



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY

PRESS RELEASE – Extension in Action

For Immediate Release

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April Focus: Human Development and Relationships

UW Extension offers many great resources for you, your family, and your community in many helpful ways! Check out these great opportunities and tips from the area of Human Development and Relationships:



Focus on Fathers Classes



Free parenting class opportunity! This is an online class specifically created for fathers and those in a father role. We know that fathers play a critical role in a child's healthy growth and development. We also know that fathers need a place to connect and learn from each other. The father-child or father figure-child connection is so important in building a strong foundation in language, critical thinking, physical skills, social and emotional learning, and more. The **Focus on Fathers** class is offered at 6PM, on the 2nd Tuesday of every month. Participants can receive a certificate of completion if they attend sessions. Topics include things like, **Fathers Communicate with Children, Relax and Enjoy Fathering, Fathers Help Children Handle Emotions, Fathers Help Children Make Good Choices**, and more. Fathers can participate in one, two or multiple sessions.

Participants can register here: <https://forms.gle/VY2SL8pN45XssHxV6>

Also, our **new state website is up and running** - check out all the classes and resources we offer parents and caregivers: <https://parenting.extension.wisc.edu/>

Let's Preserve Together Newsletter

Need answers for your pressure canner? New to pressure canning? Presto Test Kitchen – Let's Preserve Together publication was developed to help create a connection between Presto, UW Extension, and our consumers. We are hopeful this will be a helpful tool, providing educational and useful information to help us all better assist in food preservation. We welcome suggestions on content/questions for future newsletters. There will be a Q & A section included with each issue. **Please check out the valuable resources from Presto:**

PRESTO CUSTOMER SERVICE WEBSITE: www.gopresto.com

FACEBOOK: www.facebook.com/groups/prestodigitalcanner

FACS RESOURCES: www.gopresto.com/content/support/facs-resources

(includes previous issues of newsletters as well as a link to sign up to receive future newsletters)



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



Money Matters Classes



Whether you are looking to set financial goals, make a spending plan (budget), learn ways to save money, or figure out how to keep your financial records, this **FREE online series over Zoom is for you!** Each session will be up to an hour long and will include a short presentation and lots of time for discussion and questions. There are 4 session topics: Financial Goal Setting, Budgeting-How to Make a Spending Plan, Saving Money, and Financial Recordkeeping. Each topic will be offered twice on the same day (once in the morning and once in the evening). Sessions will be Wednesdays in May on Zoom from 10am-11am and 6:30pm-7:30pm. Links to join the sessions you register for will be provided after you

register. **REGISTER NOW:** <https://go.wisc.edu/m35113>

Families + Screens: It's a Balancing Act

Screens aren't good or bad. Mindful use helps make technology a benefit. As with most things in life, finding balance is best.

Parents today share many challenges when it comes to raising happy healthy children. The use of technology is widely regarded as one of the most difficult challenges faced by today's parents.

Dr. Meghan Owenz created **The SPOIL System**, a plan to help children thrive, based on the latest screen time and child development research. The SPOIL System **outlines five important activities you should engage in with your young child each day.** These activities include:

Social activities – A strong relationship with an adult and social interaction with siblings and friends.

Play activities – Imaginative play is critically important for children!

Outdoor activities – There is so much research on the benefits of being outside for mental/physical health.

Independent work – Includes things like homework, helping a sibling, hygiene & age-appropriate chores.

Literacy activities – Includes anything that helps a child enjoy reading and writing.

As parents, if we focus on integrating these five habits into our child's day, it is going to have a much bigger impact on their well-being than simply limiting their amount of screen-time.

For full article: <https://dodge.extension.wisc.edu/2024/04/families-screens-its-a-balancing-act/>

For more information on Extension parenting resources, check for a current list of available programs at:

<https://parenting.extension.wisc.edu/online-parenting-classes/>



Have Questions? Extension is here to help.

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Find these topics and more on our website: <http://dodge.extension.wisc.edu>