

Human Development & Relationships

Crawford County



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

FOR MORE INFO, VISIT OUR WEBSITE: https://crawford.extension.wisc.edu/hdr/





#### **Amanda Griswold**

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

The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

You may request materials in an alternative language and/or format to make them more accessible. Contact us at crawford@extension.wisc.edu or 608.326.0223. Services are provided at no cost to you.



# Finding Joy in the Holidays Even When Traditions Change

The holiday season is a special time for families to come together, celebrate, and make lasting memories. But it can also bring stress, especially when routines shift and children grow older. What once worked for your family may not fit anymore—and that's perfectly normal. As children grow from toddlers to teenagers, their interests, energy levels, and schedules change. Traditions may need to evolve too. The good news is that meaningful holidays don't depend on perfection—they're built on connection, flexibility, and shared joy. Here are some practical tips to help your family enjoy the season and manage holiday stress:

#### Talk About What Matters

Ask your kids—whether they're little or nearly grown—what they love most about the holidays. You might be surprised by what stands out to them. Focus on those meaningful moments and let go of the rest.

#### Keep It Simple

You don't have to do everything. Choose a few activities that bring joy and skip the ones that feel more stressful than fun. It's okay to say no.

#### Make Room for Friends

Encourage your kids, especially teens, to invite friends over. A house filled with laughter, snacks, and music can create warm memories that last a lifetime.

#### Include Everyone

Talk about the different ways people celebrate. Reach out to neighbors, friends, or relatives who might be alone or celebrate differently. It's a great way to teach empathy and build community.

#### **Build In Downtime**

With concerts, shopping, and travel, it's easy to feel overwhelmed. Make time for quiet moments—whether it's a walk, a nap, or a cozy night in.

#### **Focus on Connection**

Whether you're navigating toddler tantrums or teen moods, being present and flexible can make all the difference. The goal isn't a perfect holiday—it's a meaningful one.

Remember, the holidays don't have to look the same every year. What matters most is creating space for love, laughter, and togetherness. When families feel supported and connected, the whole community benefits..

Amanda Griswold Human Development & Relationship Educator





Thursday, October 30 9-10am HOFFMAN HALL Prairie du Chien, WI



### HIDDEN CHALLENGES

#### ON THE FARM

STEPHANIE PLASTER STEPHANIE.PLASTER@WISC.EDU



Two sessions are being offered

(about90 minuteseach)

#### HEALTHCARE WHILE FARMING

**Explore Health Care options** while learning to budget your heath care needs into your Farm Budget during this 90 minute interactive workshop

#### CHILD CARE WHILE FARMING

Where does child Careland onvour farm? Join this interactive 90 minute workshop to discover new options and solutions to childcare needs for farming



**CLASS LOCAITONS:**  CLARK COUNTY CRAWFORD COUNTY OCONTO COUNTY WALWORTH COUNTY **DUNN COUNTY** 

FRIDAY, NOVEMBER 14, 2025

HEALTHCARE: 9:30- 11:00 AM

CHILDCARE: 11:30-1:00 PM





REGISTER NO LATER THAN NOVEMBER 3RD BY FILLING OUT THE GOOGLE FORM LOCATED AT:

IF YOU ARE UNABLE TO REGISTER ON THE GOOGLE FORM PLEASE CALL CLARK COUNTY EXTENSION AT 715-743-5121



HTTPS://FORMS.GLE/SY5VTU1KGF3VENIV6



## 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.







#### **TUESDAY, NOVEMBER 4 4:00 - 6:00 pm**

Crawford County Administration Building Suite 236 Prairie du Chien, WI

discussion group

DEVELOPING
A GOOD
BEDTIME ROUTINE





https://go.wisc.edu/a0304l





# 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, NOV 21 12:00-2:00 pm via ZOOM





https://go.wisc.edu/jl4gd6







No Longer Together, but Parents Forever™!

A class for parents in the process of divorce, never married, separated, or already divorced.

