

Monthly Member Newsletter

October 15, 2020

Help available for childcare costs

The Department of Family Services has funds to provide childcare relief to families due to the pandemic.

Beginning October 1, families with increased childcare expenses as a result of pandemic can apply for financial relief.

The program is not based on income. Families must:

- live in Wyoming, and
- show childcare costs between March 13, 2020 and today.

The program will end on December 30, 2020.

[Find more information](#) or call (307)777-5819.

New program for girls in STEM learning

The Million Girls Moonshot is working to engage one million more girls in STEM learning opportunities through afterschool programs.

There are opportunities for young people and for educators.

[Learn more about the Million Girls Moonshot.](#)

A new app to connect families

The new My 307 Wellness app connects families with Wyoming resources. The app can also track doctor appointments more right from your phone. Search "My 307 Wellness" in your app store or text FAMILY to 307-317-0819 for a link.

New video on teens and alcohol

A new video on teens and alcohol has been released. [Check it out!](#)

Conversations with Your Child's Teacher

Teachers can be great sources of information and advice about your child and what is happening in school, but it can be hard to know when to reach out. Click [here](#) to learn more about when and how to connect with your child's teacher. Remember, the more you work with your child's teacher, the better it will be for your child!

Helping special needs students in distance learning

The pandemic is bringing new challenges to special education and distance learning. One of the biggest challenges is how to help students who have an [Individualized Education Program](#) (IEP). Look [here](#) for examples of how accommodations can transfer to a virtual setting.

Tips for parenting in Covid

1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

We can also see this as a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child.

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask your child what they would like to do.

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Switch off the TV and phone. This is virus-free time.

Ideas with your baby/toddler.

- Copy their facial expression and sounds.
- Sing songs, make music with pots and spoons.
- Stack cups or blocks.
- Tell a story, read a book, or share pictures.

Ideas with your teenager.

- Talk about something they like: sports, music, celebrities, friends.
- Cook a favourite meal together.
- Exercise together to their favorite music.

Ideas with your young child.

- Read a book or look at pictures.
- Make drawings with crayons or pencils.
- Dance to music or sing songs!
- Do a chore together – make cleaning and cooking a game!
- Help with school work.

Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE

We're accepting youth referrals

Do you know a young person age 4 to 20 who would benefit from additional support? Would it make a difference if they could be more successful at home, school and in their community?

Wyoming's High Fidelity Wraparound program can help if:

- A free program makes sense for the youth and their family.
- Additional mental health or behavior support is needed.
- Youth who currently are, or could be, Medicaid eligible.
- Youth is at risk for being placed out of their home in hospital or detention.

Youth and their care givers would benefit from having a team of support. Learn more by completing our [Referral Form](#) or visiting our [website](#).

Our program is growing

If you have ever wanted to help youth with complex mental health or behavioral health concerns, you can become a provider by visiting our [Become a Provider](#) page. We are always looking for more experienced and caring people to join forces with us to meet the needs of youth across Wyoming. Do you know anyone who would be great at this? Refer them to work with us.