

ROUND ROBIN

APRIL 2023 NO. 2

Quarterly Resource Newsletter



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HELLO SPRING

Welcome to the spring edition of the Round Robin, A quarterly newsletter to share resources and information with families and community members in the St. Croix River Valley. Our goal is to provide a platform that provides access to the amazing resources our area has to offer, with the outcome of bettering the lives of those who call it home. Join us in celebrating all that the local community organizations and UW Madison offer to better our community and support growth.

RESOURCE CORNER

Looking for parenting classes? Want relationship support that strengthens couples? Look no further. The UW Madison Extension Family Engagement and Relationships Program offers free online classes with flexible scheduling. Click the link below and scroll to the event section to view our calendar or register for a class. Once there, click on the icons to register for specific programming. Additional information on local and online classes can also be found on pages 9-11 of this quarter's newsletter!

[Click Here!](#)

<https://parenting.extension.wisc.edu>

WHAT'S NEW AT THE U

**THE STRONG COUPLES PROGRAM:
FREE RELATIONSHIP HELP FOR COUPLES IN ALL
LIFE STAGES**

The Strong Couples Program is:

- Six self-paced online modules. Topics include communication, commitment, problem-solving, and fun and friendship.
- Five brief video calls with a trained coach.

The Strong Couples Program is free! You can start any time. [Click Here](#) for more information or go to: <https://go.wisc.edu/wg9x73>

This program is for couples together six months or longer in all life stages. This educational program is not counseling, but instead teaches couples to use tools that improve their relationship.



CHILDREN AND THE WORKFORCE

WRITTEN BY NEIL KLINE
EXECUTIVE DIRECTOR
FAMILY FRIENDLY WORKPLACES

Family Friendly Workplaces (FFW) runs the Family Friendly Workplaces Certification program, which is designed to strategically address our region's long-term workforce shortage. Part of that effort focused on the role employers play in supporting early childhood.

It's not uncommon for employers to hear about early childhood and be left wondering what, exactly, they're being asked to do. In this article, I hope I can clear that up.

First, when I talk about our region's long-term workforce challenge, I encourage people to think about children as the little potential economic units that they are. This might seem weird at first (every child is obviously so much more than that) but it clarifies what we at Family Friendly Workplaces are trying to achieve. By thinking about children in this way, we can more easily identify what helps children perform in the workforce, and what doesn't. Also, we can think about what we should do to help children enter the workforce on time.

Ultimately, we want every child to enter the workforce on time, and with the skills they need to be successful. Critically, this is not something that just happens. A lot has to go into setting up every child for success. To help make things a little easier, we focus on executive function skills.

If you haven't heard about Executive Function Skills before, you can think of them like the air traffic control system of the brain. They help us make decisions, delay gratification, plan, and do a whole host of other elemental things.

We need these skills every day to help us be successful at work or school, and these are skills children learn early in life. Brain science tells us, too, what helps children learn these skills, what doesn't help them learn these skills, and what protects children from the things that negatively impact the development of these skills.

Specifically, a primary protective factor that helps children develop executive function skills are strong, stable, and healthy relationships with adults in those children's lives.

For employers, doing whatever they can, in their benefits and their culture, to support the formation and maintenance of strong, stable, and healthy relationships between their employees and their family will materially impact the brain development and health of young children. This increases the likelihood that children are set up for success.

I like to summarize by saying that it really does matter that Dad can make it to Timmy's t-ball game, that Mom is home when the kids get off the bus, and that baby has time to bond with their new family.

By engaging in this way, employers can play an important role in ensuring children enter the workforce on time, and with the skills they need to be successful, helping not only those children, but also our long-term workforce shortage.



**FAMILY FRIENDLY
WORKPLACES**



FOOD WISE: MAXIMIZE FOODSHARE DOLLARS

During the COVID-19 pandemic, a federal program gave FoodShare members extra benefits, plus the regular amount. Now, due to recent changes to federal law, the extra amounts have ended. February 2023 was the last month members received extra benefits. Qualifying families will continue to get their regular FoodShare amounts.

