



Focus on Family Living

Donna Doll-Yogerst, Agent

Knowing a Spirited Child's Temperament Can Help Parents Cope

Please join us for a workshop entitled "Thriving With Your Spirited Child" on Thursday, February 28, 2008 at the Abrams Elementary School.

Being a parent is not an easy job. Children can be a challenge, but if your child is more energetic, intense, persistent or sensitive, the parent-child relationship can become overwhelming. Children with these "more" traits may be referred to as "Spirited" children.

Parents can find help through the UW-Extension workshop "Thriving With Your Spirited Child". Participants meet other parents of spirited children and learn strategies for dealing with their kids and helping them regain control. In the Children's Sessions (ages 5 - 8), the children are involved in short activities that introduce them to what spiritedness is and tips on dealing with Spirit.

The workshop gives parents a better understanding of their child's temperament which can make parenting a spirited child a little bit easier. As parents of a spirited child, we need to change how we think about our children so they can develop a positive sense of self. We can help parents encourage the spirited nature of their child.

There are nine temperament traits of spirited children. By knowing your child's—and your own—temperament traits, you can help the child learn effective strategies to keep everyday activities from erupting into a major emotional blow out.

Learning the clues to their behavior is an important first step. While other kids may whimper when they're hungry or hurt, spirited children are likely to scream. Parents need to know that intense children react with more energy or excitement or pain than other children. They are not doing this on purpose or to embarrass you. Their bodies physiologically react more than those of other children. The children also need to become aware of what triggers their strong outbursts and learn to manage them with the help of the adults in their lives.

Our job is to "teach" our children what they are experiencing and better ways to deal with it. Because the children are introduced to the same concepts as their parents in the Thriving with your Spirited Child program, there is a wonderful opportunity for all family members to understand the same strategies so they can support one another rather than increase the undesirable behavior.

We advise parents to avoid damaging labels and re-label the behavior in a positive manner. Realize that intense children do not hide their emotions—they are sensitive, expressive and dramatic. Throw out labels like loud, impatient, picky, argumentative or demanding.



In this program parents learn the subtle, nonverbal cues that tell you the child's level of intensity is rising. Then parents can take preventive actions before the child becomes overwhelmed and has a full-blown meltdown.

Here are some strategies that work with intense kids:

1. Intervene early—you can't teach kids something new when they are losing control. Wait until they have calmed down. Then point out what you saw and how they might handle it differently. Try calming activities like baths, quiet time or reading stories.
2. Regular exercise is effective in managing intensity in parents and kids, allowing them to "blow off steam."
3. Repetitive motion, especially of the jaw, can be helpful. For young children, this might include sucking a bottle or pacifier, swinging, rocking, riding a rocking horse or in a baby carrier. For older children, try drinking from a straw, chewing gum, swinging, rocking, jumping rope or going for a walk.
4. Deep breathing helps calm children who tend to hyperventilate or hold their breath when intensity rises. You can teach them to use deep breathing by blowing bubbles, pretending to blow out candles on a birthday cake or counting to ten.
5. Use humor, but avoid sarcasm or ridicule. Try doing the unexpected—give a silly

response, use a different voice or use a funny mask or puppet. Have a family "I had a bad day" party with pizza and ice cream and let kids discuss their day.

6. Change the scene in order to disconnect from the source of intensity. Encourage sensory activities. Use play-doh or silly putty; give back scratches or massage; dim lights in the room; use a sensory bucket filled with water, sand or oatmeal. Other ideas include reading, playing dress up, or water play in the bath or sink.
7. Provide a time and space for cooling off. Teach kids ways to calm down. Choose a quiet, comfortable spot. Teach them that time-out is an opportunity to pull out of the action in order to rest, relax and regain control. Help them feel comfortable taking a break.

