

ACTIVE PARENTING & PARENTING WISELY



Video Based Parent Education for Individuals and Groups

UW-Extension offers the following video-based programs in Ashland, Bayfield, and Iron Counties for both individual & group parenting education. All programs are included in SAMHSA's National Registry of Evidence Based Programs and Practices. Additional parenting and relationship education options are also available. Contact us for more information.



First Five Years

Ages: Infant-5

- Child development
- Parenting styles
- Mindfulness
- Bonding/Play/Relationship Building
- Parent Self-Care
- Encouraging Positive Behavior/Positive Discipline



Active Parenting

Ages: 5-12

- Brain development/social-emotional development
- Parenting Styles
- Relationship Building/Communication/Emotion Coaching/Active Listening
- Parent Self-Care
- Encouraging Positive Behavior/Positive Discipline
- School Success/Discussing Drugs & Alcohol



Parenting Wisely Teen

Ages: 10-18

- Brain development/social-emotional development
- Parenting Styles
- Relationship Building/Communication/Emotion Coaching/Active Listening
- Mindfulness
- Encouraging Positive Behavior/Positive Discipline
- School Success/Discussing Drugs & Alcohol



Programs are self-paced and involve 4-6 individual or group sessions of approximately 1.5 hours. A \$10 fee covers workbook & materials. To schedule, contact UW-Extension Family Living Programs:

Ashland County 715-682-7017

Bayfield County 715-373-6104

Iron County 715-561-2695

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.