Find More information



Read news & updates.

dhs.wisconsin.gov/foodshare/news.htm



Find food resources

Call 211 or 877-947-2211 to ask questions & find local resources. Additional food resources are listed at:

<https://go.wisc.edu/58emt9>



Ask for help

Your county UW-Madison Division of Extension FoodWise program staff are a great resource for stretching FoodShare dollars. Contact FoodWise Coordinator...

Katie Bartko:
715-531-1934 orkatie.bartko@wisc.edu



Check other state benefit programs for eligibility.

Log in to your ACCESS account at access.wi.gov and click "See if you can get help." Then, answer a few questions to see if there are other state programs to help you. Other options are also listed at

<https://go.wisc.edu/58emt9>



Locate Local Food Resources



Free or reduced price school meals

Contact your school to see if your child qualifies for free or reduced price meals at school.



Emergency Food Resources

Find local food resources by calling 211 or checking the listing at <https://go.wisc.edu/toj1xf>



Community Meal Sites

To find the latest information on (free) community meal sites as they reopen after closing during the pandemic, call 211.



Local Women, Infant & Children (WIC) Office

Contact Pierce-Pepin WIC at 715-273-6758 to speak to someone about applying for WIC to receive benefits for pregnant, postpartum and breastfeeding women, and children under 5 years old.

NEED ASSISTANCE? CHECK OUT ONE OF OUR LOCAL FOOD PATRIES.

- ELMWOOD FOOD PANTRY:
(715) 639-2307
- PIERCE COUNTY FOOD PANTRY:
(715) 273-2070
- PLUM CITY FOOD PANTRY:
(715) 647-2191
- PRESCOTT AREA FOOD PANTRY:
(715) 262-4143
- RIVER FALLS COMMUNITY FOOD PANTRY:
(715) 425-6880
- SPRING VALLEY COMMUNITY
FOOD PANTRY
(715) 778-5988

[CLICK HERE FOR
MORE INFO
HTTPS://GO.WISC.EDU/X506HK](https://go.wisc.edu/x506hk)



COMMUNITY HIGHLIGHT:**FAMILY RESOURCE CENTER
ST. CROIX VALLEY'S (FRCSCV)**

WRITTEN BY SARAH WEISKE

EDITED BY HANNAH WHITE-MCGINN

Family Resource Center St. Croix Valley's (FRCSCV) mission is to strengthen children, families, and communities by offering education, resources, and support.

FRCSCV is a non-profit founded in 1998 and funded by grants, contracts, and donations. Their office is located on Main Street in Baldwin, WI. FRCSCV serves families with children ages prenatal-kindergarten entry in Pierce, Polk, and St. Croix Counties. Their work is done at no-cost to families through Parents as Teachers Home Visiting program, group connections and resource referral network.

Research shows that high quality, parent-focused, early childhood development programs that begin at birth can make an extraordinary difference in outcomes for both the child and society. FRCSCV offers a variety of parent education services to families with young children. FRCSCV's most resource-intensive program is the evidence-based home visiting model 'Parents as Teachers'. 80% of the families served with home visiting have three or more risk factors. These risk factors include (but are not limited to): substance use disorder, low income, history of child abuse or neglect, and housing insecurity.

FRCSCV Parent Educators are in the home twice monthly. Parent Educators work with families to set goals to create a home environment that helps:

1. Increase parent knowledge of early childhood development and improve parenting practices.
2. Provide early detection of developmental delays and health issues.
3. Prevent child abuse and neglect.
4. Increase children's school readiness and school success.
5. Provide opportunities for social connections, resources, and referral services.

In 2022, 125 families participated in home visiting, 1618 personal visits; 1160 in-person, 314 video and 144 telephone visits were made, and 1751 books were given at home visits. FRCSCV partners with five hospitals in their service area where last year 411 families received a Welcome Baby visit. FRCSCV continues to enroll more families in home visiting prenatally.

FRCSCV offers a continuum of parent/child group connections such as Welcome Baby, Young Parent Program, Baby & Me, Play & Learn, ECE FAST (Early Childhood Education/Families and Schools Together), Triple P (Positive Parenting Program), Parent Café's, Special Events, and the new Recovering Together Café, for families with young children in recovery or supporting recovery in partnership with Pierce, Polk and St. Croix Counties.

