the sting of their children's words but do you know what to do? Do you know how to handle a situation when your child is angry, unable to process the emotion and simply verbalizing what they are feeling in a not so great way?

I thought I had a good handle on how to deal with situations such as this with my second child. Having been through it once already with my first, I assumed when my youngest threw the hurtful words at me, I would be prepared, ready and better able to handle the situation. I was wrong!

Parents, let me tell you, there is no amount of preparation, no amount of training no amount of anything which will make the sting of hurtful words from your child lessen when they yell them at you! One night not too long ago, a quite evening in my home turned to a screaming match between myself and my 8 year old—all sparked over me requiring him to do chores instead of play a video game. Now please know, my son has always been very good at expressing his feelings, talking through issues and naming the feelings and emotions he was experiencing. I think that is part of why I reacted in the way I did—my expectations had simply surpassed what they should have been for him in that moment because he had always verbalized his feelings so well. Once everyone calmed down, the rest of the evening was spent with both of my kids and myself crying, hugging and telling each other how very sorry we were for mean things we had all said.

I did quite a bit of research on when and how kids begin to understand their emotions and feelings once everyone had been tucked into bed that night. Some I knew, some I didn't but all is worth sharing! I looked at a number of different parenting sites, www.cdc.gov, www.parents.com, www.empoweringparents.com and www.psychologytoday.com. The main idea I found through all of these sites and all of the different articles was that when kids act out, it is more of a way for them to express and describe the feeling they are experiencing rather than a direct act or attempt to hurt their parent or caregiver. This may seem very obvious to some but I can speak from experience, there are moments where emotions are so raw and running so fiercely, remembering this can be difficult if not impossible.

One of my favorite lines from all of the articles was from www.empoweringparents.com. Sara Bean, M.Ed says "Let me be clear: It's very important to understand that these hurtful words your child is using are not about you at all." For me, this is a huge realism and one I have had to remind myself several times. Children, often younger simply do not understand the impact words can have on people, especially loved ones.

The next time your kiddo is upset because you said no more TV or asked them to help with a household chore, take a moment and remember, they are most likely just upset with the situation and not understanding the emotions they are feeling. The words they are saying...those are a way for them to describe to you what is happening in their minds. Take time to listen, to hear them and to help them understand what they are feeling, why they are feeling it and then work together to find a solution. For more information, check out the website links above or talk to your parent educator. Asking for help is the very best thing you can do as a parent.

~~Kris

Summer Dreamin'

The cold during a Wyoming winter is something that just can't truly be described. During these cold months, when the weather drives us all inside, occupying little people can become a challenge. Take a trip around the house, gather up the supplies and have a pretend summer party right in your living room!

Gather up a small box of cotton balls, a few toilet paper or paper towel rolls and an ice cream scoop or large spoon. Get some large bath towels and lay them out on the floor like you're at the pool and turn on some fun summer music!

Have your little one scoop up the cotton balls with the scoop/spoon and put them into the rolls. You can either tape the bottom and have the cotton stay in the tube like an ice cream cone or leave it open. This is a great way to work on fine motor skills with your child while have fun together.

Work on counting the cotton balls as you put them in the tube, have races to see who can get the most in the tube in the least amount of time, or just build each other pretend cones! The possibilities are really endless and up to you, just have fun together.



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Contact Us

Contact us for more information about our program or to reserve a spot for your family today!

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