



# 4C Family Center of Washington County

## Program offerings

2376 W Washington St, West Bend, WI 53095  
Office: 262-338-9461  
www.4cfc.org/familycenter/



Strengthening families by providing parent education & family activities

4C For Children serves Kenosha, Milwaukee, Ozaukee, Racine, Washington & Waukesha Counties  
Main Office: 1736 N 2nd Street, Milwaukee, WI 53212 - Office: 414-562-2650  
www.4cfc.org

### April - June 2024

Play & Learn programs are held at the 4C Family Center, 2376 W Washington St, West Bend  
Little Nature Explorers Program is held at Barton Park, 2100 North Salisbury Road, West Bend

### Play & Learn Playgroups

#### Play & Learn

Tuesdays 9:30-11:00  
Tuesdays only April 2 - May 28  
Tuesdays and Thursdays June 4-27

Our Office is closed:

April 9  
May 14  
June 11



#### Little Nature Explorers

Thursdays April 4 - May 30  
10-11am Barton Park  
See flyer for details. You must register to attend these playgroups. Scan the QR code or call us at 262-338-9461 to register



Scan Here to register for Little Nature Explorers

### Parenting Workshops

#### April

#### Triple P - Positive Parenting Program: Developing Good Bedtime Routines

It can be exhausting for the whole family when there are problems at bedtime. Some children fall into a deep and long sleep the moment their heads hit the pillow, but for others, bedtime is a nightly struggle. Parents can help their children develop good sleep habits. A few small changes can make a big difference, so everyone in the family gets the sleep they need.

**Tuesday April 30, 2024 6:00-8:00 PM**  
Presenter: Sarah Mitchell, Triple P Educator



#### May

#### Developmental Differences in Children

As parents, we need to be aware of how we might have changed in how we respond to our children after the pandemic. We are seeing developmental differences in children due to the lack of social interaction. While we all were impacted by the lockdown, many children missed out on the key years of the socialization segment of their childhood. There were differences in schooling, in peer interaction, in problem solving skills, screen time changes, and so on. Most adults were able to go back to 'normal', but our young children didn't know what 'normal' was. The world was scary, no one knew what to do, including the world's top Doctors. In our discussion, we will include children's anger, as it is a common response to anxiety and depression in children, or unable to express what they are feeling. We will also discuss how parenting has changed and how we can all navigate through these difficult years with our children.

WEDNESDAY MAY 15 6-7:30  
Shana Schloemer, M.S., LPC (she/her)  
Co-Director, Psychotherapist  
Northshore Clinic and Consultants

#### May & June

#### Active Parenting

\*\*Three Night Workshop\*\*

Learn Discipline Techniques that work!  
This program is geared towards parents of children 4-12

- Improve communication with your child
- Teach responsibility and other values
- Handle problems as they arise
- Diffuse power struggles
- Stimulate independence
- Cope with difficult topics such as drugs, violence and sex

**Tuesdays: May 28, June 4 and June 11, 2024 6:00-7:30PM**  
Presenter: Amy Campbell, Parent Educator