To continue providing high quality services and programming, in 2022, FRCSCV launched its first Parent Advisory Council (PAC). This committee of parents/caregivers have participated or are currently participating in FRCSCV programming meet to provide input and feedback to staff on future programming, special events offered, review program evaluations and participate in advocacy.



FAMILY RESOURCE CENTER ST. CROIX VALLEY'S (FRCSCV) CONTINUED

A participant who recently graduated from FRCSCV's programming, now a parent partner said, "I wouldn't be where I am today without the help from Family Resource Center. The stability, resources, and knowledge that my Parent Educator provided have inspired me to help young moms today."

FRCSCV is here to connect parents to resources and uncover their parenting strengths. Families reap the benefits: children are safer, healthier, better prepared to learn, and more likely to be successful adults. FRCSCV remains committed to offering group-based and one-on-one programming at no cost to Western Wisconsin families. This is why what FRCSCV does is so important. They help parents be their child's first and best teacher!

FIND UP TO DATE PROGRAM INFORMATION AT [HTTPS://FRCSCV.ORG/REGISTER-TODAY/](https://frcscv.org/register-today/) OR SCAN THE QR CODE BELOW.



DETAILED INFORMATION ON FRCSCV PROGRAMS AND SERVICES CAN BE FOUND AT [HTTPS://FRCSCV.ORG/](https://frcscv.org/).

FOLLOW FRCSCV ON FACEBOOK: @FRCSCV AND INSTAGRAM: @FRC_SCV



REACH FOR THE STARS GREATEST HITS GALA!

The Family Resource Center St. Croix Valley provides important, life changing services to local families.

On Sunday, April 23rd, 2023 they are celebrating with a 25th anniversary Gala. The fundraising event will allow community members to come together with delicious food and live music at Tattersall Distillery and Event Center. Event details are listed below, you can go to <https://frcscv.org/reach-for-the-stars/> or scan below for more information, dinner menu, or to buy tickets!

RSVP BY APRIL 14TH 2023!
DOORS OPEN AT 400 P.M. APRIL 23RD, 2023

***Dress Code Disco Glam**

Tickets:
\$80 per person
\$150 for two
\$600 for table of 8



TEACHING CHILDREN ABOUT MONEY

WRITTEN BY BARBARA O'NEILL

Financial education mandates have increased across the U.S. As of June 2022, 13 states require all students to take at least one semester of personal finance. In other states, personal finance is an elective or embedded within another course such as math, economics, or entrepreneurship. Financial education courses notwithstanding, children's strongest financial influence is most likely their parents. Below are tips on how to teach children about money.

- **Use Money Soundbites.** Children can learn valuable personal finance concepts through the repetition of phrases that describe the importance of saving money. An example is Ben Franklin's soundbite from more than 200 years ago: "A penny saved is a penny earned." Follow this up by showing children a \$100 bill, a.k.a., a "Benjamin." Ben Franklin's face is there for a reason! Other good soundbites include "pay yourself first," "you can't borrow your way out of debt," "live below your means," and "don't spend money that you don't have."
- **Teach Budgeting Skills.** Many parents teach their children how to budget with an allowance that effectively acts as a child's "paycheck." Parents should also provide guidelines to help children manage an allowance, including what it covers (e.g., discretionary clothing purchases) and does not (e.g., school lunches) and expectations for long-term savings (e.g., "from every dollar, save a dime") and charitable gifting. Another key guideline is chores expected of kids as a "citizen-of-the-household" vs. those that earn extra cash.
- **Let Children Fail.** Children commonly run out of money before their next allowance. One option is to let them "do without" for a period of time. Another is to loan them needed money with an agreed-upon repayment schedule and, perhaps, interest. Children learn valuable life lessons from money mistakes as well as successes. Parents can debrief these mistakes and help children improve future money management.

- **Leverage "Real Life" Experiences.** Parents can use everyday activities, such as trips to the supermarket or a bank ATM deposit, to teach children about money. This may require real-time explanations about what is happening. Take the time. For example, tell children that a debit card purchase will be immediately subtracted from their checking account and that credit card companies will send a bill. Remember that children observe everything including shopping methods, tipping at restaurants, acts of charity, and bill-paying methods.
- **Foster Savings.** Parents can help children open a savings account at a local bank or credit union and teach them about interest and compound interest. Another strategy that some parents use to motivate their children to save is to match a child's savings like the government matches service members' TSP deposits. The 52-Week Youth Money Challenge provides a template for children's saving goals and parental matching. Another useful savings tool is a family savings jar to which everyone contributes loose change to save for a shared financial goal.

