



Human Development & Relationships *Crawford County*

Helping Families and Communities Grow Stronger

Crawford County Human Development & Relationships
helps families at every stage of life.

FOR MORE INFO, VISIT OUR WEBSITE:

<https://crawford.extension.wisc.edu/hdr/>



Extension

UNIVERSITY OF WISCONSIN-MADISON
CRAWFORD COUNTY



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KIDS in the GARDEN

Summer Garden Program location:
Memorial Gardens, St Feriole Island



FREE

**Summer Garden Program
for kids ages 5 to 14.**

A parent or an adult is required
to stay with children.

Sponsored By:

Crawford County Master Gardeners 
& **City of Prairie du Chien
Parks & Rec Department**

Wednesdays!
9:30-11:00am or 4:00-5:30pm

**June 18
July 2
July 16
July 30
August 13**

Wednesday, July 16
9:30-11:00am or 4:00-5:30pm

Turtles, Turtles, Turtles!

Let's explore the wonderful world of freshwater
Turtles and maybe have some special Show & Tell.

StoryWalk® Feature!

Dirt Cheap by Mark Hoffmann will be lead by the
UW Extension Human Development &
Relationships Educator





A Family Guide to Staying Safe

WELCOME!

Are you and your child preparing for the big step of staying home alone for the first time? We're here to help make that transition safe and successful!

The **Home Alone** video series is designed for **parents and their children to watch together**. These short, engaging videos cover important topics like safety, responsibility, and communication. After each video, you'll find simple activities and discussion prompts to help your family create a personalized plan for staying safe at home.

Why Watch Together?

Watching the videos as a team helps open up conversations about:

- When your child is ready to stay home alone
- What to do in case of an emergency
- Setting clear rules and expectations
- Building confidence and independence

Parental Responsibility Matters

In Wisconsin, there is **no specific state law** that sets a minimum age for children to stay home alone. That means **you, as the parent or guardian, are responsible** for deciding if your child is ready. It's up to you to ensure your child is safe, prepared, and capable of handling time alone responsibly.

While every child is different, **many families begin considering this step around 5th grade or age 11**, depending on the child's maturity, comfort level, and ability to follow safety guidelines.

Get Started Today!

Visit the Home Alone program page here:

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

Let's work together to make sure your child feels prepared, confident, and safe when staying home alone!



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CRAWFORD COUNTY

Triple P TEENAGERS

Positive Parenting Program for Parents of Teenagers

This evidence-based program will help you develop a personal parenting plan to assist you with parenting your teenager about smoking or vaping, drinking alcohol, drugs or other!

FRIDAY, JULY 25
at 1pm
via ZOOM



REGISTER
NOW!



<https://go.wisc.edu/833vaf>

STRESS TIPS FOR PARENTING: TAKE IT ONE DAY AT A TIME

Parenting is one of the most rewarding—and challenging—roles we take on. Whether you're navigating toddler tantrums, teen transitions, or just the daily juggle of family life, stress can build up quickly. One simple but powerful reminder is: "Take it one day at a time."

This common phrase encourages us to stay **present-focused**, which is a proven way to manage stress and avoid becoming overwhelmed. But what does that really look like in everyday parenting? Here are a few practical tips to help you embrace this mindset:

-  **Stay in the Present**
It's easy to get caught up in "what-ifs" or future worries. Instead, try to focus on what's happening right now. Acknowledge today's stressors, but only tackle what's in front of you. This helps prevent spiraling into fear or burnout.
-  **Limit Catastrophic Thinking**
When things feel out of control, our minds often jump to worst-case scenarios. Pause and ask yourself: What can I do right now? Taking even small, purposeful actions can reduce anxiety and help you feel more grounded.
-  **Let Go of What You Can't Control**
You can't control every outcome, but you can control how you respond. Letting go of what's beyond your reach frees up energy to focus on what matters most—your relationship with your child.
-  **Build Resilience Through Daily Coping**
Each day brings new challenges, but also new opportunities to grow. Coping with today's stress builds the emotional strength you and your child will need for tomorrow.
-  **Practice Self-Compassion**
Parenting doesn't come with a manual, and no one gets it right all the time. Be kind to yourself. Self-compassion quiets your inner critic and helps you model emotional resilience for your children.
-  **Start the Day with One Simple Goal**
Instead of trying to do it all, choose one small, meaningful goal for the day. Whether it's reading a book together, having a calm bedtime, or just sharing a laugh—these moments matter.

Parenting is a journey, not a race. By taking it one day at a time, you give yourself and your child the space to grow, connect, and thrive—together.

🌱 **Looking for more parenting support?** Extension offers a wide range of resources for parents and caregivers—from birth through the teenage years. Whether you prefer printed newsletters like Just in Time Parenting or flexible online classes, there's something to fit your needs and schedule.

Food For Fathers

Feeding Kids and Ourselves Made Easy
with FoodWise Nutrition Educator Jace Purdy

Meet with Jace and other dads over
Zoom for 4 sessions learning how to
encourage healthy eating in children!

