




**UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION  
HUMAN DEVELOPMENT & RELATIONSHIPS PRESENTS**

# **RAISING** *Wisconsin's* **CHILDREN**



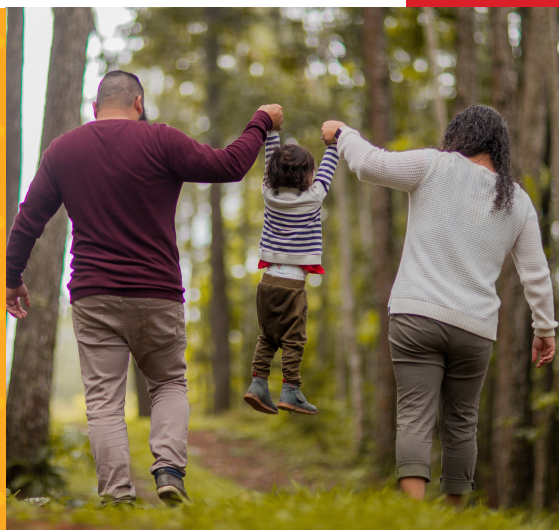
**Explore parenting  
tips and learn ways to  
strengthen your  
relationship with  
your child.**

**Classes offered via Zoom  
video conferencing**

**Free Webinars!**



**Thursdays:  
March 10th — May 19th  
2022: 7pm - 8pm**



**Registration  
required at:**

**[https://uwmadison.co1.  
qualtrics.com/jfe/form/  
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**Extension**  
UNIVERSITY OF WISCONSIN-MADISON



- **March 10: Manage Technology before it manages you Part 1: Values + Strategies**
- **March 17: Manage Technology Before it Manages You Part 2: Family Media Plan**
- **March 24: Raising Helpful Toddlers**
- **March 31: Using Gratitude and Savoring for Managing Stress**
- **April 7: Speaking Your Child's Love Language**
- **April 14: Developing Good Bedtime Routines**
- **April 21: Focus on Fathers: Standing Up for Yourself**
- **April 28: Focus on Fathers: Rock Star, Sports Star, Super Star?**
- **May 5: Focus on Fathers: Take a deep Breath**
- **May 12: Focus on Father: Changing the Way You Look at the World**
- **May 19: Getting Teenagers to Cooperate**