For additional information about children and money, review the [CFPB website](https://www.consumerfinance.gov/money-as-you-grow), Money as You Grow. <https://go.wisc.edu/29rv9r>

This article was written by Barbara O'Neil and edited by Selena Garrison. It was shared by Extension Foundation on 8/10/22 at <https://go.wisc.edu/44c7aa>.



DENTAL HEALTH

EDITED BY: HANNAH WHITE-MCGINN
 PROVIDED BY: PIERCE COUNTY HEALTH DEPARTMENT

Did you know that the American Dental Association suggests brushing your baby's teeth with a little water as soon as the first tooth appears! Children's dental health is just as important as adults. Your child's first teeth are important for helping them talk and chew. Their teeth also help save space in their mouths for their adult teeth to grow straight. Early dental care will ensure your little one will feel good about their smile.

By following a few easy steps, you can avoid dental problems in your child's life:

1. Gently clean your baby's teeth and gums daily with a damp cloth, gauze, or toothbrush.
2. Feed only formula, milk or water (when appropriate) from a bottle. Do not add sugar. Offer the bottle only at feeding time.
3. If you use a pacifier to comfort your baby, never dip it in any sweet substance.
4. Avoid the use of toothpaste until your baby is at least 2 years old.
5. Get a well-baby dental checkup by their baby's first birthday.
6. Your child needs fluoride to build strong teeth. Check with your county health department to see if fluoride is in the water. If it is, then be sure your child gets enough water to drink. If your drinking water does not have fluoride, ask your doctor about fluoride supplements.



In partnership with Bridging Brighter Smiles (BBS), dental check-ups are offered to pregnant individuals and children ages 2-4 at Pierce County Public Health. Bridging Brighter Smiles increases access to preventative dental care by bringing portable dental equipment into schools and health departments. The dental hygienists with BBS tailor services based on patient needs, which can include cleaning, screening, sealants, fluoride varnish and silver diamine fluoride. They accept BadgerCare (ForwardHealth) and self-pay for services. For more information on BBS, check out their website <https://enrollment.bbsmiles.org/>

BRIDGING Brighter Smiles
www.bridgingbrightersmiles.org

PIERCE COUNTY Public Health

DENTAL CHECK UPS

Save the Date!
Thursday, April 6, 2023
 12:00 - 7:00 PM

Register online at piercecountydenal.as.me
 or by phone (715) 273-6755

SELF-PAY COST OF SERVICES:

- SCREENING \$19
- CLEANING \$43
- FLUORIDE APPLICATION \$23
- SEALANTS \$26/TOOTH
- SILVER DIAMINE FLUORIDE (SDF) \$26 FOR 2 APPLICATIONS (MINIMUM 2)

SERVICES FOR PATIENTS WITH BADGERCARE ARE FREE!

Appointments available for:
 Children age 2-4
 Pregnant or Breastfeeding Women

Clinic Address:
 412 W. Kinne Street
 Ellsworth, WI 54011

February 2023



BUILDING BLOCKS OF MENTAL HEALTH EVENT

WRITTEN BY SELENA FREIMARK

May is Mental Health Awareness Month and three St. Croix County community organizations are hosting an event on May 2nd to kick off the month by coming together to "highlight and celebrate" mental health resources in the area.

According to data gathered by Healthier Together - Pierce & St. Croix Counties, a local health coalition, "almost 12,000 adults and about 3,500 youth in St. Croix County have a mental illness". Bringing awareness about mental health helps to decrease stigma and provides opportunities for getting support

and education to increase mental well-being. Hosted by United Way St. Croix Valley, the YMCA, and First Presbyterian Church of Hudson, this event will include a free community meal, panel presentation, and a resource fair & community art project.