This unique and worthwhile workshop is being offered Thursday, February 28, 2008, 6:00 - 8:30 p.m. at the Abrams Elementary School, 300 Elm Street, Abrams WI. Facilitators for this program are Donna Doll-Yogerst, UW-Extension Family Living Agent and Barb Truttman, UW-Extension Parenting Resource Center Educator. Register today by contacting Barb or Becky at 920-834-6846 or barb.truttman@ces.uwex.edu / becky.dolata@co.oconto.wi.us. You can also obtain registration information from our website: <http://www.uwex.edu/ces/cty/oconto/flp/CurrentPrograms.html>

Why Kids Misbehave and What You Can Do About It

Do you have young children, or provide childcare for young children? If so, please join us, along with other parents and childcare providers, for the "Why Kids Misbehave and What You Can Do About It" workshop....

Tuesday, March 18, 2008
6:00—8:30 p.m.

Suring School, 411 Algoma Street, Suring WI
Registration Deadline: March 11, 2008

Punishing a child might stop a bad behavior, but it doesn't teach a child how to do things right, nor does it encourage self control. Join us at a workshop, along with other parents and child-care providers of young children, and learn the reasons behind kid's misbehavior and gain some strategies for what you can do to promote good behavior and self control.



The purpose of this workshop is to:

- ✦ Identify the six reasons children misbehave
- ✦ Learn some strategies for dealing with behaviors such as tantrums, independence seeking and negativity
- ✦ Learn ways to help children develop self-control.

To register or to receive a brochure, please contact Barb Truttman at 920-834-6846 or barb.truttman@ces.uwex.edu. You can also obtain a brochure from our website at: <http://www.uwex.edu/ces/cty/oconto/flp/CurrentPrograms.html>.

This program is being brought to you by the Oconto County UW-Extension Family Living and Parenting Resource Centers. Contact Donna Doll-Yogerst, Oconto County Family Living Agent or Barb Truttman, Parenting Resource Centers Educator, at 920-834-6846, 301 Washington Street, Oconto WI 54153 or by e-mail at donna.doll-yogerst@ces.uwex.edu - barb.truttman@ces.uwex.edu. There is also TDD No Voice Service available at 920-834-7045, indicate message is for UW-Extension.

Community, Natural Resource and Economic Development Update

Dale W. Mohr, Agent



Imagine Needing to Communicate Complex New Information About Stormwater Management

Imagine needing to communicate complex new information about stormwater management to everyone involved in designing or approving a new subdivision, including engineers, consultants, developers, zoning, land use and state agency staff.

To get the information to the right people, University of Wisconsin-Extension basin educator Suzanne Wade, Department of Natural Resources runoff management staff, and a number of consulting firms with special expertise developed a web-based tool to provide easy access to Wisconsin's new regulations on post-construction stormwater management.

"Since these are new technical standards, it's important that the information be disseminated across the state so everyone involved can hear the same message, learn what each of

these technical standards are and how to implement them," says Wade.

To reduce the amount of runoff entering streams, rivers and lakes, Wisconsin for the first time requires developers to consider infiltrating runoff from storms instead of just holding it back in stormwater ponds. However, not until the technical standards were completed were there specified practices to meet the rules.

Now developments must essentially ensure that no more water leaves the development than would have left it before construction took place. The new technical standards for infiltration, based on ch. NR 151, Wis Adm Code, affect any place in Wisconsin where more than one acre of land is being disturbed for homes, commercial or industrial buildings.

To educate people about the

new rules, Wade and her colleagues turned to the WisLine Web, an Internet-based conferencing service similar to a teleconference that offers a web component for visual materials. Any type of graphic that can be presented in person can also be presented using WisLine Web.

Wade and DNR staff conducted four WisLine workshops on ways to build infiltration into a stormwater management plan, as well as specific techniques to use. Attendees could sit in via computer from anywhere around the state.

"More than 400 people attended the four workshops,"

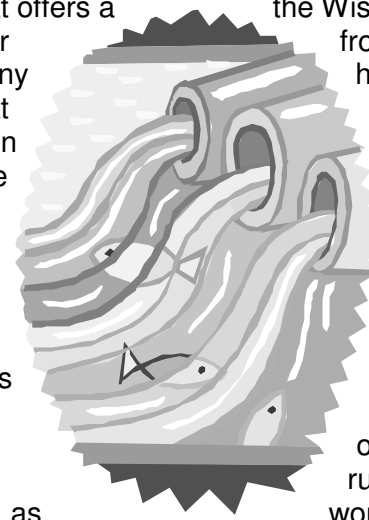
says Wade. "The evaluations reported that this was the best teaching method for getting across the information. Additionally, using the Wisline Web allowed people

from across the state to hear each other's questions and learn from each other," she says.

