



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



Amanda Griswold

Human Development &
Relationships Educator
amanda.griswold@wisc.edu
608.326.0223

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Back to School: A Fresh Start for Families

As summer winds down, families begin preparing for the new school year. This time can bring a mix of emotions—excitement, nervousness, and even a little sadness. Some parents look forward to getting back into routines, while others may feel emotional watching their children grow more independent. No matter how you feel, the start of school is a great time to set a positive tone for the year ahead.

A NEW BEGINNING

Each school year brings new opportunities—new teachers, new classmates, and new experiences. If last year was challenging, remind your child that this year is a fresh start. Talk about how much they've grown and what they're looking forward to. Encouraging your child helps them feel confident and ready to learn.

If your child brings up a classmate who had a hard time last year—maybe they struggled with behavior, friendships, or schoolwork—this is a great chance to talk about **kindness and growth**. Remind your child that everyone changes and grows, and that being a **positive friend** can make a big difference.



TIPS FOR ENCOURAGING POSITIVE FRIENDSHIPS



- Be kind and welcoming to everyone, even if they were different last year.
- Give classmates a chance to show how they've changed.
- Stand up for others if you see someone being left out or treated unfairly.
- Talk to a trusted adult if you're unsure how to help.



TIPS FOR A SMOOTH TRANSITION



START ROUTINES EARLY

Begin your school routine about a week before school starts. Practice waking up, getting dressed, and going to bed on time. This helps kids adjust gradually and reduces stress.

SET A SLEEP SCHEDULE

Help your child get enough rest:

- Ages 6–12: 9–12 hours of sleep
- Ages 13–18: 8–10 hours of sleep

(Source: American Academy of Sleep Medicine)

Move bedtime earlier by 10–15 minutes each night until your child is on a healthy schedule.

Watch for signs of tiredness or irritability—these may mean your child needs more sleep.

MANAGING SCHOOL STRESS

Even with good routines, school can be stressful. Here are a few ways to help your child manage it:

- **Talk openly:** Ask your child how they're feeling about school. Listen without judgment and offer support.
- **Stay organized:** Use planners or checklists to keep track of homework and activities.
- **Encourage breaks:** Short breaks during homework help kids stay focused and avoid burnout.
- **Celebrate effort:** Praise your child for trying their best, not just for getting good grades.
- **Reach out for help:** If stress continues, talk to a teacher, school counselor, or family support program.

PREP THE NIGHT BEFORE

Let your child choose their clothes, pack their backpack, and prepare lunch the night before. This makes mornings calmer and helps kids feel more responsible.

CREATE CALM MORNINGS

Give your child enough time to get ready without rushing. A checklist can help younger kids stay on track. Try to avoid screens during breakfast and morning routines to help them stay focused and present.

SUPPORT FOR PARENTS

As school begins, take time to introduce yourself to your child's teacher. Building a strong connection early helps you work together to support your child's success.

Your **Crawford County Extension Office** offers the **Triple P – Positive Parenting Program**, a helpful resource for parents at all stages. Triple P is available in-person, online, or on demand. It offers tools and support to help you feel confident and prepared as a parent.

If you'd like more information or support, contact our office. We're here to help you and your family have a successful school year!



**small changes,
BIG DIFFERENCES.**

Triple P YOUTH 0-12

This evidence-based discussion group helps parents create a personalized bedtime routine plan for their child. Through guided conversation and practical tips, you'll leave with a routine that fits your family's needs.



THURSDAY, SEPTEMBER 18

1:00 - 3:00 pm

Crawford County Administration Building
Suite 236
Prairie du Chien, WI

discussion group

**DEVELOPING
A GOOD
BEDTIME ROUTINE**

**REGISTER
NOW!**



<https://go.wisc.edu/ruf1nd>



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RESILIENT CO-PARENTING

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

Join us for any or all of the following sessions!

August 7 - Establishing Boundaries with Your Co-Parent

Healthy boundaries are essential for a positive co-parenting relationship. Learn the importance of respectful boundaries and explore strategies to establish and maintain them.

September 4 – Relationship Readiness

Are you entering into a new romantic relationship? Assess your relationship readiness and learn tips to help your children adjust to new relationships.

October 2 – Money Talks: Less Stress, More Success

Money can be a tough topic for co-parents -but it doesn't have to lead to conflict. Explore how your money values and experiences shape co-parenting and learn ways to reduce financial conflict and model healthy money conversations.

November 6 – Finding Your Family's Rhythm

Divorce and separation can disrupt family routines and rituals, but they also offer a chance to intentionally create a new rhythm for your family.