While Hudson area resources will be highlighted, others are welcome to attend as well. The event takes place on Tuesday, May 2, at 5:30 PM at Camp St. Croix; registration is preferred. For more information, go to <https://go.wisc.edu/x25kr6>

Kicking off Mental Health Awareness Month

BUILDING BLOCKS OF MENTAL HEALTH



Tues. May 2

5:30pm-FREE dinner available

6:00pm-Panel Presentation

7:30pm-Resource Fair & Community Art
(additional details on following pages)

Camp St. Croix,

RCU Discovery Center,
532 County Road F, Hudson, WI

Let's come together to:

- Highlight & celebrate mental health resources in the area!
- Explore how we can help build mental health and wellness for all!

Event hosted through the collaboration of:



United Way
St. Croix Valley



FIRST PRESBYTERIAN CHURCH
of Hudson, Wisconsin



...with gratitude to many other community partners!

SCAN to register!



FREE PARENT CLASSES

Join a free online parenting class every Thursday at 7 PM. Connect with other parents. Get practical, positive parenting ideas. Help children grow. Click each class name to register below or go to the web address provided. When you register, you will receive an email with a link that gives you access to the class using Zoom. Check your junk mail if you don't receive this email

April 2023

Resilient Co-Parenting is the first Thursday of every month and is for parents or caregivers raising children together while living apart.

April 6: Navigate Difficult Conversations: Learn conversation skills for efficient communication with your child's other parent, so you can put your child's best interests first. Go to: <https://go.wisc.edu/1l6zj0>

Raising Wisconsin's Children online parenting classes are the remaining Thursdays in a month. April classes focus on skills kids need to deal with stress and make friends.

April 13: Take A Deep Breath: Learn how simple mindfulness skills can help children cope with stress. Go to: <https://go.wisc.edu/7b4bsw>

April 20: Humankind, Be Both: Learn how practicing kindness helps children develop friendships and thrive. Go to: <https://go.wisc.edu/7b4bsw>

April 27: Making & Evaluating Choices: Learn ideas for how to guide children in making their own good choices. Go to: <https://go.wisc.edu/7b4bsw>

SPRING INTO SELF CARE RECOVERY TOGETHER CAFE

Coming to a county near you Parent Cafes are going to be piloted in Pierce, Saint Croix, and Polk Counties. As part of an effort between the Family Resource Center St. Croix Valley, Be Strong Families, and county service providers across the three counties, Parent Cafes will be starting in April. What is a Parent Cafe?

"Cafés are physically and emotionally safe spaces where people talk and listen to each other on topics that matter to them, such as the challenges and victories of raising a family, navigating landscapes of inequality, enhancing well-being, or being involved in the recovery process of someone they love."

May 2023

Resilient Co-Parenting

May 4: Parenting From a Distance: Learn ways to stay connected with your children and how to make the most of your time together. This is a Resilient Co-Parenting class meant for parents or caregivers raising children together while living apart. Go to: <https://go.wisc.edu/1l6zj0>

Raising Wisconsin's Children Classes

May 11: Speaking Your Child's Love Language: Learn how understanding your child can help you communicate and connect. Go to: <https://go.wisc.edu/4ra4y5>

May 18: Playful Parenting: Learn how play can help your child grow and learn at any age. Go to: <https://go.wisc.edu/4ra4y5>

May 25: Raising Helpful Toddlers: Learn about ways to encourage toddlers to begin helping with household tasks. Go to: <https://go.wisc.edu/4ra4y5>

June 2023

Resilient Co-Parenting

June 1: Co-Parenting Teens: Learn ways to co-parent cooperatively to support your teenager in becoming a healthy young adult. Go to: <https://go.wisc.edu/1l6zj0>

More June Classes coming soon!

June classes will be posted on the UW-Madison Extension Website in upcoming month.

Go to:

<https://parenting.extension.wisc.edu/online-parenting-classes/> for more classes or information.

Through individual deep self-reflection and peer-to-peer learning, participants explore their strengths, learn about the Protective Factors, and create strategies from their own wisdom and experiences to strengthen their families."

<https://www.beststrongfamilies.org/cafes-overview>

April's Cafes will cover the topic of recovery. More details can be found on the follow page.





Recovering Together Café

JOIN OUR NEW, NO-COST RECOVERING TOGETHER CAFÉ PROGRAM IN PARTNERSHIP WITH PIERCE, POLK & ST. CROIX COUNTIES

What is a Recovering Together Café?

Recovering Together Café is for anyone in recovery or those in a supporting role with children prenatal-kindergarten entry in Pierce, Polk or St. Croix Counties.

