



WYCRP Family Newsletter

Big Changes, New Offices and New Staff!

2016 has already proven to be a very exciting year for WYCRP and the Parents as Teacher Affiliate program. February alone has brought many changes and strides forward for the entire organization.

As of February 1st, our Fremont office has officially closed and we have said farewell to our Parent Educator for the area, Shelby Walkinshaw. Families who were involved in the program were all offered transitional programs and alternative services. While not all families accepted new programs, our staff worked to ensure all families had the needed resources prior to the office closing.

With the Fremont office closed, services will now be offered in Laramie County and based out of Cheyenne. Jennifer Davis, Lisa Taylor and Shawnn Hartley have

conducted several community stakeholder meetings to really get the community engaged before services roll out.

As a result of the meetings, there has been a great deal of interest and support in the program here in Cheyenne and there are already families ready to sign up for services.

We have also hired and welcomed a new Parent Educator to deliver services here in Cheyenne. WYCRP is pleased to welcome Josie Martin to our team. She will be based in the Cheyenne office and deliver services to Laramie County.

Since we have moved services from one location to another, WYCRP has also expanded our offices. We were able to add an additional office and meeting space in order to accommodate our new staff member

and allow for meetings to be held here in our office rather than looking and renting outside space.

We are all very excited about the direction the program and the organization are now heading and feel this will be the best move to benefit our participating families...in the end, that is who this is truly about!



Cheyenne Home Office
1401 Airport Pkwy
Suite 225
Cheyenne, WY 82001

Pretend Play

Imagination. Such an important part of not only growing up, but of life in general! We as adults use our imaginations and have to channel creativity every day with work, with kids, with our families.

There is still nothing that quite compares to the imagina-

tion of a child though! As children play and especially when they are pretending, dressing up, playing with dolls, they are learning. They are expanding their world and expressing to you where they are and what they know.

Fostering their imagina-

tions now will allow for a more creative mind later.

Watching as they act out the scenes of their minds can be a fascinating activity for you as a parent too! It truly is a window right into the inner happenings of your child's mind!

Wyoming Citizen Review Panel-Parents As Teachers Affiliate

Volume 3, Issue 3

March 2016

Special points of interest:

- ☺ We are open in Cheyenne! Contact our office for more details or to sign up for the program.

Inside this issue:

Meet the Staff	2
Honey Garlic Chicken	2
Alphabet Fishing	2
Music and Development	3
Rotating Toys	3
Calendar	4
Meet the Community	6

Meet the staff—Lisa Taylor, PAT Program Manager

Lisa Taylor is the Program Manager for the Parents As Teachers Affiliate, a program of the Wyoming Citizen Review Panel.

Lisa joined the team in September of 2014, and is located in the Cheyenne office. Prior to joining the Wyoming Citizen Review Panel team, Lisa worked as a child protection services worker, as well as a supervisor for the Department of Family Services in both Nebraska and Colorado. She also has experience working in the nonprofit sector.

Lisa has her Masters of Science degree in Organizational Management with a Human Services focus and a Bachelor's degree in Sociology.

Lisa is excited to be able to work with a group of passionate individuals who are focused on early education and primary prevention.

As a mother herself, Lisa understands the need and importance of early intervention and education of children and families.



Lisa Taylor,
Parents As Teachers
Program Manager

Honey Garlic Chicken

Who doesn't love a meal that just cooks itself? On busy days, coming home to the smell of dinner knowing you didn't have to break a sweat to make it...well, there is just nothing better! Try this quick dish that will give your family everything they need for a yummy and balanced dinner.

Ingredients:

- 8 bone-in skin-on chicken thighs
- 16 oz baby red potatoes, halved
- 16 oz baby carrots
- 16 oz green beans
- 2 Tbsp chopped parsley

- 1/2 cup soy sauce
- 1/2 cup honey
- 1/4 ketchup
- 2 cloves minced garlic
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp ground black pepper

Direction:

- Mix soy sauce, honey,



Photo and recipe found at
www.damndelicious.net

ketchup, garlic and spices in a large bowl

- Place chicken and veggies in a 6 qt crockpot and top with sauce (add green beans 30 minutes before serving)
- Cook on low for 7-8 hours or 3-4 on high
- Serve immediately and enjoy!
- **you can remove the chicken from the crockpot and broil for 3-4 minutes before serving if you prefer crispy skin.

Alphabet Fishing

Is your child beginning to learn letters? If you are looking for new ways to encourage educational play, try taking your child fishing for the alphabet!

The game pieces can easily be made out of many items you may already have laying around your home.



Picture found on mominspiredlife.com

Gather your supplies and set up your work space.

You will need construction or other colored paper, paper clips, string, a round magnet and a stick or pole.

For the fish, you can cut out fish shapes or simply cut strips, depending on how you want the pieces to look. On each "fish" write a different letter of the alphabet and

attach a paper clip to the nose of the fish.

Next, tie one end of the string to the round magnet and the other end to the stick to create your fishing pole.

Now you can layout your fish on the floor and let your little one reel in some letters. Be sure to take time with each letter and help your little one learn while having fun and working on his/her coordination.

Music and Development

Did you know the impact music can have on your child and their overall development? Music can impact virtually all areas of your child's development and can help children be ready for school!

Kindermusik is an internationally recognized organization which has been working with families for more than 35 years.

Their research has shown some pretty incredible results for kids involved with music.

Children have shown increased literacy and language skills, better reasoning and logic and increased physical activity.

All seeming to stem from the "focused listening" the music

creates for the child in conjunction with beats and vocabulary, children respond very well to this form of learning.

Brighthorizons.com also points out the importance of the social and cultural lessons your child will learn through song and music.