Wednesday, November 12 12:00PM to 4:00PM (ZOOM)





https://go.wisc.edu/3eods8

#### RESILIENT CO-PARENTING

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

Join us for the following sessions!

#### 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 giftwe give ourselvesand 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



#### FOCUS ON FATHERS

helps dads and other caregivers
build their child's social and
emotional skills, develop stronger
parent-child relationships, improve
parenting skills to be become
better role models. This is a series
of monthly virtual classes designed
for dads and open to all.



#### JOIN US



https://go.wisc.edu/dt9ys4





FOR: Fathers, Parents, & Caregivers
WHEN: 2<sup>nd</sup> Tuesday of each month
1:00pm - 2:00pm

2 0 2 6

#### **SESSION TOPICS & DATES**

Jan 13: Fathers Help Children Stand up

for Themselves

Feb 10: Fathers Teach Values

Mar10: Fathers Teach Kindness

Apr 14: Fathers Communicate with Children

May 12: Relax and Enjoy Fathering

June 9: Fathers Teach Perspective

July 14: Fathers Help Children Make Good Choices

Aug 11: Fathers Help Children Handle Emotions

Sep 8: Fathers Teach Children to be Good Citizens

Oct 13: Fathers Teach Perseverance

Nov 10: Fathers Teach Children about Social Cues





#### RAISING WISCONSIN'S CHILDREN CONFERENCE 2026

## Helping Children Thrive When Life Gets Tough



#### FREE Online Learning Event

Join us for a day of inspiration, learning, and connection focused on supporting children and families through life's challenges. This virtual event is open to parents, caregivers, educators, and anyone who works with or cares about children.

Mark your calendar or sign up for updates so you don't miss out!

Continuing Education Credits: 6 hours available for ECE professionals through the Registry



**MORE INFO** 

https://parenting.extension.wisc.edu/raising-wisconsins-children-conference-2026/



**SCAN TO** SUBSCRIBE. **OR VIEW AT** JITP.INFO.



#### FOR MORE INFORMATION:

If you'd like to learn more about Just In Time Parenting Newsletter or are looking for parenting or financial resources, contact:

#### **Amanda Griswold**

Human Development & Relationships Educator **UW-Madison Division of Extension Crawford County** 

> amanda.griswold@wisc.edu 608.326.0223

https://crawford.extension.wisc.edu

Parenting is a big job and we want to help. We're happy to offer you a free monthly electronic newsletter, Just in Time Parenting (JITP). In it you will find helpful articles about parenting each month.

#### Each issue includes:

- · Easy to use guides on how your child is developing
- Tips on raising a healthy, happy child
- Tools for solving common parenting problems
- · Strategies for coping with the challenges of raising children
- · Links to podcasts, videos, and other resources
- Commercial free—no toy or product ads
- Research based and written by experts who are parents themselves!

99% of readers view the information in Just in Time Parenting JUST AS or MORE useful than information from other parenting sources.

**JUST AS 47% MORE 52**%



The Just in Time Parenting Survey was designed and administered to subscribers in Wisconsin and participation was voluntary.

## 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.

Nov 20 | 1 PM - Peace at Home: Supporting Positive Sibling Relationships Dec 18 | 1PM - Screen Smarts: Using Family Values to Guide Media Use

#### 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.

#### 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!

Nov 21 | 12 PM

Register Here: <a href="https://go.wisc.edu/jl4gd6">https://go.wisc.edu/jl4gd6</a>

#### **Focus on Fathers**

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

#### VISIT CLASS CALENDAR

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



#### **FAMILY TRANSITIONS**

#### **Parents Forever**

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

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.

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.