For anyone on a Recovery Journey, and for the loved ones, families, allies and communities dedicated to providing support, chances of healing through the recovery process significantly increase with the help of social supports.

Join a Café at one of three locations:

Polk County

St. Croix County

Pierce County



child care & meal provided - receive a \$10 gas card

& chance to win a raffle basket!



LIMITED SPOTS AVAILABLE REGISTER TODAY!

Scan here with your camera phone to register visit frcscv.org/register-today/ or call 715.684.4440



FREE PARENT CLASSES CONT. TRIPLE P POSITIVE PARENTING PROGRAM CLASSES FOR PARENTS OF CHILDREN 0-12 YEARS OLD

The Positive Parenting Program will provide parents with strategies to raise confident and healthy children, build strong relationships, manage misbehavior, and prevent problems from happening in the first place. Classes meet via Zoom on Mondays from 10:30 am to 12:00 pm OR from 6:00 pm to 7:30 pm.

Topics Include:

- April 3rd - The Power of Positive Parenting
- April 10th - Raising Confident, Competent Children
- April 17th - Raising Resilient Children
- April 24th - Dealing with Disobedience
- May 1st - Managing Fighting and Aggression
- May 8th - Developing Good Bedtime Routines

Class topics vary - choose one or as many as are relevant to you. Registration required. Click the link to sign up: <https://go.wisc.edu/v206cc>



CLASSES FACILITATED BY:
TRACY HENEGAR: BAYFIELD & DOUGLAS COUNTY
EXTENSION 715-395-1426
HEIDI UNGRODT: ASHLAND & BAYFIELD COUNTY
EXTENSION 715-682-7017

SUPPORTING CHILDREN WITH INCARCERATED PARENTS: A TWO-PART SERIES FOR PARENTS & CAREGIVERS FREE ONLINE VIA ZOOM

Connect, discuss and engage... Children who are impacted by the incarceration of a parent or loved one sometimes experience extra stress and may have difficult questions. This two-part series is designed to support parents and caregivers in justice-involved families.

Two Sessions

- Building Your Bond: Talk, read and connect with your child
- Strong Feelings: Supporting your child emotionally

Space is limited.

Priority will be given to Wisconsin families (or those caring for Wisconsin Children). If you have questions, contact Heidi Ungrodt: 715-373-3288 or heidi.ungrodt@wisc.edu



PARENTS AND CAREGIVERS
WHO COMPLETE BOTH
SESSIONS CAN SELECT NEW,
HIGH-QUALITY BOOKS FOR
THEIR CHILDREN

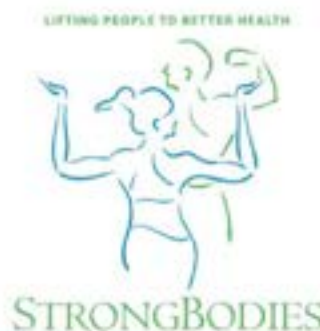
STRONGBODIES PROGRAM

The Extension StrongBodies Program is a wellness program geared towards people of all ages. It is based on the StrongWomen Program that was created by Professors Miriam E. Nelson and Rebecca Seguin. The goal of StrongBodies is to support people of all ages to live stronger, healthier lives. This is done by providing knowledge, inspiration, access to programs, and ongoing support. The StrongBodies program is provided state wide. Locally it can be found in Polk and Saint Croix Counties. Most recently, Polk County ran a 10-week program designed to increase strength, muscle mass and balance, and decrease the risk of osteoporosis, diabetes, heart disease, arthritis, depression and obesity. StrongBodies will be coming soon to Pierce county! Keep an eye out for more information!

If you are interested in joining the next Strongbodies please check out the following sites.

[Find A Program - Healthy Eating & Active Living \(wisc.edu\)](https://wisc.edu)

[Saint Croix County Strongbodies](#)



COMMUNITY CONECTIONS

Bellow you will find information that is meant to support and promote healthy communities. This mix of old and new resources will showcase new information and to continue to highlight important programing in the area for new readers.

New seed library!

