

What's Inside:

**Connecting With
Your Child**
Pg 1

**Family Fun for
Less**
Pg 2

**Easy Recipe for
Kids**
Pg 3

**Why Stay
Connected?**
Pg 3

TAB Program
Pg 4

Upcoming Dates
Pg 4

Connecting with Your Child

Life is seemingly so full with time commitments that we sometimes neglect to set aside some of that time for our kids. With the free time in our days so limited, it's natural to want to use it for ourselves. That's when the guilt begins to set in, clouding our judgment on what makes a good parent. We conclude that in order to be an exemplary parent, we need to bond with our children, and to do that we need to spend copious amounts of time with them. But how does this fit into our already busy schedule? Do we really have time for that? And the cycle goes on. The answer recommends not the quantity of the time you spend with your children, but the *quality*.

Whatever you choose to do when spending time with your child doesn't have to last long or be anything extravagant. Simply talking and playing with your children for just 10 minutes out of the day can prove to be much more effective than spending an hour struggling for something to say when trying to connect. Talk to your children when you come home from work. Ask them about their day, what's going on in their lives – just make sure your questions require an answer more elaborate than 'yes' or 'no'. If you and your kids maybe have more limited time try connecting while eating dinner or while driving to school. The rule is the same: ask questions that encourage your children to open up. If you do have more free time, make the extra effort to hang out with your kids. Read to them every night, help with homework, play with them, work on achieving personal goals together. Show your kids you are someone they can trust and confide in and laugh with, but are also someone who will be there to take care of them.

Using a sliver of time from your day to spend with your children shows your willing to bond with them, but filling that time with quality activities - paying attention to your kids, asking them questions, playing with them – demonstrates your dedication and eagerness. Remember, connecting with your child doesn't have to mean spending hours on end with them each day. You can show you care in a few short minutes just by talking with you children. Those few short minutes each day can result in a lifetime of trust and idolization, and there's no reason to feel guilty about that.

Family Fun for Less

September 8 – Children's Storytime

10-11a music and games and crafts will be included in the weekly storytime session at Indigo Bridge Books along with stories told in English and other languages.

September 10 – Practice & Play

From 3:15-4:15p at My Gym kids gain strength and coordination while developing social skills and self-esteem.

September 16 – Graphic Novel Book Club

Book Club at Indigo Bridge Books from 7-8:30p children and their parents are invited to meet up and discuss the current reading and other related topics.



September 22 – Preschool Paint & Storytime

At Paint Yourself Silly's Pioneer Woods location, children are welcome to read a story together and complete a painting project about what they read. From 10:30-11:30a.

September 26 – Tiny Tots Skating

Skate Zone invites children 10 years and younger to come skate from 10a-12p.

September 29 – Neighborhood Farmers' Market

Come for food, music, and activities for children to enjoy from 4-7p at the F Street Farmers' Market.

Recipe of the Month

Pizza Hand Pockets

You will need: 1/2 cup shredded skim mozzarella, 1/2 cup skim ricotta, 1/4 cup grated Parmesan, 4 ounces sliced pepperoni cut into thin strips, 1 large egg yolk and 1 large egg lightly beaten, 1/4 teaspoon salt, 1 pound fresh whole-wheat pizza dough, whole-wheat flour, 1/3 cup prepared pizza sauce

- 1) Preheat oven to 375 degrees F and line a rimmed baking sheet with wax paper
- 2) Combine mozzarella, ricotta, Parmesan, pepperoni, egg yolk and salt in a small bowl
- 3) Divide dough into eight even pieces. Lightly dust a clean work surface with flour and roll a piece of dough out into a 5-inch round. Place 2 tablespoons of cheese mixture into the center and top with 2 teaspoons of sauce. Brush the edges of dough with beaten egg and fold one side over the filling, making a half moon shape. Press and crimp edges. Place pocket on prepared baking sheet and repeat with remaining dough, cheese mixture, and sauce. Brush tops of pockets with egg and cut a 1-inch vent in the center of each.
- 4) Bake 24-28 minutes or until golden brown, and let cool before serving.



Recipe retrieved from foodnetwork.com.

Why Stay Connected?

Though staying connected with your children can use much time and effort from your life, it is important to hold a strong bond them. Using a little bit of time now and making the effort to be a part of your kids' lives can result positively in their emotional and social development in the future – and you will have a great connection to show for it.



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Take A Break offers respite to any parent or guardian with children between the ages of six weeks to 10 years. The program facilitates opportunities for caregivers to recharge while their children are cared for in a safe, nurturing, and fun environment where children enjoy crafts, exercise, and games.

Families of all incomes qualify for the Take A Break program, but this service requires a sliding fee scale based upon the family's size and income.

Experienced staff and volunteers are CPR and First Aid certified, and trained to work with a range of behavior disorders and disabilities.

To register, or to learn more information, please contact Mary Shada at 402-434-3494 ext. 103.

Take A Break Upcoming Dates

Please make note that on the Fridays Respite childcare will be provided at Grace Lutheran Church on 2225 Washington Street.

September 4, 2015 6:30-8:30p

September 11, 2015 6:30-8:30p

October 9, 2015 6:30-8:30p

November 6, 2015 6:30-8:30p

November 13, 2015 6:30-8:30p

December 4, 2015 6:30-8:30p

December 11, 2015 6:30-8:30p



Please call 402-434-3494 ext. 103 to register your child no sooner than the Monday before and no later than the Thursday before the scheduled Friday. To cancel, please call no later than the Thursday prior the session.