

Would you like to host a parenting class?

Have you ever been to a home party where you felt obliged to buy something? It's always fun, but...



Why not host a social learning event where no one buys anything? Instead, you and your guests get something. What do you get?

- A chance to connect with other parents in a relaxed, comfortable setting
- An opportunity to learn effective, research-based ideas to help make parenting easier
- Take-home resources that help now and when new parenting challenges arise.

The University of Wisconsin Extension offers a wide variety of classes and resources to help parents handle today's most common challenges. Topics include:

- **E-parenting:** Dealing thoughtfully with Internet, smart phones and other media challenges;
- **Gaining cooperation** from kids through positive discipline;
- **Finding balance and managing stress** in the face of a crazy, demanding family schedule
- **Other topics** to help parents survive and thrive in this challenging role

FAQ's...

Where can I host? At your home, school, a coffee shop, church, the library...anywhere in Bayfield County that includes a gathering space for about 6 to 10 people.

Who can I invite? Invite other parents who might be interested in the same topics you are. They can be friends, acquaintances, members of your church, 4H club or other group.

What do hosts provide? Hosts help organize the class, recruit participants and coordinate refreshments (typically light snacks).

How many sessions are involved? Classes can be one session on a single topic or several sessions. (The most effective, evidence-based classes include multiple sessions. Hosts decide what will work for them). In a multi-session class, hosts can share responsibilities with another class member or two.

What does UW-Extension provide? An instructor/facilitator who is trained in a wide variety of research-based parenting classes and information ■ An engaging format using web-based materials, videos, and lots of discussion ■ Take-home materials and resources.

Is there a cost? Most classes are free. When there is a small fee, it's waived for the host.

To learn more...Call Bayfield County UW-Extension Family Living Program:

715-373-6104 ext. 2



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