

NEWSLETTER



CRAWFORD COUNTY EXTENSION
MARCH & APRIL 2024

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WELCOME JANELLE!



Janelle graduated from the University of Iowa (many years ago) with degrees in Journalism and English and a minor in Business Administration. She worked for several years with the American Heart Association in the Quad Cities Area, Oklahoma City and throughout the state of Arkansas. 10 years ago, Janelle settled in Prairie du Chien where she has been enjoying the beautiful scenery and outdoor living this area has to offer ever since. Janelle has 4 children and was a stay-at-home mom for many years. She recently rejoined the workforce and is excited to continue working in the non-profit world, serving 4-H families, and the Extension Office community.

SCAN HERE



For More Extension Programming



Extension
UNIVERSITY OF WISCONSIN-MADISON
CRAWFORD COUNTY

Visit us at: crawford.extension.wisc.edu

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FAMILIES & FINANCES

Parenting

Aging

Financial

Wellness

FREE AND LOW-COST PARENTING CLASSES

TRIPLE-P FOR PARENTS OF TEENS- WITH A FOCUS ON VAPING, SMOKING, AND ALCOHOL USAGE

This evidence-based program will help you develop a personal parenting plan to assist you with parenting your teen about smoking/vaping, drinking alcohol, drugs, etc.

Friday, April 26th
1PM-3PM Via Zoom

Scan the QR code to
register or visit:
go.wisc.edu/hl1j9j



FOR PARENTS OF TEENAGERS

If you're concerned about your teen's behavior and/or looking to build strong relationships with your teen, join this virtual class!

Classes are held every Monday, March 25 through April 22, 2024.

You have the flexibility to attend either the 10AM or 6PM class.



Scan the QR code to register
or visit: go.wisc.edu/14x730

FOR PARENTS OF CHILDREN WITH DISABILITIES

These classes are designed to help children with disabilities reach their full potential. Parents will learn how to turn challenging behavior in positive behavior and more!

Classes will be held virtually on March 4, 12, and 18.

You have the flexibility to attend either the 9AM or 6PM class.



Scan the QR code to register
or visit: go.wisc.edu/5v2z7x



Amanda Griswold, Human Development & Relationships Educator
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FAMILIES & FINANCES

MORE PARENTING OPPORTUNITIES

RAISING A THINKING CHILD FOR CAREGIVERS OF CHILDREN AGES 4-7

This evidence-based workshop series will help you guide your child to solve common, everyday problems with decision making and communication skills using their thinking brain.

Educators can earn 12 continuing education hours via the Wisconsin Registry!

Classes are held Tuesdays, February 27- April 2, 2024.

Two time slots available: 9AM-10:15AM or 6PM-7PM.

Scan the QR code to register or visit: go.wisc.edu/p8jo72



LITTLE EXPLORERS PRE-SCHOOL PLAY GROUP

Join Amanda for guided activities, a sensory table, stories focusing on social-emotional learning, movement and crafts, plus more!

Classes are held once a month at Hoffman Hall in Prairie du Chien, WI.

**Thursday, March 21, 9AM-10AM
Thursday, April 11, 9AM-10AM**

For kids ages 5 and Under - children must be accompanied by an adult

\$2.00 Per Child



RAISING WI'S CHILDREN

Join us for free monthly classes as part of the Raising Wisconsin's Children series. Connect with other parents and get practical, positive, research-based parenting ideas. Help children grow.

March 21 at 1:00PM: Playful Parenting for Caregivers of Infants and Toddlers

April 18 at 1:00PM: Teen, Screens, and Social Media

Scan the QR code to register or visit: go.wisc.edu/2wgm3m



FOCUS ON FATHERS

Join us and other fathers and father-figures for a Zoom series to explore parenting tips and learn ways to strengthen your relationship with your child. Join us for one, several, or all sessions!

The Focus on Fathers schedule of sessions will be held on the following dates from 8:00-9:00 PM.