Thursdays from 6-7pm
6/12, 6/19, 6/26, 7/3!

Register here!
bit.ly/3GTkQza

or scan the QR code



**FOOD
WISE**
Healthy choices, healthy lives.

UW-MADISON EXTENSION



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program - EFNEP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

FATHER'S IN FOCUS

CONFERENCE 2025

SAVE THE DATE:

FRIDAY, OCTOBER 18, 2025

MADISON AREA TECHNICAL COLLEGE
(Truax Campus)
MADISON, WI

MORE INFO COMING SOON!



Family Engagement and Relationships Classes

June, July, & August 2025

All classes are virtual unless noted.



EVERYDAY PARENTING

RAISING WISCONSIN'S CHILDREN

Join free parenting classes each month! These classes offer practical, research-based ideas to support your parenting and help children grow. Topics include screens and media plans, talking about scary issues, and child led play.

June 19, July 17, August 21 | 1 PM

FOCUS ON FATHERS

Hey dads! Your role matters! Join us for discussions on parenting, family life and how to handle modern challenges. A space for dads to support each other.

June 10, July 8, August 12 | 6 PM

VISIT OUR CLASS CALENDAR TO SIGN UP



USE THE QR CODE OR THE LINK BELOW TO SIGN UP!

<https://parenting.extension.wisc.edu/class-calendar>

To make sure everyone has a great experience, we limit the number of spots in our classes. Registration is required.



Human Development & Relationships Institute
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON



FAMILY TRANSITIONS

RESILIENT CO-PARENTING

Join us for ongoing support for your co-parenting journey. Topics include healthy coping during transitions and successful stepfamilies.

June 5, August 17 | 7 PM

PARENTS FOREVER

Learn how to lessen the impact of divorce on children, co-parent without conflict, and improve self-care to foster resilience.

September 24 or November 12 | 12-4 PM
Register! <https://go.wisc.edu/di8ae8>

STRONG COUPLES

Six self-paced online modules and five coaching calls that teach you skills to improve your romantic relationship. Free and backed by research!

Visit: parenting.extension.wisc.edu/strong-couples

2025 BOOSTER + PRACTICE SESSIONS

EFC Booster + Practice Sessions compliment the EFC training series that you, as a helping professional, attended in the past year. These Booster Sessions provide additional information, resources, and practice to use with your clients. Join us for these 1.5 hour zoom sessions to add to your toolbox of strategies!

TIME: 10:30 AM – 12 NOON

REGISTER HERE:

<http://go.wisc.edu/efcboosters>



2025

AUGUST 21 ENGAGING OTHERS IN FINANCIAL CONVERSATIONS

Carol Bralich, Fond du Lac County Financial Educator &

Jeanne Walsh, Chippewa County Financial Educator

Practice starting financial conversations, asking questions to promote financial goals and using listening skills with clients.

NOVEMBER 13 REBUILDING CREDIT

Todd Wenzel, Winnebago County Financial Educator &

Amanda Kostman, Walworth County Financial Educator

Learn strategies to help your clients rebuild their credit.

Helping professionals are ideally suited to engage their clients in financial conversations because of the relationship that is forged during your time together.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.

RENT SMART

Taught by Extension Educators
Helping to make renting a great experience for you!



Check out the link below or the QR Code to the left for upcoming class dates & times June 2025 – Mondays and Wednesdays 9-10 am – June 9, 11, 16, 18, 23 and 25 (check in June 2 9-10 am)

Online, live instruction via Zoom; links will be sent after registration

To register for FREE, use this link or scan the QR code:
<https://go.wisc.edu/Rentsmartregister>

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- Participants must complete all 6 modules to earn the Rent Smart certificate
- For more information, please contact todd.wenzel@wisc.edu (920.232.1982)

STRONG *People*™

STRONG BODIES



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Summer 2025 Series

Dates: July 8 - September 25, 2025

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at
<https://go.wisc.edu/g16p4e>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after July 4th, 2025





Connect to Care, Engage in Health with Covering Wisconsin

Navigating health insurance can be overwhelming—but you don't have to do it alone. Covering Wisconsin, a nonprofit program through the University of Wisconsin–Madison Division of Extension, is here to help individuals and families across the state access the health coverage and care they need.

With the guiding message “Connect to Care, Engage in Health,” Covering Wisconsin offers free, confidential support to help people:

- Understand their health insurance options
- Enroll in coverage through the Health Insurance Marketplace, BadgerCare Plus, or Medicaid
- Use their coverage effectively to access care

Whether you're uninsured, recently lost coverage, or just need help understanding your benefits, Covering Wisconsin's trained navigators are ready to assist. Services are available in multiple languages and tailored to meet the needs of each individual or family.

Why it Matters

Health insurance is a key part of staying healthy and financially secure. But with so many options and changing rules, it can be hard to know where to start. That's where Covering Wisconsin comes in—offering trusted, local support to help you make informed decisions about your health.

