

Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136.

We have set up a new class structure, you no longer need to join at the beginning of a session. You can purchase an annual membership at \$140.00, \$70.00 for a semi-annual and \$35.00 for a quarter or 12 weeks. You can join at any time you wish!

A new class has started in Tigerton, if you would like to start out with a new class this is the one to go to!! Since there is limited space, please call the office to reserve your spot. **JOIN NOW!!!!**



Zion Lutheran Church
1254 S Union Street, Shawano
 Mon/Wed 8:30 am – Regular class
 Sue True & Carol Stern
 Mon/Wed 8:30 am – Advanced class
 Linda Olson
 Tue/Thur 7:30 am – Regular & Advanced class
 Kara Skarlupka & Nancy Schultz

Sacred Heart Church
302 S Main Street, Shawano
 Tue/Thur 3:45 pm – Regular class
 Jeanne Kaczorowski

Total Fitness
116 N Main Street, Shawano
 Mon/Wed 12:00 pm – Regular class
 Sue True

St. Francis Solanus
724 Mader Street, Gresham
 Mon/Thur 4:05 pm – Regular class
 Sandy Schinke

Peace Lutheran Church
N6315 County Road D, Tilleda
 Mon/Thur 5:15 pm—Regular class
 Charlotte Schwartz

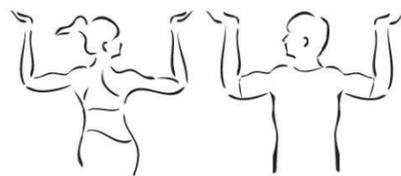
St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
 Mon/Fri – 7:30 am – Regular class
 Kara Skarlupka

Holy Family Church
202 N Ellms Street, Wittenberg
 Mon /Thur 4:30 pm/-Regular Class
 Sally Korbisch and Deb Bahr

St. Anthony Church
430 Swanke Street, Tigerton
 Mon /Thur 4:30 pm/-Regular Class
 Debra Brandt

Mohican Family Center
N8605 Oak Street, Bowler
 Mon/Wed – 5:00 pm – Regular class

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
 Shawano County UW-Extension



January—February 2018

Supporting Children when Parents Divorce or Separate

The Challenge

About 40% of all first marriages end in divorce.

Each year, more than 14,000 Wisconsin children experience their parents' divorce or separation. Families in transition can experience enormous amounts of stress resulting from separate living arrangements, increased financial burden, and new relationships. Exposure to parental stress and conflict is the single biggest factor affecting children as they transition from one household to two.

Problems brought on by parental disagreements can appear in different ways: decline in school performance, behavior problems, anxiety and depression. Even after a divorce or separation is over, the parents' relationship continues to affect their children. When parents argue in front of their children, or say bad things about the other parent, children suffer.

The good news is research has identified specific skills parents need to make their co-parenting relationship cooperative. Parents can smooth the transition by learning how divorce and separation affect children. By practicing ways to decrease conflict, parents can improve the chances that their children will thrive, despite temporary setbacks caused by divorce.

The Solution

For the last two decades, UW-Extension's Family Living educators have been working with family court officials to provide education for divorcing or separating parents with minor children. The educators teach parents the skills to support themselves and their children through this time of change.

The educators help parents learn to prevent children from witnessing parental conflict, avoid putting children in the middle, improve communication and support the role of the other parent in the child's life. Educators also review the benefits and details of having a "parenting plan" including the need to review the plan as the children grow.

"Stay civil and get along. The kids are number one."

-Fond du Lac County parent



Healthy relationships help children thrive.

93%

of the participants report that they **are less likely to argue with their child's other parent in front of their child as a result of class.**

91%

of the participants report that they **are more likely to cooperate with their child's other parent on parenting issues as a result of class.**

9 out of 10

Participants thought this class should be required for all divorcing or separating parents.



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

Raising A Thinking Child

If you are a parent of a 4-7 year-old and your child has experienced any of the following:

Temper tantrums, difficulty making or keeping friends, impatience or interrupting, not listening. Then the **Raising a Thinking Child** workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child.

Participants will learn:

- To give their children skills to solve their own problems and think about the consequences through fun games
- How to help kids care about and understand their own and others' feelings

It is a refreshingly practical curriculum that helps you help your child learn how to think, not what to think. Through 8 weekly classes, along with interactive, fun activities for you and your child to do at home, you will learn ways to help your child think in a new problem-solving ways. This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator.

Classes will start the week of January 22nd and will run through March 12th. It will be held on Monday's, this will be an ON-LINE class ONLY.

To register for Raising a Thinking Child, contact:

Kara Skarlupka—715-526-6136

\$15 registration fee included materials

Scholarships Available Minimum Class Size 15

Strong Bones Program

Now is the time when we start to think about that New Year's Resolution. If you have a loved one that needs just a little push in the right direction why not give them the gift of exercise! We have gift certificates for the Strong Bones program that you can give out for that resolution. It seems that if someone receives the class as a gift that they are more receptive to attending the class.

If you are interested you can contact Kara at the office at 715-526-6136.



The Results

In the last year more than **1,700 parents in 24 Wisconsin counties** attended UW-Extension co-parenting programs. Parents indicate the classes are more useful than other sources of co-parenting information they have access to, including relatives and legal services.

Evaluations find that parents are learning the specific skills emphasized in the course, such as how to make decisions with the best interest of the children in mind, how to improve communication, and how to avoid putting children in the middle of parental disagreements.

Co-parenting education offers parents the skills to support their children while building healthy relationships with their children and encouraging positive relationships with the other parent.

More Information

Shawano County UWEX has Parent's Forever co-parenting classes. If you are interested or know of a family this class could benefit please contact the office at 715-526-6136. The next class will start on Tuesday, January 30th and run through February 13th from 5:30 to 7:30 pm. The fee is \$15 per family. The class will be held at Zion Lutheran Church in Shawano.



Shawano Community Dinner

The "Shawano Community Dinner" is always held on the fourth Tuesday of the month at the First Presbyterian Church in Shawano. The church is located at 100 Presbyterian Street across from the post office. Serving begins at 5:30 pm and usually runs until 7 pm. The dinner is free, and open to anyone who wishes to enjoy a hot meal. There is no church service, and the dinner is always varied as it is served by various volunteer groups within the community. If you have any questions or concerns e-mail Angie Wilber at iwanttoteach@hotmail.com or call/text to 715-851-6247.



"At this class, I realized the importance of having their father take part more often in their lives so I'm more open to joint custody with more communication." -Manitowoc County Parent

"It has made me aware that I had to stop and take into consideration the effects my actions have on my child and to take a moment to figure out what is really best for the child." -Columbia County Parent

For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano, WI 54166

• 715-526-6136 • <http://shawano.uwex.edu/> • 711 for Wisconsin Relay

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact Nancy Schultz, FLE UWEX-Shawano County. 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. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.