December 4 – The Gift of Forgiveness

Forgiveness is a gift we give ourselves and others. Letting go of resentment and bitterness yields many benefits, including a better co-parenting relationship. Explore what forgiveness is - and isn't - as you learn the steps of the process.

7:00-8:00 pm over Zoom
1st Thursday of
each month in 2025!

Scan code or
use link to
register!



<https://go.wisc.edu/21t6cz>



Parenting & Family Relationship Classes

August, September, October, & November 2025
All classes are virtual



EVERY DAY PARENTING

Raising Wisconsin's Children

Quick, helpful tips! Building self-esteem, managing strong feelings, encouraging sibling bonds.

Aug 21, Sep 18, Oct 16, Nov 20 | 1 PM

Raising a Thinking Child

For caregivers of 4- to 7-year-olds. Help your child solve problems and talk through tough moments. Early childhood educators can earn 12 Wisconsin Registry credits.

Weekly Nov 4 - Dec 9 | 9 AM or 6 PM

Triple P Positive Parenting Program

For parents and caregivers of kids 0 to 12

Boost confidence, learn simple strategies for raising happy, healthy children. Includes bedtime routines.

Weekly Sep 9-30 | 9 AM or 6 PM

For parents and caregivers of teens

Build better relationships, boost teen confidence, reduce conflict.

Weekly Nov 18-Dec 16 | 9 AM or 6 PM

For parents of teenagers

Develop a plan to assist you with parenting your teenager about smoking or vaping, drinking alcohol, drugs or other related issues!

Sep 19 | 12 PM

Register Here: <https://go.wisc.edu/e137m9>

Focus on Fathers

Designed for dads, open to all. Strengthen bonds, support social/emotional learning, connect with other parents.

Aug 12 & Sep 9 | 6 PM

FAMILY TRANSITIONS

Parents Forever

For parents navigating separation or divorce. Reduce stress for kids, co-parent peacefully, and self-care.

Sep 24 & Nov 12 | 12-4 PM

Register Here: <https://go.wisc.edu/3eods8>

Resilient Co-Parenting

Support for new or experienced co-parents. Explore relationship readiness, mindful money, family rhythm.

Aug 17, Sep 4, Oct 2, Nov 6 | 7 PM

KIDS MENTAL HEALTH

Triple P Fear-Less

Support children struggling with anxiety. Build confidence, respond positively to anxious behaviors.

Weekly Oct 7-Nov 18 | 9 AM or 6 PM

How to Help Your Child Who Feels Down

Learn research-based tools to support your children when they're feeling low. Covers mood and how to help.

Sep 24 & Oct 1 | 7 PM

HEALTHY RELATIONSHIPS

Strong Couples

Build a stronger relationship. Free, research-based: 6 self-paced online lessons + 5 coaching calls.

Visit <https://parenting.extension.wisc.edu/strong-couples>

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

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VISIT CLASS CALENDAR

Use the QR code or the link below to sign up!



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

Financial Education Classes for Helping Professionals

Help your clients build money management skills

August - November 2025 Virtual Classes



Financial Coaching Foundations

In this highly interactive course participants will:

- Practice foundational coaching skills for deeper listening and impactful questions.
- Apply proven strategies for helping clients achieve goals and lasting behavior change.
- Develop techniques for increasing client motivation.
- Apply the A|4 Coaching Model during in-class coaching sessions.

Aug 12, 19, 26, Sept 2, 9

10:00am-12:30pm

Cost: \$325

Visit Our Class Calendar to Sign Up!



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

[https://finances.extension.wisc.edu/
events/](https://finances.extension.wisc.edu/events/)



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Encouraging Financial Conversations (EFC)

Sign up to attend this free six-session course where you'll learn techniques to help your clients set financial goals, create a spending and saving plan, get out of debt, build good credit and much more.

Oct 7, 14, 21, 28, Nov 4, 11

10:00-11:00am

FREE

**"The training gave me tools that I could
share with people and new ideas that I
had never even heard of."**

EFC Booster Sessions

These booster sessions build on topics from our initial EFC training, allowing participants to practice the strategies, ask questions, and learn about additional financial resources.

Aug 21: Engaging Others in Financial Conversations

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

Nov 13: Rebuilding Credit

- Learn strategies to help your clients rebuild their credit.

10:30am-12:00pm

FREE

KIDS in the GARDEN

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

Summer Garden Program location:
Memorial Gardens, St Feriole Island

Wednesday!

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

August 13

  **ENCOURAGING
FINANCIAL
CONVERSATIONS**



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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>



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.