One of the biggest benefits of using the WisLine Web is that anyone who missed the workshop or needs to review part of it can access the archived files on the web at <http://runoffinfo.uwex.edu/workshops/index.htm> Wade

explains.

"People can get the information when the timing is best for them and not just when DNR and UW-Extension host the workshops," she says.



Conference to Focus on Wisconsin's Role in Global Aquaculture Market

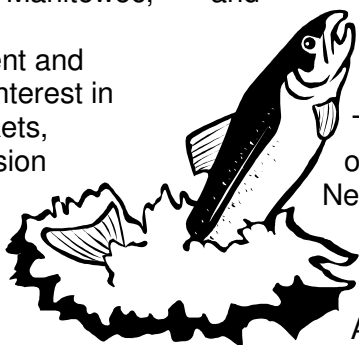
Aquaculture, or fish farming, is the fastest growing segment of agriculture around the world. And Wisconsin's aquaculture industry is a player in the expanding global marketplace.

"Wisconsin Aquaculture: Meeting Global Challenges – Locally" is the focus of the Wisconsin Aquaculture conference to be held March 14-15 at the Holiday Inn in Manitowoc, Wisconsin.

The annual event draws current and prospective fish farmers with an interest in finding their niche in today's markets, researchers, veterinarians, extension agents, agriculture and natural resource technicians, and members of the public who want to learn more about fish farming.

Participants will look at how Wisconsin's aquaculture industry currently competes in the world market, faces the challenges of economic viability and environmental sustainability, and rises to the threat of new diseases such as Viral Hemorrhagic Septicemia (VHS).

Speakers and business people from Wisconsin and around the country will discuss market trends, uncover farm programs for aquaculturists, and highlight advances in technology and innovative culture methods.



Sponsors of the Wisconsin Aquaculture Conference 2008 include the Wisconsin Aquaculture Association, Inc; the University of Wisconsin-Extension, University of Wisconsin-Stevens Point College of Letters and Science Northern Aquaculture Demonstration Facility, Wisconsin Department of Agriculture, Trade and Consumer Protection; Wisconsin

Department of Natural Resources; Roundy's Supermarkets, and Nelson and Sons Silver Cup Feed. Topics other than business are also on the program. Dani Klontz with Nelson & Sons Silver Cup Feed will return with a popular fish cooking seminar and demonstration. New this year is the judging of the Aquaculture Poster Contest, open to all Wisconsin high schools. The keynote luncheon speaker will be Bill Bonzheim, Director of Seafood, Roundy's Supermarkets, Inc.

There is also a pre-conference trout workshop on March 13th to help Wisconsin trout farmers meet production of the fast growing trout food market.

Conference sessions include: Shape of the Industry, Farm Programs, VHS –Update, Aquaculture Co-ops, Fish Stocking, Poster

Contest, Cooking Demonstration, Walleye Culture, Shrimp Farming, Perch and Ponds, Start-Up Aquaculture, and workshops on trout and bluegills.

The Trade Show will include vendors showing off the latest and best aquaculture equipment and services. There will also be a silent auction and raffle with proceeds going for FFA Aquaculture Proficiency Awards, Aquaculture High School Poster Contest and support of the aquaculture industry.

Conference registration is \$100 per person (\$130 for non-Wisconsin Aquaculture Association members); \$85 for additional person same organization; \$65 for spouse of an attendee; and \$65 for students. The daily rate is \$70 for Friday only or \$60 Saturday. There is a \$25 late fee after March 1, 2008 plus registration. There is a separate charge for the Trout Workshop on March 13th of \$15.

To register for the conference and lodging information, contact Cindy Johnson, Wisconsin Aquaculture Association, 715-373-2990, or email Cindy@WisconsinAquaculture.com.

To make reservations call the Holiday Inn at 920-682-6000 with booking code AQU. For more information contact Ron Johnson, UW-Extension aquaculture outreach specialist at 715-779-3189.