

## RAISING WISCONSIN'S CHILDREN

Connect with other parents. Get practical, positive, research-based parenting ideas. Help children grow.

- **November 16, 2023: Families + Screens**
- **December 21, 2023: Strengthen Family Bonds Through Traditions**

## RESILIENT CO-PARENTING

Are you living apart while parenting together? Has the custody of your children changed? Join our classes designed to reduce conflict and support family well-being during big changes.

- **November 2nd: Mindful Money Practices**
- **December 7th: Forgiveness for Moving Forward**

## PARENTS FOREVER CO-PARENTING

For parents in the process of divorce, already divorced, ever married but separating, or with custody problems.

- **November 13th**
- **November 28th**

## RAISING A THINKING CHILD

Raising a Thinking Child is a 6-week workshop series that will help you guide children to solve common, everyday problems with decision-making and communication skills. It is a refreshingly practical curriculum that gives you the skills to help your child learn HOW to think, not what to think, as they learn to resolve their own problems.

- **This class runs weekly from October 30 to December 4**

# PARENTING & FAMILY RELATIONSHIPS CLASSES



## NOVEMBER & DECEMBER



Scan & scroll to calendar to register

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

## TRIPLE P

Triple P gives parents and caregivers practical tools to build strong relationships, manage their children's behavior and prevent problems from happening in the first place. Triple P works across cultures and for many different types of families.

### Triple P Stepping Stones:

- **November 6th: Positive Parenting for Children with a Disability**
- **November 13th: Helping Your Child Reach Their Potential**
- **November 20th: Changing Problem Behavior into Positive Behavior**

### Triple P Teen:

- **November 7th: Raising Responsible Teenagers**
- **November 14th: Raising Competent Teenagers**
- **November 21st: Getting Teenagers to Cooperate**
- **November 28th: Building Teenagers' Survival Skills**

## FOCUS ON FATHERS

Connect with other fathers while learning to boost your child's social and emotional skills.

- **November 14th: Deep Breath**
- **December 12th: Feeling all my Feels (Put me in Coach)**

## FIT AND HEALTHY KIDS

Fit and Healthy Kids is a team of Early Childcare experts from across the United States who offer online training opportunities. Each training incorporates some aspect of Early Learning Guidelines: Birth to Five Learning and development standards.

- **November 6th: The Importance of Process Art Experiences**
- **December 4th: Guidance and Discipline: Mistaken Goals of Misbehavior**