Planning AHEAD

*Advance directives, Handling financial changes, Estate planning,
and Arriving at Decisions for the end of this life*

Join us for a 7-session virtual program to help participants understand how to prepare for the end of life for themselves or a loved one.

**Thursdays September 11 -
October 23, 2025**

11:00am to 12:00pm on Zoom

Register here:

<https://go.wisc.edu/plu9h7>

**Registration is required and space is limited.
Registration is \$30 (includes program materials)**



Scan for more
information:



**For questions, email
planningahead@extension.wisc.edu**



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Managing Finances After a Job Loss

Losing your job can have a big impact on your life. Beyond the financial challenges that job loss can have on a person and their household, there are also wellbeing challenges. According to the American Psychological Association, research on unemployment shows that losing a job can impact a person's mental and physical health. This article covers some steps you can take to help manage the challenges that come with job loss.

To make it through hard times, it can help to prioritize your mental health to cope with financial stress. Some examples of ways to focus on your mental health include meditating, deep breathing, exercising, using free or low-cost counseling services, and seeking support from friends, family, or support groups. Improved mental health can make it easier to do the other things you need to do to manage your finances.



First, it is important to know your financial details. Start by listing any income you have (ex: part-time job) and your expenses. If you have savings, calculate how long it will last if you will dip into your savings to help pay your expenses.

With this information, you can make a budget to pay for your most important costs (housing, transportation, food, utilities). You can pause non-essential costs (ex: entertainment, hobbies, gifts, vacations) until your income stabilizes.

Next, you can explore ways to increase your income. A great resource to use is your local Job Center of Wisconsin, which provides free job search services. You can also consider part-time jobs or selling any unused items you have through a yard sale, online marketplace, or local consignment store.

Also, check if you have any "found money." As many as 1 in 7 people have "found money" from old bank accounts, security deposits, overpayment of old bills, etc. You can check this with the Wisconsin Department of Revenue: <https://www.revenue.wi.gov/Pages/UnclaimedProperty/Home.aspx>

Depending on your situation, you may qualify for unemployment benefits, which can range from \$54 - \$370 per week in 2025. To qualify, you'll need to be able and available to work as well as maintain an active job search. Otherwise, you may qualify for these benefits if you were laid off, had your work hours reduced, or quit due to unsafe working conditions and have earned "sufficient wages" over the past 12-18 months. You can learn more about unemployment benefits at: <https://dwd.wisconsin.gov/uiben/>

Other possible resources available to you:

- Community resources like food pantries
- FoodShare, a food assistance program that helps people who have lost their jobs
- Utility assistance programs
- Covering Wisconsin, a program that helps connect Wisconsinites find health insurance
- As a last option, you may be able to use savings in a retirement plan. Sometimes, there are ways to access retirement savings without penalty due to hardship. Check with the HR department at your former employer to find out about the process to access these funds.

You can talk about managing finances after a job loss, and other financial topics, with your county's financial educator.

Visit <https://counties.extension.wisc.edu/> for more information.



CANNING SEASON IS HERE!

It's the perfect time to get your pressure canner gauge tested!

Your local Extension office can test your gauge to ensure it's accurate and safe for canning. To schedule your test and make sure someone is available, please call ahead and make an appointment. This will help you get your gauge tested in a timely manner. We recommend planning your visit for a day when you can do other errands and return later.

**Call to schedule your appointment:
608-326-0223**



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





Are you a relative caring for a child in your family?

It can be one of life's greatest joys—but also one of its biggest challenges.

The physical, emotional, and financial demands of raising a child can be overwhelming, especially if you've taken on the role of primary caregiver.

The Aging & Disability Resource Center (ADRC) and Crawford County Extension Office are reaching out to relatives who are caring for children—whether full-time or part-time—to better understand your needs and how we can support you.

Even if the child is not in your care full-time, we encourage you to complete our short survey.

Your input will help us shape future programs and services that truly reflect the needs of families in our community.

Wisconsin's
FamilyCaregiver
Support Programs

Click/visit the link or scan the QR code to complete the survey

<https://go.wisc.edu/cv6s6w>



ADRC of Eagle Country – Crawford County

225 N Beaumont Rd, Suite#117
Prairie du Chien, WI 53821
608-326-0235
Toll Free: 1-877-794-2372
ccadrc@co.crawford.wi.gov



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CRAWFORD COUNTY

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225 N Beaumont Rd, Suite240
Prairie du Chien, WI 53821
608-326-0223
amanda.griswold@wisc.edu