



14th Annual Conference

Fulfilling the Promise:

Supporting and Educating Parents

Kalahari Resort Convention Center • WI Dells, WI

March 11-12, 2009

Join us to discover ways to:

- work more effectively with parents
- re-energize yourself for your work with families
- recommit yourself to fulfilling the promise of every Wisconsin child

Encouraged to Attend

Home Visitors, supervisors, program managers and parent educators providing home-based, group-based, and center-based support and education to parents from:

Family Resource Centers • Head Start/Early Head Start
Private Agencies • Health Departments and Hospitals
Birth to Three • Even Start Family Literacy Schools
County and Tribal Social Service Departments
UW-Extension, Cooperative Extension • Early Childhood Centers

Do you have materials to share?

To reserve an exhibit table call Michele Dickinson at 608/265-9101.

***UW* Extension**
Cooperative Extension
Family Living Programs

Invitation to Attend

Are you looking for ways to work more effectively with parents? New ideas and approaches? A chance to re-energize yourself for your work with families?

At *Fulfilling the Promise* you'll hear from parent education and home visitation professionals, peers with innovative programs, and experts from other fields. You will be able to discuss and learn about the things that matter most in your work with parents and families. And you'll be able to connect with colleagues from across Wisconsin.

Don't miss this opportunity to enhance awareness, build understanding, and develop skills to increase your effectiveness with families of many backgrounds.

Conference Sponsors

- Child Abuse Prevention (CAP) Fund
- Children's Trust Fund
- Parents Plus of Wisconsin
- Department of Health Services, Division of Public Health, Bureau of Community Health Promotion
- UW-Extension Cooperative Extension Family Living Programs

2-Day Conference Schedule

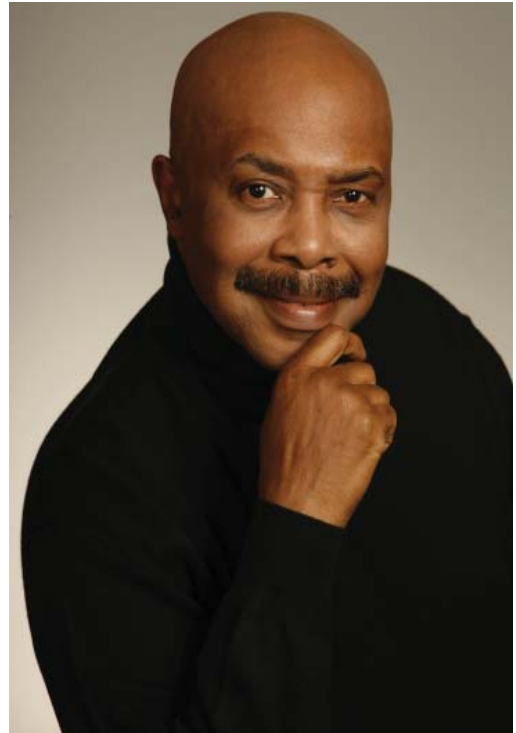
DAY 1: Training Institutes - Wednesday, March 11.

8:30 am	Registration
9:00 am	Institutes
10:30 am	Break
10:45 am	Institutes continued
12:00 pm	Lunch
1:00 pm	Institutes continued
2:15 pm	Break
2:30 pm	Institutes continued
3:30 pm	Conference concludes

DAY 2: Conference Schedule - Thursday, March 12

8:00 am	Registration
9:00 am	Keynote Address
10:30 am	Break & Exhibits
11:00 am	Workshops A
12:15 pm	Lunch
1:15 pm	Workshops B
2:30 pm	Break & Exhibits
3:00 pm	Workshops C
4:15 pm	Conference concludes

Keynote Address



Lessons From a Sesame Street Dad

Conference Keynote Speaker
Thursday, March 12

Since its inception in 1969, PBS-TV's *Sesame Street* has re-defined and set the standard among educational programming for pre-school children. For thirty-five of those years Roscoe Orman, in the role of Gordon Robinson, has been a symbol of nurturing, caring fatherhood for two generations of young people. A well-seasoned performing veteran of stage, screen, and television and author of a memoir, *Sesame Street Dad: Evolution of An Actor* and a children's book *Ricky & Mobo*, he speaks about the impact that *Sesame Street* has had on his own life and career as well as on the lives of the millions of viewers who have grown up watching the program over the past four decades. Mr. Orman was recently named Chief Storyteller at AudibleKids.com, the premier distributor of audio books for young readers.

