



*And Surviving!*

# Bringing Up Your Spirited Child

A four-evening class for parents with children age 1 to 10 who are “MORE!”

Spirited children are “more” – more intense, more persistent, more focused, more sensitive, or more uncomfortable with change. The spirited child can easily overwhelm parents, leaving you feeling frustrated and ineffective.

## REGISTER IN ADVANCE

1. By March 28<sup>th</sup>, register online at <http://tinyurl.com/yyodmqtu> or call the Extension office at 608-297-3141 and someone will assist you with registration.
2. Send \$25.00 payment to Extension office by March 28<sup>th</sup> to confirm your registration, or request scholarship.



*“The spirited child can easily overwhelm parents, leaving you feeling frustrated and ineffective.”*

Spirited Child program consists of four evening sessions – see dates above.

**LOCATION:** Forest Lane Elementary School, 222 Forest Lane, Montello, WI

**TIME EACH EVENING:** 5:30-7:30 pm

Optional Family Dinner: 5:00-5:30 pm

**FREE CHILD CARE** with advance registration

**PROGRAM FEE IS \$25** to cover the cost of materials. If fee is a financial hardship, please request a scholarship to attend by calling the number below.

**Instructor:** Sue Allen, Marquette County Extension Family Living Educator

This program is four evenings:

**Thursday, April 4<sup>th</sup> Tuesday, April 9<sup>th</sup>**

**Tuesday, April 16<sup>th</sup> Thursday, May 9<sup>th</sup>**

5:30-7:30 pm

5:00-5:30 family dinner (optional)

Free child care

**REGISTER BY MARCH 28<sup>th</sup>**

This program will help parents and caregivers:

- understand your child’s temperamental traits
- identify cues leading up to challenging behavior
- learn how to work with cues to head off challenging behavior
- cope with tantrums and blow-ups when they do occur
- develop strategies for reducing or eliminating power struggles (especially at mealtime, bedtime, dressing)

Please call for more information 608-297-3139 ▶ ▶ ▶