Tuesday, March 12:
Sports Star, Rock Star, Superstar
Tuesday, April 9th:
Standing Up for Yourself

Scan the QR code to register or visit: go.wisc.edu/754637





Amanda Griswold, Human Development & Relationships Educator
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FAMILIES & FINANCES

CO-PARENTING CLASSES

PARENTS FOREVER™

Parents Forever™ is an educational program for parents that are separating, divorcing, or changing custody of their children.

This course may meet the requirement for court mandated co-parenting classes for divorcing parents. Please confirm with your county before registering.

Next Class:

Wednesday, March 20,
Noon to 4:30PM on ZOOM



Scan the QR code to register
Or visit: go.wisc.edu/2544n1



RESILIENT CO-PARENTING

A series of topic-specific classes designed for parents or caregivers raising children together while living apart.

Join us for any or all of the following Zoom sessions, offered on the first Thursday of each month from 7 - 8pm CST

Upcoming Classes:

Thursday, March 7, 7:00PM on ZOOM
“Help Children With Strong Emotions”

Thursday, April 4, 7:00PM on ZOOM
“Co-Parenting Teens”

Scan the QR code to register
Or visit: go.wisc.edu/l4p71e



AGING HEALTHY CLASSES

PLANNING AHEAD

A 7-session course (90 minutes each) that guides folks through the end of life planning.

This class is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

Join us in-person to watch the virtual class on Thursdays: April 4-May 16, 10:45AM-12:15PM

**REGISTER BY MARCH 29 BY CALLING
THE ADRC AT 608.326.0235**

If you prefer to take it virtually from your own home, register here: <https://go.wisc.edu/2509pv>



Amanda Griswold, Human Development & Relationships Educator
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FAMILIES & FINANCES



FINANCIAL PROGRAMMING



Crawford County Money Smart Wisconsin 4K Students and Public Libraries

Join us for this year's Crawford County Money Smart Wisconsin campaign, featuring "The Big Read" initiative. Adults across the county will be reading books with valuable personal finance lessons to 4K children at various locations. These readings will take place during school library time or during story times at Hoffman Hall and area public libraries throughout Crawford County. Be sure to check with your local library for the schedule of Money Smart Wisconsin "The Big Read" events.

Money Matters

<https://fyi.extension.wisc.edu/moneymatters/>

Explore "Money Matters" online modules to enhance your financial literacy. Discover your financial strengths, acquire new money management skills, and broaden your knowledge to share with others. Begin with the "Your Financial Strengths" module and then delve into other topics of interest. Start your journey to financial empowerment today!

360 Degrees of Financial Liberty

A free program of the nation's certified public accountants to help Americans understand their personal finances through every stage of life

Edvest

Start a college fund on behalf of your child. Learn about saving for college and how to make saving affordable. The Edvest College Savings Plan is offered by the State of Wisconsin.

Approved Credit Counseling Organizations

Know before you go! Check out this state-by-state listing of government-approved credit counseling organizations. There is also a state-by-state list of approved agencies offering services in languages other than English and Spanish. Offered by the U.S. Trustee Program.

Wisconsin Office of Consumer Protection

The Office of Consumer Protection has authority to regulate unfair business practices. Resources for consumers:

Wisconsin's Consumer Protection Hotline; consumers can contact our hotline staff by email at DATCPHotline@Wisconsin.gov or through our toll-free hotline at (800) 422-7128.

Wisconsin's telemarketing "Do Not Call" Law (over 4.5 million Wisconsin numbers registered).

Education on combating and avoiding identity theft. They also help with recovery services to identity theft victims with the aid of the Identity Theft Assistance Team.



For **Free Annual Credit Reports**, visit go.wisc.edu/vljf6j.

Don't be fooled- lots of sites promise credit reports for free. AnnualCreditReport.com is the only official site explicitly directed by Federal law to provide them. You are entitled to three free credit reports every year. Learn how to use your credit report and what to look for to protect your credit and spot identity theft.

WHAT ARE MY OPTIONS TO BE A CHILD CARE PROFESSIONAL?

JOIN US TUESDAY, APRIL 30
12:30 PM TO 1:30 PM
VIA ZOOM



Do you enjoy working with children?