#### **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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#### FOOD ASSISTANCE OPTIONS

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Program / Organization Name	Number/Email	Website, address, additional information
Couleecap /Bargain Boutique	608-326-2463	https://www.couleecap.org/food-assistance.html This program operates to provide food to residents with an emergency need who qualify within the income guidelines. The Emergency Food Assistance Program (TEFAP) supplements the food pantry. Residents with an emergency need may access the food pantry once per month at the Bargain Boutique, Monday-Friday from 10:00 am. – 3:00 p.m.
Rubys Pantry	651-674-0009	https://rubyspantry.org/location/169 Ruby's Pantry distributes food at Pop-Up Pantry locations across the Midwest. There is no income or residency requirement and for a \$25 cash bundle donation you will receive an abundance of groceries. Currently hosted by Bible Baptist Church in Prairie du Chien.
Mobile Food Pantry/Second Harvest: Gays Mills	608-735-4690	Contact: Lorraine Fortney <a href="https://www.secondharvestmadison.org/mobile-food-pantry-calendar/">https://www.secondharvestmadison.org/mobile-food-pantry-calendar/</a> This food pantry is located at the Old Gays Mills Community Building. They are open on the fourth Wednesday every month from 2:00 p.m. until the food is gone.  Distribution site has no income guidelines or residency requirements.
Gays Mills Food Pantry	608-606-1269 krsalmon62@gm ail.com	Contact: Kent Salmon <a href="http://www.gaysmills.org/foodpantry.html">http://www.gaysmills.org/foodpantry.html</a> 120 Sunset Ridge #122, Gays Mills WI 54631  Open the first Saturday of each month from 9am to 10am and the first, second, and third Wednesday from 2pm to 4pm.
Crawford Markets Care CouleeCap	608-326-2463	Coupons are available at the Bargain Boutique in Prairie du Chien. Local food pantries distribute coupons worth \$5 of fresh locally grown food to be redeemed at the local Farmers' Markets in Prairie du Chien, Ferryville, and Gays Mills.
New Hope Food Pantry Desoto	608-648-2644	E2290 Hwy 82, Desoto WI 54624 Open Thursdays from 9:00 – 11:00 am. Sponsored by Driftless Ministries
St. Francis Hermitage Gays Mills	608-735-4015 contact@StFranc isHermitage.org	14841 Turfan Rd, State Hwy 131 Gays Mills WI 54631 https://www.stfrancishermitage.org/ Distributes food boxes on Tuesdays from noon – 2:00 pm.
Food Share Program Crawford County Health & Human Services	608-326-0248 888-794-5780	FoodShare: A Recipe for Good Health   Wisconsin Department of Health Services  Nutrition assistance program is designed to help individuals and families buy nutritious foods when money is tight. Monthly benefits are based on net income and household size.
Women, Infant, and Children (WIC)	800-704-8555 608-935-2326	https://www.dhs.wisconsin.gov/wic http://www.swcap.org/service-wic.html Provides supplemental nutritious foods, nutrition and breastfeeding information, and referral to other health and nutrition services to pregnant women and children under the age of five.
access.wisconsin.gov		www.access.wisconsin.gov Connection to health and nutrition benefits
Backpack Program Seneca School District	608-734-3411	All families (Pre-K-5 <sup>th</sup> grade) that attend the Seneca School District and receive free and reduced lunch have the option to receive a food pack. Middle school and high school families can participate upon referral or request.
Free and reduced priced breakfast and lunch programs are available at Crawford County schools.  Contact your child's school for income guidelines and an application.		
UW Extension FoodWise Program	608-326-0223	https://crawford.extension.wisc.edu/nutrition-education-2/ FoodWise Program - Provides nutrition education to families and individuals who are eligible for the Food Share program.
Senion Nutrition Dining Sites ADRC	608-326-0235  ccadrc@co.crawf ord.wi.gov	https://www.adrceaglewi.org/ 225 N. Beaumont Rd. Suite 117 Prairie du Chien, WI 53821 Senior nutrition dining sites in Prairie du Chien and Gays Mills for residents age 60 & older and spouses regardless of age.
Home Delivered Meals ADRC		Home delivered meals in Crawford County for residents aged sixty and older who meet homebound, nutritional needs or disability criteria.
St. Peter Evangelical Lutheran Church	608-326-6411	201 S Michigan, Prairie du Chien WI Free monthly community meal – Third Thursday of every month at 5:00-6:30 p.m.