Pierce County Public Health has collaborated with the River Falls Public Library to start a seed library. The River Falls Public Library will host the seed library this spring and early summer. Seed donations and orders have been received and will be ready for the public to pick up in mid-May. There will be library programming for education about starting these seeds at the start of the growing season. The variety of seeds has been limited to 5 main types, with some odds and ends from donations. The five main varieties include bush beans, bush cucumbers, peas, golden zucchini, and a gourmet lettuce blend. These varieties have been determined to be easy to grow, and most will grow well in the ground or a container and are excellent for first-time growers and experienced gardeners alike. In addition to the seeds, there will be information on how to care for the seeds to make for a successful harvest. Master Gardeners from the River Falls Garden Club are providing this information. Seeds do not need to be returned as the hope is for the program to become sustainable through donations and expanded seed varieties to be offered in future years. To learn more about the seed library, contact the River Falls Public Library at 715-425-0905.

Improving our Built Environment:

Pierce County Public Health is pleased to announce a community funding opportunity focusing on building a healthy environment for all Pierce County residents. We are inviting non-profit organizations (including 501(c)(3), governmental entities, educational or other organizations defined as tax-exempt) to apply for up to \$20,000 of funding to complete a project that helps make being physically active in Pierce County easier. We will select at least five projects totaling \$100,000. Applications are due April 30, 2023. More details about this funding announcement are in our recent press release.

Found at: <https://go.wisc.edu/060fu6>

Women, Infants, and Children (WIC).

The Special Supplemental Nutrition Program for Women, Infants, and Children more commonly known as WIC is a federally run program that provides funds to states for supplemental food, health care referrals, and nutrition education for low-income people who are; pregnant, a caregiver, or a parent with a child under the age of 5. Pierce and Saint Croix County WIC provides Health Foods, Breastfeeding Support, Nutrition Education, and Referrals to social services and valuable resources. To apply or check eligibility visit:

<https://wicmomstrong.com/>

Looking to contact your local WIC Program?

Pierce:

Phone: : 715-273-6758

Email: WIC@co.pierce.wi.us

Saint Croix:

Physical Address

1752 Dorset Ln

New Richmond, WI 54017

Phone: : 715-246-8359

Fax: : 715-246-8298

Email: WIC@sccwi.gov

Pierce County Hunger Prevention Council.

Did you know Pierce County has a council that meet monthly to discuss concerns about food access and brainstorm ways to help break down barriers to our community members' ability to get safe and healthy food? The Hunger Prevention Council of Pierce County, Inc. (HPC) is a non-profit organization formed in 1999 to address inconsistent responses to hunger across Pierce County. If you are interested in joining our group contact Vice President Brittany Mora at brittany.mora@co.pierce.wi.us To learn more about the council visit www.hungerpreventioncouncil.com/



**PIERCE COUNTY
HUNGER PREVENTION COUNCIL**
WE GO BEYOND THE FOOD



UNITED WAY DIAPER BANK

WRITTEN BY BETSY BYKER

EDITED BY: HANNAH WHITE-MCGINN

The ability to access to an adequate supply of diapers is essential. Appropriate hygiene keeps babies and toddlers health. It is all too uncommon for families to not have the resources or ability to provide this basic need.

The United Way Diaper Bank sponsors diaper pantries in the St Croix Valley four County area. This important service provides essential items to those who need it most. All families are eligible to receive diapers simply by asking. There are no prerequisites for eligibility.

Are you in need of diapers or wipes? Check out the various Diaper Pantries below.

Pierce County:

Pierce County Food Pantry
440 N Maple St, Ellsworth, WI 54011.
Open Mon and Wed, 3-6 pm and Tues and Thurs,
9:30-noon.

Saint Croix County:

Operation Help
901 4th Street, Suite 214
Hudson, WI 54016
Call us: (715) 386-1300

*Opened once a month call for more details

Polk County:

The Open Cupboard Food Shelf
402 2nd Avenue, Osceola WI 54020
Call for appointment: 715-294-4357
Open Monday-Friday 8 am – 5 pm
Area of service: Osceola & Dresser school district

If you are a parent/caregiver that is having difficulty affording diapers for your child, you can access free diaper resources by calling 2-1-1 and asking to be connected to the Success By 6 Early Childhood Family Navigator.

You can also register to receive a free monthly supplemental supply of diapers and wipes.

