

January & February 2026

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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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.



Extension
UNIVERSITY OF WISCONSIN-MADISON



POSITIVE PARENTING PROGRAM

TRIPLE - P

Family Transitions



ABOUT THIS CLASS

For parents who are experiencing personal distress from separation or divorce, which is impacting their parenting

THIS SERIES WILL ADDRESS:

- Coping strategies for stressful situations
- Developing plans to reduce parenting stress
- Taking control of personal thoughts and reactions

**5-WEEK SERIES HELD VIA ZOOM
TUESDAYS: JANUARY 6 - FEBRUARY 3
FROM 6:00 PM TO 8:00 PM**

**RESERVE YOUR FREE SPOT TODAY! AT
[HTTPS://GO.WISC.EDU/JUQEP0](https://go.wisc.edu/juqep0) OR SCAN**



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Triple P TEENAGERS

Positive Parenting Program for Parents of Teenagers

FRIDAY, JANUARY 30
at 12 pm
via ZOOM

- 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!

» REGISTER
NOW!



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CRAWFORD COUNTY



<https://go.wisc.edu/fi74ud>

Parenting & Family Relationship Classes

January & February 2026

Join from wherever works best for you. These classes are virtual.



Everyday Parenting

Raising Wisconsin's Children

Join our lunch-and-learns. Discuss managing screens using family values and speaking your child's love language. On February 4, join us for the **Raising Wisconsin's Children Conference**. Learn about helping children thrive when life gets tough.

Monthly | January 15 | 1 PM

Conference is February 4 | 9 AM to 4:30 PM

Triple P Positive Parenting Program

Boost confidence, learn simple strategies for raising happy, healthy children. Includes positive strategies for addressing fighting and aggression. Intended for caregivers of children aged 0 to 12 years.

Weekly | Begins January 6 | 9 AM or 6 PM

Focus on Fathers

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

Monthly | January 13 & February 10 | 1 PM

Couples Relationships

Strong Couples

Build a stronger relationship. This free program includes 6 self-paced online lessons + 5 coaching calls.

[Visit parenting.extension.wisc.edu/strong-couples](https://parenting.extension.wisc.edu/strong-couples)

VISIT OUR CLASS CALENDAR TO SIGN UP

Use the QR code or the link below to register!

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

Family Changes

Parents Forever

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

February 24, May 27, July 29, September 16, November 17 | Dates and Times Vary

Resilient Co-Parenting

Support for new or experienced co-parents. Explore forgiveness, conflict management, and successful stepfamilies.

Monthly | January 8, February 5 | 7:00 PM

Triple P Family Transitions

Learn how to manage divorce while caring for your children. We'll discuss coping with emotions, talking with kids about separation and dealing with conflict. This is a five week class.

Weekly | Begins January 6 | 6 PM

Kids Mental Health

Triple P Fear-Less

Support children struggling with anxiety. Build confidence, respond positively to anxious behaviors. This is a six week class.

Weekly | Begins February 3 | 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. This is a two-part class.

February 11 & 18 | 12 PM or 7 PM



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 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: 2nd 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**
- Mar 10: 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**



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

Raising Wisconsin's Children Conference 2026



Theme: Helping Children Thrive When Life Gets Tough

The Raising Wisconsin's Children Conference is a **free** online event for parents, caregivers, teachers, and anyone who works with children. Experts share **practical, research-based tips and strategies** to support children's growth, learning, and well-being.

Who Should Attend?

Parents and
Caregivers of
Children

Professionals
Working with
Children

Families and
Community
Members

6 hours of continuing
education available for
Wisconsin childcare
providers and social workers

**Register
Here**



February 4th, 2026
9 am to 4:30 pm



Free & Online – Join live
via Zoom or watch later



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Learn More: <https://go.wisc.edu/raisingwi>

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!

January 8 – Families Fighting Fair

Learn how to manage conflicts with your co-parent in a way that benefits your children. This session covers positive conflict management, compromise, reframing, and active listening.

February 5 – Successful Stepfamilies

Blended families have unique parenting challenges. Discover ways to ease the transition for your children and address these challenges effectively.

