

## Parenting Education and Support Programs in Columbia County

Columbia County CARES (Creating a Responsive and Effective System for Promoting and Protecting our Children's Wellbeing) is a coalition of organizations and individuals working together to promote the wellbeing of children, youth and families in the county. We have created this list of Parenting Education and Support Programs in Columbia County based on what is known to us and we are eager to expand the list. Please contact Patti Herman, UW-Extension ([patti.herman@ces.uwex.edu](mailto:patti.herman@ces.uwex.edu)) to share information about parenting education and support programs in Columbia County or to learn more about Columbia County CARES.

### **Online Resources**

Parenting the Preschooler Fact Sheets

UW-Extension Family Living Programs

<http://fyi.uwex.edu/parentingthepreschooler/>

A preschooler is a whole person with a big, complicated job: growing up! There are important skills they need to learn in the next few years, especially as they get ready for Kindergarten. As their parent or caregiver, you are their most important teacher and supporter. Follow the links on this website or browse the tabs in the navigation bar to find fact sheets that will help you learn about what toddlers go through developmentally, show how you can help with confidence and love, and teach you how to stay connected to a rapidly growing and changing child.

Home Alone: Preparing for Self-Care

UW-Extension Family Living Programs

<http://fyi.uwex.edu/homealone/>

This **Home Alone: Preparing for Self Care** program can assist your family in exploring whether or not a child is ready for self-care. If your child is ready, this program can help in developing your family's home alone plan. ***Parents and children should complete this entire online program together.*** The videos and exercises will help you decide whether your child is ready to stay home alone.

eParenting®: High-Tech Kids

UW-Extension Family Living Programs

<http://fyi.uwex.edu/eparenting/>

Let's face it, digital media, like television and rock and roll, is not going away! Digital media provides young people access to a whole new virtual world where they can test some important developmental tasks. Research shows that digital media can be a positive and powerful parenting tool. We can integrate digital media into our responsibilities as parents and learn ways we can use digital media to help us stay connected and continue to be an influential part of our teen's life. eParenting® provides parents and other caring adults ways to connect with children and adolescents using digital media. Be an eParent® by using this unbiased, research-based resource you can trust from UW-Extension.

Parentethical

UW-Extension Family Living Programs

<http://myparentethical.com/>

Parentethical is a little different than other sites you might visit. It is designed as a blog, website and social network for parents of tweens and teens. What YOU contribute to the site through questions, comments and advice is the most important part of Parentethical. The goal is to make Parentethical a

place where you *regularly* share your parenting thoughts and questions, connect with other parents who are experiencing similar issues, and receive trustworthy information on parenting and teen development.

#### Preparing to Parent Newsletters

UW-Extension Family Living Programs

<http://parenting.uwex.edu/preparing-to-parent/>

You're going to have a baby! Our four newsletters cover each trimester of pregnancy, and help you prepare for birth and beyond. Our aim is the same as yours: a healthy mother and baby, and you becoming the best parent you can be.

#### Parenting the First/Second/Third Year Newsletters

UW-Extension Family Living Programs

<http://parenting.uwex.edu/parenting-first-year/>

Becoming a parent is an exciting change in your life. But it can be a stressful and trying time too. In this set of 12 newsletters, find out from child development experts how your baby changes during each month of the first year. You can subscribe to receive these newsletters online each month or have them sent via postal mail.

#### Parenting Your Unique Child

UW-Extension Family Living Programs

<http://parenting.uwex.edu/parenting-your-unique-child/>

Every child is born with his/her own unique temperament or style of behavior. Research shows that parents who understand their child's temperament feel better about their child and have an easier time handling behaviors that are challenging, but normal for their child. Parenting Your Unique Child describes what temperament is, how parents can find out their child's temperament, and useful strategies for handling different temperament styles. Parents also learn things like what preschool fits best with different temperaments, and how sibling rivalry is influenced by children's temperament. UW-Extensions' Parenting Your Unique Child is a set of 12 age-paced fliers for parents of children ages zero to three.

#### Parenting Future Readers

UW-Extension Family Living Programs

<http://parenting.uwex.edu/parenting-future-readers/>

Learning to read is one of those goals that all parents share for their children, and well it should be. Early reading ability is one of the key predictors of how children will succeed in their later schooling and life. Research of the last two decades provides useful advice for parents who want to promote their young children's language and literacy development. Parenting Future Readers translates that advice into easy explanations and activities for parents. UW-Extension's Parenting Future Readers are 12 age-paced fliers for parents of children ages zero to three.

