

Becoming a parent affects all of our relationships and every area of our lives. Babies don't arrive neatly packaged with an instruction manual, and parents aren't instantly experts. We do our best, based on what we've learned along the way, our situations, resources and supports.

Research shows that parents who take part in educational opportunities feel more confident, satisfied, and less stressed. Their children also benefit, now and into the future. Having more positive relationship and parenting tools is a good thing for everyone!



To learn more, contact:

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*Parenting and Co-Parenting
Young Children*



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Starting Out Strong

Is a program for parents, co-parents and other caregivers of young children to learn research-based information about child development, parenting, relationships, and ways to balance family, work and life.

The program is a series of three two-hour classes, held three weeks in a row. Each month, the classes alternate time (daytime or evening) and location between Alma or Durand to accommodate different schedules.

The classes will develop skills and build on strengths, which will help participants be the best caregivers, parents and partners that they can be.

The classes are designed to be fun and hands-on. Class participants will also have opportunities to connect with others as they learn together.

You Will Learn

Whether you are a caregiver, parenting together or co-parenting apart, some things you can expect to learn about include:

- ◆ Attachment and Bonding
- ◆ Child Development and Care
- ◆ Resilience and Family Strengths
- ◆ Parenting Styles and Strategies
- ◆ Communication and Relationships
- ◆ Managing Stress and Conflict
- ◆ Health, Safety and Well-Being
- ◆ Setting and Reaching Life Goals



*"I've realized that love isn't enough—
there's a lot to raising a child!"*

To Register

Pre-registration is required. There is a \$30.00 charge per person to cover the cost of class materials.

If you have a financial hardship, you may request a full or partial reduction in the fee. Financial hardship requests are kept confidential.

To register, go online to:

<http://pepin.uwex.edu/startingoutstrong/>

or, call the UW-Extension Office:

- ◆ Pepin County 715-672-5214
- ◆ Buffalo County 608-685-6256

Send your payment to:

UW-Extension Office
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PO Box 39
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