March 5 – Co-Parenting Teens

Teenagers need ongoing support to grow into happy, healthy adults. Learn cooperative co-parenting techniques to help your teen build positive family relationships, a healthy lifestyle, and community connections.

April 2 – Helping Children with Strong Emotions

Children feel a range of emotions during separation or divorce. Find out how to support them through these strong emotions, reduce their stress, and build their emotional intelligence.

May 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.

June 4 – 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.

**7:00-8:00 pm over Zoom
1st Thursday of each month
in 2026!**

Scan code or
use link to
register!



<https://go.wisc.edu/132w5f>



Co-Parenting

No Longer Together, but Parents Forever™

This class provides parents with insights and skills to meet their child's needs and lead happier, less stressful lives through each stage of the transition.



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CRAWFORD COUNTY

2026 Schedule

Noon to 4:00pm

February 24

May 27

July 29

September 16

November 17

**Dates & times are subject to change!*

Registration:

- Register online early, at least 10 days before the schedule class.
- If none of the dates work, please contact our office.
- Scan the QR code or visit the website to register online.
- If known, have your case file number available.
- Class materials cost \$20 if picking up, \$35 if having them mailed.



<https://go.wisc.edu/h84u1d>

Class offered by:

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WANT TO LEARN MORE ABOUT CHILD SUPPORT, CUSTODY, AND FATHERING?

If you are a father with at least one child that does not live with you full-time, we'd like to invite you to participate in a new peer-support program.

Eligible fathers will attend five 90-minute group sessions and complete surveys about their family and their experiences with the program. Participants are eligible to receive up to \$220 in compensation.



If you are interested in participating, scan QR code, visit <https://go.wisc.edu/6n6i59>, or email fatherhoodtogether@sohe.wisc.edu



LET'S PLAY AND LEARN

Little Explorers Preschool Play Group

THURSDAYS:

January 15 • New Year, New Routines

February 12 • Feeling & Finances

March 12 • Growing Independence

April 2 • Money Smart Week

9-10am

HOFFMAN HALL
Prairie du Chien, WI





JUST IN TIME Parenting..... Newsletter



**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:

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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.



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



Financial Education Classes

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

JANUARY- MARCH 2026 VIRTUAL CLASSES



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.

- **January 13, 16, 20, 23, 27, 30**
Tuesdays & Fridays, 9:00 - 10:00 am
- **March 14, 21, 28**
Saturdays, 9:00 -11:30 am
- **April 14, 16, 21, 23, 28, 30**
Tuesdays & Thursdays, 7:00-8:00 pm
- **May 4, 8, 11, 15, 18, 22**
Monday & Fridays, 1:00 -2:00 pm
- **June 9, 10, 16, 17, 23, 24**
Tuesdays & Wednesdays, 11:00 am – Noon

Register: <https://go.wisc.edu/Rentsmartregister>
Cost: FREE!



Visit Our Class Calendar to Sign Up!



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

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

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.

- **March 16, 19, 23, 26, and 30**
10:00 am - 12:30 pm

Register: <https://go.wisc.edu/85252a>
Cost: \$325

Rent Smart Train-the-Trainer

Become a certified Rent Smart facilitator. In this training, you'll learn how to teach renters about their rights and responsibilities, build strong rental habits, and support housing stability. After completing the course, you'll receive a certificate and access to all program materials to offer Rent Smart in your community.

**Three weekdays in late January –
early February 2026**
10:00 am – 1:00 pm

Register: <https://go.wisc.edu/4ml88o>
Cost: FREE!



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Healthy Credit:

Why It Matters for You and Your Child



→ Building healthy credit is one of the most important steps toward financial security. A strong credit score isn't just a number—it can help you buy a home, get a car loan, or even qualify for certain jobs. Yet, millions of Americans struggle with credit:

- 66.8 million adults have a score below 660
- 12.1 million adults have no credit score at all

(Source: Federal Reserve Bank of St. Louis, Sept. 2025)

Understanding the difference between a **credit report** and a **credit score** is the first step toward building confidence and opportunity for you and your family.