Children learn to move to beats, anticipate what is coming next and begin to understand and become able to remember songs and words.



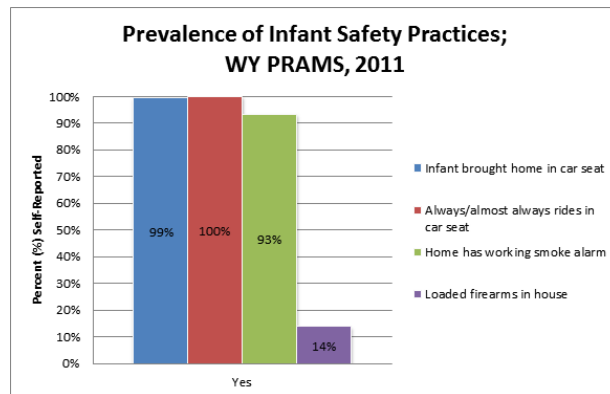
"infants recognize the melody of a song long before they understand the words."
www.brighthorizons.com

Teaching is not the only benefit of involving music with your child(ren). If you have a fussy child, soft music can be used to calm and quiet the mood.

The next time you are looking for something to do with your child, try turning on some music to suite the mood! Dance with your child, sing with your child and help them learn in a new and exciting way!

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 pregnancy.



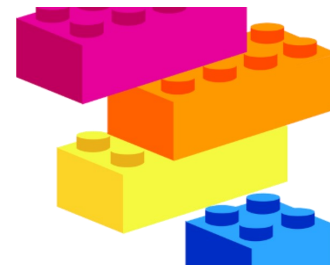
Rotating Toys

As parents, we have all felt the frustrations of those piles of toys that never seem to get played with.

If your family is facing the ever daunting task of finding ways to keep your little ones interested in their toys, try rotating the toy box! You can separate our portions of stuffed animals, blocks, games and other toys into different toy boxes or tubs. Every month, switch out the tubs to keep your kids engaged with the toys you have on hand.

If you have multiple children, keep toys from the older child(ren) that are in good condition and are not missing pieces in tubs to pass down to your younger children when they are ready and old enough for the items to be age appropriate.

This is a great way to repurpose and reuse to save yourself time and money!



YOUR MEDICINE CABINET MAY BE A DRUG DEALER



Prescription Drug Take Back Event

February 16 • 10 a.m. to 2 p.m.

March 15 • 10 a.m. to 2 p.m.

at Casper Senior Center 1831 East 4th Street, Casper, WY



March 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1 LC: Candy Filled Eggs Fundraiser	2 AC: Spring book sale LC Library LC: Enroll Wyoming (health insurance clinic)	3 AC: Spring book sale LC Library LC: Candy Filled Eggs Fundraiser FAFSA Workshop PCA Thankful Thursday's NC: DVA Support Group Women's Ski/Snowboarding	4 AC: Spring book sale LC Library NC: Family Fun Night @ Casper Family Aquatic Center	5 AC: Spring book sale LC Library LC: Family Fun Night @ YMCA Candy Filled Eggs Fundraiser NC: Bowl for Jason's Friends Fundraiser SWC: 4th Annual Muley Fanatci Foundation Banquet
6 NC: Women's Ski/Snowboarding Clinic	7 AC: Family night @ UW Art Museum LC: Candy Filled Eggs Fundraiser		9 LC: Candy Filled Eggs Fundraiser	10 NC: DVA Support Group Women's Ski/Snowboarding Clinic	11 LC: Candy Filled Eggs Fundraiser	12 LC: Enroll WY (health insurance clinic) NC: Winter Farmers Market 3rd Annual Firehouse BBQ Cook-Off SWC: Downtown Chocolate Lov-
13 LC: Candy Filled Eggs Fundraiser NC: Women's Ski/Snowboarding Clinic	14 LC: FAFSA workshop	15 LC: Candy Filled Eggs Fundraiser Enroll WY (health insurance clinic)		17 LC: Candy Filled Eggs Fundraiser NC: DVA Support Group Women's Ski/Snowboarding Clinic SWC: Bowls of	18 NC: Home and Garden Show	19 LC: Candy Filled Eggs Fundraiser NC: Water Egg Hunt @ Casper Family Aquatic Center Home and Garden Show SWC: R&R Ro-
20 NC: Home and Garden Show	21 AC: World Down Syndrome Day Beach Party @ Albany CO Fairgrounds LC: Candy Filled Eggs Fundraiser NC: Women's Ski/Snowboarding			24 NC: DVA Support Group Women's Ski/Snowboarding Clinic		26 NC: Skate with the Bunny @ Casper Ice Arena
27 NC: Easter Buffet @ Three Crowns Club Women's Ski/Snowboarding				31 NC: DVA Support Group		

Wyoming Citizen Review Panel

PO Box 1504
Cheyenne, WY 82003

Phone: 307-632-0032
Email: wycrp@wycrp.org
Website: www.wycrp.org
Facebook: www.facebook.com/WYCRP
Pinterest: www.pinterest.com/wycrp/

Name
Address
Address 2
City, State Zip



Community Information and Resources

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 out our website for county specific contact information and schedule a visit for your family today!

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!

Meet DFS!

The Wyoming Department of Family Services is one of WYCRP's main partner organizations and a great resource for Wyoming Families.

DFS offers many services for the wellbeing of Wyoming families. Just a few of the services available are SNAP, child support enforcement, Medicaid, child care assistance and LIEAP.

If you or someone you know is in need of assistance, please contact your local DFS office to be put in touch with the correct person to address your needs.

Contact Us

2300 Capitol Avenue
Third Floor
Hathaway Building
Cheyenne, WY 82002
Tel: 307-777-7561
Fax: 307-777-7747