Are you looking to operate your own business from home or center?



Child Care might be perfect fit for you!

Crawford County Early Childhood Taskforce is looking for people who are interested in learning more about starting or expanding their child care business.

Looking for individuals who can provide all types of care including infant, toddler, and preschool care. Benefits: You set your own schedule!

**CRAWFORD COUNTY, WISCONSIN
CRAWFORD COUNTY TASKFORCE**



PROGRAM FEATURE :

- ✓ Learn to start a child care business
- ✓ Learn about the professionals who can support you
- ✓ Learn about incentives
- ✓ FREE supper and giveaways

REGISTER
CRAWFORD.EXTENSION.WISC.EDU








Registration closes Sunday, April 28th
Call 608-326-0223



Christine Myhr
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FoodWise Nutrition Educator

WHAT IS FOODWISE?

We...

-  Expose students to new, nutritious foods
-  Teach how food helps our bodies
-  Show how to identify healthy foods
-  Encourage students to make healthy choices
-  Provide adults with tools to plan & prepare healthy meals
-  Share ways to make the most with food dollars
-  Promote healthy food spaces

WHAT ARE WE UP TO?

In February and March, Prairie du Chien Bluff View 4th graders started participating in FoodWise nutrition lessons during their science class. They learned about the five food groups, how nutrients help fuel their bodies, and how to eat from all five groups to stay healthy and grow.

In April, Seneca School - 2nd, 3rd, and 4th graders- will start their FoodWise nutrition classes.

They will learn through activities, class discussions and food samples, making the healthy choice, the easy choice!



WHY DO WE DO IT?



2023 FOODWISE COMMUNITY IMPACTS

Engaged 2,978 community members through program activities, indirect education, social marketing campaigns, and policy, systems, and environmental (PSE) activities in K-12 school settings, farmers' markets, food banks, and congregate meal sites.

Collaborated with K-12 schools, libraries, food banks, group living sites, health centers, and agricultural organizations and more who newly adopted, or maintained 13 changes to policies, systems, or environments (PSE's) to make the healthy choice the easy choice. Some top changes include:

- Kitchen/Food Preparation facilities to allow for healthier options
- Acceptance/Use of EBT at the Farmers' Market



Amy Mitchell, Crawford County 4-H
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4-H PROGRAMMING AND EVENTS



**SATURDAY, APRIL 6
8:45PM - NOON
SENECA SCHOOL**



PROJECT DISCOVERY DAY

Join us for a fun, hands-on morning to learn about 4-H projects.
This event is open to all area youth.

CLOVERBUDS (K-2ND GRADE)

You will meet new friends, participate in hands-on, engaging activities and create fun projects! This 4-H Cloverbuds session is an age-appropriate program focusing on safe, non-competitive enrichment. The session will last 3 hours.

GRADES 3 AND UP

Participants will choose 3 sessions to attend. Each session will teach about a specific 4-H project and you'll have the opportunity to participate in activities related to those projects. Topics include composting, science, child development, goats, wildlife, arts & crafts, and woodworking.

PARENTS

The following sessions are available to adults: Preparing for the Future - an informational session discussing end-of-life decisions for yourself or loved ones. Building Healthy Media Habits Together. 4-H 101 - learn about all 4-H has to offer in Crawford County.

The cost for Project Discovery Day is \$5 per youth participant with a maximum price of \$20 per family.

To register for Project Discovery Day click here or scan the QR code:
<https://forms.gle/Hf63kV2Wn2cDhDXK9>



CONTACT US

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AGRICULTURE EDUCATOR: Vacant

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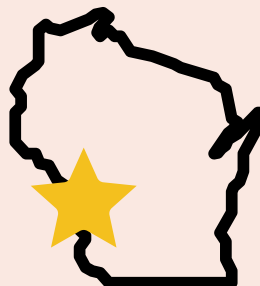


SIGN UP TODAY FOR OUR MONTHLY NEWSLETTER

<https://signup.e2ma.net/signup/1971791/1914829/>



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