Credit Report vs Credit Score

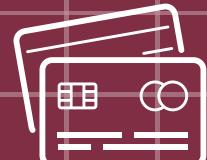
- Credit Report: A list of your accounts, payment history, and credit activity.
- Credit Score: A number (300–850) based on your report that shows how likely you are to repay loans.

Both matter—your report tells the story, and your score is the summary.

UW Extension Tip

Check your credit report at least **three times a year** at [AnnualCreditReport.com](https://www.annualcreditreport.com).

If you're fixing mistakes or improving your credit, check monthly to track progress. This helps you spot errors early and protect against identity theft.



Why it Matters

Good credit helps you:

- Get lower interest rates
- Qualify for loans and housing
- Access better financial opportunities

Teaching your child about credit now sets them up for success later.



Easy Ways to Build Good Credit

- Pay bills on time
- Keep balances low
- Avoid opening too many accounts at once
- Check your report and fix errors

Help Your Child

- Talk about what credit is
- Show good habits
- Add them as an authorized user when they're older



Healthy credit opens doors for you and your child's future.

Want more tips? Visit Money Matters at <https://finances.extension.wisc.edu/programs/money-matters/>

If you complete the Money Matters activities and would like a **certificate**, Crawford County residents can request one—it will come directly to me, and I'll create your certificate!



STRONGBODIES

VIRTUAL PROGRAM

VIA ZOOM
OR

IN-PERSON VIA ZOOM
AT CRAWFORD
COUNTY
ADMINISTRATION
BUILDING

JANUARY 6 -
MARCH 26, 2026

TUESDAYS &
THURSDAYS

9:00-10:15

To learn more, visit us at
<https://health.extension.wisc.edu/strongbodies/>.

The evidence-based StrongBodies program has been shown to improve:

- muscle strength
- muscle mass
- bone density

Classes are held twice weekly and include:

- progressive resistance training
- balance training
- flexibility exercises

Register online here: <https://go.wisc.edu/4ir5sh>

QUESTION ABOUT CRAWFORD COUNTY CALL 608-326-0223

CONTACT US:

strongbodies@extension.wisc.edu

Start the New Year with Family Goals!

The New Year is a great time to set goals together as a family. Making resolutions helps kids learn about planning, responsibility, and healthy habits. When children choose their own goals, they feel proud and excited to succeed.

This activity gives your family easy ideas for age-appropriate resolutions and tips to make them stick. Use the SMART method—Specific, Measurable, Achievable, Relevant, and Time-bound—to turn big dreams into small steps that work!

Make It a Family Activity

Sit down together and talk about what New Year's resolutions are and why they matter. Ask each child to choose one or two positive goals.

Tip: Turn goals into SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. Example: Instead of "I'll be nicer," say "I will say one kind thing to someone every day."

Focus on Developmental Goals

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

Young Children (Ages 3-6):

- "I will try a new fruit or vegetable each week."
- "I will help clean up my toys every day."

School Age Children (Ages 7-12):

- "I will read for 15 minutes each day."
- "I will save part of my allowance for something special."

Teens:

- "I will limit screen time to ___ hours a day."
- "I will learn one new skill this year (cooking, budgeting, etc.)."

Connect to UW Extension Themes

- Money As You Grow: Start a savings jar or track spending.
<https://finances.extension.wisc.edu/programs/money-as-you-grow/>
- Family Time: Plan one "tech-free" family night each week.
<https://parenting.extension.wisc.edu/articles/play-together/>
- Healthy Eating: Try a new family recipe once a month.
<https://fyi.extension.wisc.edu/parentingthepreschooler/healthy-minds-and-bodies/healthy-eating/>

Make Goals SMART

SMART means:

- Specific: Clear and focused (e.g., "I will eat one fruit with breakfast every day.")
- Measurable: You can track progress.
- Achievable: Realistic for the child's age.
- Relevant: Important to the child and family.
- Time-bound: Has a deadline or timeframe.

Celebrate Progress

Use charts, stickers, or family check-ins.

Celebrate small wins with praise or a fun activity.

Starting the year with family goals is a great way to build healthy habits and strong connections. Keep goals simple, make them SMART, and celebrate every success along the way. Here's to a happy, healthy New Year for your family!