#### Parenting 24-7: Parenting Teens

University of Illinois-Extension

<http://parenting247.org/section.cfm?agegroup=4>

Parenting 24/7 is a "one-stop" source of news, information, and advice on parenting and family life from University of Illinois Extension. Designed for parents and grandparents of children from birth through the teens, it provides feature articles with research-based information, video clips of parents and

experts, breaking news and commentary, newsletters, and recommendations to the best parenting resources on the web.

### **Face-to-Face Programs**

#### Children in the Middle

##### UW-Extension Columbia County

This program is designed for parents who are experiencing a divorce, separation, or change in child placement and who have a child under the age of 18. Participants learn how to keep their children out of divorce conflict and how to help children navigate the changes that come with this type of life transition. The four-hour class (consisting of two, two-hour sessions) makes use of the Parenting Forever materials developed by University of Minnesota-Extension. The class is currently mandated by the courts for any parent in Columbia County who is involved in this type of family transition through the courts and who has a minor child; others can choose to take it without being mandated. Parents are requested to take the class separately; the class is currently offered twice a month (a daytime class and an evening class) to accommodate schedules. Cost of the class is currently \$10; scholarships are available. Contact the Columbia County UW-Extension office for more information.

#### Love and Logic

Children learn the best lessons when they're given a task and allowed to make their own choices (and fail) when the cost of failure is still small. Children's failures must be coupled with love and empathy from their parents and teachers. Love and Logic is backed by 20 years of experience and takes an approach that is neither permissive nor punitive, focusing on such things as:

- Showing adults how to discipline kids without losing their love and respect
- Focusing on helping children develop personal responsibility, self-control and good decision making skills
- Does not make use of reward or punishment systems – Focuses on nurturing long-term relationships and reinforcing good character.

Love and Logic courses are currently offered on a periodic basis by each of the following; contact them to learn more about when it is offered, costs, and other details.

- Renewal Unlimited, Inc – contact the main office, 608-742-5481
- Columbus School District – contact Cori Denk, 920-350-0370, [cdenk@columbus.k12.wi.us](mailto:cdenk@columbus.k12.wi.us)
- Poynette School District – check the Poynette School District website, <http://www.poynette.k12.wi.us/phs/>, or contact the main office, 608-635-4347

### **Computer-Based Programs**

These programs require you to view the materials on a computer at the site of the sponsoring/hosting organization.

#### Positive Discipline

##### Offered by UW-Extension Columbia County

These three DVD's, created by InJoy Birth & Parenting Education are intended for use in a variety of settings or programs that focus on parenting education. The target audience is parents of children ages birth to five and students learning about parenting. Each of the three DVD's focuses on one age range: Babies Ages Birth to 1 year; Toddlers Ages 1 and 2 years; and Preschoolers Ages 3 to 5 years. The video range in length from 24-27 minutes and each one includes: 1) a sheet of questions to answer as the participant watches the DVD, along with an answer key; 2) a parent handout; and 3) a No Spanking Pledge sheet. Parents make an appointment to watch one or more of the dvd's; the UW-Extension

Family Living Educator sets up the computer and has all materials on hand, reviews the completed sheets of questions and offers corrections/suggestions, and issues a certificate of completion. Participation is free of charge. Contact the Columbia County UW-Extension office for more information.

#### Parenting Wisely

Offered by UW-Extension Columbia County

Parenting Wisely is an interactive computer program for parents with children ages 3-9 years old (Young Children Program) or 9-18 years old (Teen Program). Each program takes 2-3 hours to complete; participants can go in and out of the program using their sign-in information. The program features family scenarios that show problem situations typical of families, followed by three possible solutions and explanations of why each solution may or may not be the most effective. Participants watch each scenario, choose a solution, and then see how things might go if they choose that particular solution. They are then prompted to watch all solutions so that they can learn from ineffective as well as effective responses. Participants complete an online review and quiz after each scenario; this data is recorded on the computer so that the course instructor can verify participation.

Currently, the Young Children version is available by appointment at the UW-Extension office and both versions of the program (Young Children and Teen) are offered to inmates at the Columbia County Jail through a partnership with the jail education coordinator. Contact the Columbia County UW-Extension office for more information.

#### **Additional Resources**

Columbia County Resource Guide – This guide provides information about a wide range of community resources that are available to serve the people of Columbia County. The Guide is produced and updated quarterly by Columbia County Health and Human Services and is designed with all people in the county in mind. Find the Guide online at the Columbia County Health and Human services home page - <http://www.co.columbia.wi.us/columbiacounty/hhs/HealthHumanServicesHome/> - click on the Community Resource Guide found under the Resources column on the right-hand side of the page.

Local Library – Many local libraries can be a resources for parenting information and, in some cases, classes related to parenting and family life. Contact your local library to learn what may be available.