



RAISING *Wisconsin's* CHILDREN



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



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



Classes offered via Zoom video conferencing

- **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**

**Free Webinars!
Registration
required at:**

**[https://uwmadison.co1.
qualtrics.com/jfe/form/
SV_3Vgxj6E7vaar7Ku](https://uwmadison.co1.qualtrics.com/jfe/form/SV_3Vgxj6E7vaar7Ku)**



Extension
UNIVERSITY OF WISCONSIN-MADISON