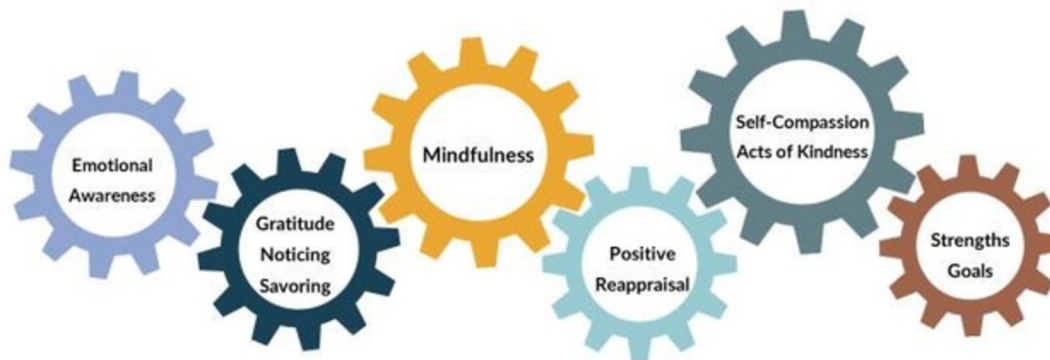
Get Started Today

Visit <http://www.coveringwi.org> to:

- Schedule a free appointment with a health insurance navigator
- Access helpful tools and resources
- Learn more about your coverage options

Don't wait—connect to care and engage in your health today with Covering Wisconsin.

<http://www.coveringwi.org>



We COPE

Connecting with Our Positive Emotions

Lunch & Learn Series

WeCOPE is an evidence-based program that helps adults cope with life stress. In randomized trials, WeCOPE has been shown to reduce stress and depression, increase positive feelings, and improve health behaviors

Managing life's challenges in healthy ways allows participants to take better care of themselves and others.

**SIX VIRTUAL SESSIONS:
WEDNESDAYS:
JUNE 25 - JULY 30
11:30 AM - 12:30 PM**

**Register at:
<https://go.wisc.edu/15kcue>**



Extension

UNIVERSITY OF WISCONSIN-MADISON
DUNN COUNTY

Need more information? Email
missy.bablick@wisc.edu
or call 715-788-6217.

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COMET™ is a short, two-hour program offered by UW – Madison Division of Extension educators for the agricultural and rural communities in Wisconsin. The program can be offered in-person as a standalone workshop, attached to a larger conference, or on a virtual platform. The maximum number of participants for any of these formats is 30. The program is a gentle introduction to supporting friends and neighbors in a vulnerable space to help them shift their mental health trajectory back to a place of wellness and away from the path of a mental health crisis. This program was developed by the **High Plains Research Network Community Advisory Council** specifically for rural communities.

“Listening is an art that requires attention over talent, spirit over ego, others over self.
– Dean Jackson”

Observation is a skill that many farmers may not realize they have. It is ingrained in their daily work lives. From noticing a sick animal before it has a fever to an early sign of insects on a crop, these early observations can lead to early treatment and better outcomes. Farmers can use this same skill to notice when their friends, family, neighbors, or employees are not themselves.

COMET™ helps people take the next step after noticing someone might be struggling. It empowers friends and neighbors to be more prepared to support others' mental health needs – especially before a crisis. This training empowers people to feel comfortable initiating a supportive but potentially emotional conversation using a conversational seven-question guide. It provides an easy way to start a conversation, teaches you how to exit the conversation in a supportive way, and offers resources to share with others if they need more than a listening ear.

Why COMET™?

Multiple challenges face rural communities in accessing mental health. Existing resources and trainings often focus on crisis needs and immediate suicide risk. However, many people suffer from distress and moderate depression or anxiety that significantly impact their health and well-being. COMET™ fills that gap in resources for people in this vulnerable space and aims to prevent crisis.

The University of Wisconsin-Madison Division of Extension is partnering with **Farm Well Wisconsin** and the **High Plains Research Network Community Advisory Council** to offer this training to rural and farming communities in Wisconsin. There are several Extension staff and community partners providing the training across the state.

Upcoming Training:

**Tuesday, June 24, 2025
10:00am-12:00pm**

The June 24, 2025, training is a virtual training that will be taught by Katie Daul, UW-Madison Division of Extension Human Development and Relationships Educator in Oconto County and Alicia Utke-Becher, UW-Madison Division of Extension Human Development and Relationships Educator for Waupaca County.

Registration Link:

<https://go.wisc.edu/21pvjn>



The trainings are free and limited to 30 participants. Materials and the Zoom link will be emailed out to participants a couple of days before the training date. Registration is required. Please register by clicking the link below and completing the form.

This educational program is supported by USDA-NIFA 2020-70028-32728 through the Farm and Ranch Stress Assistance Network funding.

For more information or to request either an in-person or virtual a training for your organization or local area contact joy.kirkpatrick@wisc.edu 608-263-3485.