To register text, call or email
Phone: (715)245-1593
Email: betsy.byker@unitedwaystcroix.org

Interested in making a difference? Consider donating. Donations of diapers, wipes or funding can be directed to the United Way Success by 6 Director. If you are a company or organization that is interested in starting a diaper drive the United Way can assist you with plans, marketing materials, collection bins, and getting volunteers,

United Way Success by 6 Director: **Betsy Byker**
Phone: (715) 377-0203 ext. 104.
Email: betsy.byker@unitedwaystcroix.org

Thanks to a new partnership between St. Croix Health (SCH) and United Way St. Croix Valley, St. Croix Regional Medical Center (SCRMC) will be hosting a diaper drive at all of their locations. They are asking community members to donate diapers sizes newborn, 1, 2, 3, 4, 5, 6 and baby wipes. Due to safety guidelines, all donations of diapers and baby wipes must be in their unopened, original packaging and they ask participants to be aware of supplies and not deplete a store of any inventory.

Diapers can be dropped off at any SCH clinic location: Frederic, Lindstrom, St. Croix Falls Unity, and Webster. There will be a bin located in each lobby with signage. The diaper drive will take place July 11-15. Diapers and baby wipes collected will be distributed to families through nonprofits located in Polk and Burnett Counties for regional impact. Your support helps families gain financial flexibility to focus income on housing and other essential items.

United Way St. Croix Valley fights for the health, education, and financial stability of every person in Burnett, Polk, Pierce and St. Croix Counties. Our mission is uplifting people by building relationships, connecting resources, and uniting the St. Croix Valley communities. We partner with local businesses, individuals, and nonprofits to make progress toward our vision that all people in the St. Croix Valley will lead a healthy life, receive quality education, and experience financial stability.

United Way

SUCCESS BY 6™



BIRTH TO THREE PROGRAM

The Birth to 3 Program is an early intervention program to support families of children with developmental delays or disabilities under the age of 3.

How does a child qualify? There are a few pathways to meet eligibility requirements for the Birth to 3 Program and obtain services and supports. Those include a developmental delay of at least 25% in at least one of the areas of development, a diagnosed condition with a high probability of developmental delay, or atypical development that adversely affects your child's overall development.

If you are concerned about your child's development, go to the following link for a free online developmental screening: <https://go.wisc.edu/d5h5yb>
You can also contact a local Birth-3 program near you.

Pierce County:

412 W. Kinne St. P.O. Box 238,

Ellsworth, WI 54011

Phone: 715-273-2096

Fax: 715-273-6854

Email: birthto3@co.pierce.wi.us

Saint Croix County:

1752 Dorset Ln

New Richmond, WI 54017

Phone: 715-246-8260

Fax: : 715-246-8412

Check out the Birth- 3 Program state website at:

<https://go.wisc.edu/89yqh5>

PRENATAL MENTAL HEALTH

WRITTEN BY MELISSA SPIELMAN

Did you know that 1 in 5 birthing people report mental health concerns prior to giving birth and only 1 in 8 birthing people are asked about depression symptoms after giving birth? Perinatal or postpartum mood and anxiety disorder (PMAD) is the term used to describe distressing feelings that occur during pregnancy (perinatal) and throughout the first year after pregnancy (postpartum) and are the number one medical complication of childbirth.

Many birthing people experience the "baby blues" after giving birth? This is a period of normal adjustment when new parents can experience mood swings and weepiness during the first two to three weeks after giving birth. The baby blues are not the same as a perinatal or postpartum mood and anxiety disorder. Birthing people experiencing PMADs often feel sad, hopeless, and have little interest in doing things they once enjoyed.

If you are unsure of whether or not you are experiencing baby blues or something more, please ask your healthcare provider.

Resources: [Children's Hospital of Philadelphia](#)

CDC: [Identifying Maternal Depression](#)



United Way
St. Croix Valley



PIERCE COUNTY
HUNGER PREVENTION COUNCIL
WE GO BEYOND THE FOOD



WISCONSIN DEPARTMENT
of HEALTH SERVICES



BIRTH TO 3



Family Resource Center
St. Croix Valley

Serving Families in Pierce, Polk and St. Croix Counties



FAMILY FRIENDLY
WORKPLACES



FOOD
WISE

UW-MADISON EXTENSION