#### **Financial Education Classes**

Meet your financial goals through these non-biased classes provided by experienced Extension educators



#### **Rent Smart**

In this 6-session course you'll learn how to find and keep safe and affordable rental housing. You'll learn things like how to complete an application, strategies for building positive relationships with landlords and neighbors, and tenants' rights and responsibilities.

- November 10, 12, 17, 19, 24, 26
   Mondays and Wednesdays 7-8 pm
- December 1, 4, 8, 11, 15, 18
   Mondays and Thursdays 1-2 pm
- → FREE Registration: https://go.wisc.edu/Rentsmartregister



#### **Money Matters Live**

Improve your financial habits and money management using what you learn in this free, online series. Pick and choose the sessions that are of most interest to you.

Each session will be up to an hour long and will include a short presentation and lots of time for discussion and questions.

- How to Make a Spending Plan: Budgeting Tips November 18 at 10am or 6:30pm
- Friends, Family, and Your Finances November 25 at 10am or 6:30pm
- Making Smart Money Moves for The Holidays December 2 at 10am or 6:30pm
- Smart Investing & Scam-Proofing Your Finances
   December 9 at 10am or 6:30pm
- → FREE Registration: https://go.wisc.edu/173iv8





VISIT OUR CLASS CALENDAR FOR MORE DETAILS

https://finances.extension.wisc.edu/ events/



608-326-0223

#### **CREDIT REPORT**

It's a great time to review your free annual credit report at Annual Credit Report.com. Everyone is entitled to three free reports each year, and checking regularly helps ensure your financial information is accurate and protects you from identity theft or reporting errors.

Take a few minutes today to stay informed and protect your financial health!

https://www.AnnualCreditReport.com



#### 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 - Fall 2025 Series**

Dates:October 7 - December 18, 2025

**Time:** Tuesdays and Thursdays, 9:00 - 10:15 am

How to Sign Up: Register online at

https://go.wisc.edu/en2v26

\*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 October 1st, 2025\*







#### 5 WAYS TO STICK TO YOUR HOLIDAY BUDGET

The holidays are a joyful time - but they can also be expensive! Here are five practical tips to help you stay on budget and enjoy the season without added financial stress.



#### SET YOUR FINANCIAL GOALS FOR 2026

Before you start shopping, think ahead. What are your financial goals for the new year? Whether it's saving for a vacation, paying off debt, or building an emergency fund, keeping these goals in mind will help you avoid overspending during the holidays.



#### MAKE A GIFT LIST & BUDGET

Avoid impulse buying by creating a gift list in advance. Write down everyone you plan to shop for and assign a spending limit for each person. As you purchase gifts, check them off your list. This simple strategy keeps you organized and ensures you don't go over budget. (View the 2025 Holiday Gift Planning budget that's been created for you to save and use.)

2025 Holiday Gift Planning Template <a href="https://go.wisc.edu/27ctvw">https://go.wisc.edu/27ctvw</a>



#### TRACK YOUR SPENDING

Each time you buy a gift, write down the amount spent. This way, you'll know exactly how much you've spent—and how much you have left. It's a simple habit that makes a big difference.



#### START EARLY & USE CASH

Shopping early gives you time to find deals and avoid last-minute splurges. Whenever possible, use cash instead of credit cards. Seeing the money leaving your wallet makes it easier to stick to your budget—and prevents post-holiday debt.



#### **WRAP & TAG GIFTS RIGHT AWAY**

Once you buy a gift, wrap it and add a tag. This helps you keep track of what you've already purchased and who it's for—saving you from duplicate buys or forgotten items. Plus, it spreads out the wrapping workload!



#### **FINAL THOUGHT:**

Sticking to a holiday budget doesn't mean cutting back on joy—it means spending with intention. With these five tips, you can celebrate the season fully while setting yourself up for financial success in the new year.