UW
Extension

Cooperative Extension
Family Living Programs

March 11th: Institutes

Choose 1 Institute to attend all day

Guide to Workshop Level & Core Competencies

BHV	Beginning Home Visitor	EHV	Experienced Home Visitor
BPE	Beginning Parent Educator	EPE	Experienced Parent Educator
PM	Program Manager/Coordinator	S	Supervisors
CP	Community Planners	E	Everyone

← **For Core Competencies:** Please visit the Children's Trust Fund Exhibit for Professional Development Portfolios.



T1. Emotion Coaching

Kathleen Hipke, PhD, Clinical Psychologist, Dean Health Systems, Department of Psychiatry; Jen Perfetti, MA, LPC, Licensed Counselor

This interactive workshop will introduce a skill set for “coaching” during emotionally arousing moments which both improves caregiver-child relationship quality and promotes social-emotional development. Based on research by clinical psychologist, Dr. John Gottman, we will explore our own emotional styles as they relate to helping children better understand and handle a range of strong feelings.

BHV, EHV, S, BPE, EPE, ECE, PM **FS 4,6 M 1,6**

T2. Making Connections: Dimensions of Poverty and the Developing Brain

Jeanne Erickson, Director, Project Babies; Consultant, Today Not Tomorrow, Inc., Leccia & Associates, Inc.

There are many indicators used to evaluate and assess economic distress and poverty. Research has provided a strong link between these indicators and the physiological impact of poverty. This presentation will look at dimensions of poverty such as nutrition, quality care, restricted environment, toxins such as lead, and prenatal impacts such as stress and race. These factors have certain impact on brain development. The discussion will also include the impact transient and long-term poverty have on social and emotional development, behavior, and intelligence. Participants will engage in interactive dialogue on ways to incorporate this information into their daily practice.

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 1,5 M 1,8**

T3. Effects of Trauma on Children

Bevelyn Johnson, MSW, LCSW, Social Worker, President, AJA Counseling Center

This workshop offers participants a definition of childhood trauma and distinguishes between what is and is not trauma. Examples of childhood trauma, emotional feelings, and responses—physical, emotional, behavioral, and interpersonal—will be discussed. In this workshop we will review reactions to trauma in each developmental stage of childhood, discuss what to look for in completing an assessment, and examine key roles of a therapist. We will also review the cognitive therapy approach as the most effective approach in working with traumatized children.

(Limit 35)

EHV, S, EPE, ECE, PM

FS 5 M 1,7

T4. Supporting Families Toward Mental Wellness

Kristina Finnel, MSW, APSW, Program Manager, Mental Health America of Wisconsin; Joann Stephens, Parent Advocate, Mental Health America of Wisconsin

Mothers with mental illness pose special challenges to home visitors. This workshop will build awareness for the needs of families with mental illness, including the challenges they face, the impact it has on families, the barriers that exist, and recovery/wellness management. You will be given strategies that will increase your effectiveness with these families.

BHV, EHV, S, BPE, EPE, PM, CP **FS 5 M 1**

T5. Poverty Awareness for Community Engagement (PACE)

Nick Heckman, Poverty and Food Insecurity Program Specialist, UW-Extension Cooperative Extension, Family Living Programs; Cynthia Muhar, MA, Family Living Educator, UW-Extension Cooperative Extension, Milwaukee County

PACE takes us beyond “Bridges Out of Poverty” to explore the complexity of poverty including power and privilege, social class, and racism. This non-prescriptive approach to poverty education involves personal reflection, raising awareness and understanding, and increasing knowledge and skill-building. In this interactive institute, participants will respond to a Call to Action to affect poverty within their spheres of influence. **(Limit 35)**

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 6,7 M 1,8**

T6. The Path to Early Literacy with Families

Dixie Laehn, MS, Parent Education Consultant, Retired 4K - Grade 3 Teacher, Parents Plus Inc.

Do you need ideas NOW to use with families? This interactive workshop developed by Parents as Teachers will provide you with 90 age-appropriate activity cards to use immediately. The workshop experience will be affirming, inspiring, and actively fun. Your knowledge of the five components of Early Literacy will increase family literacy rates and may help reduce poverty. **(Limit 35)**

BHV, BPE, ECE

FS 4, 6, 7 M 1

T7. In Pursuit of Funding

Steve Pierce, MA, Consultant, Community Action Consulting

Troubled economic times make it even more important to prioritize fund development for nonprofit organizations that serve children and families. Come learn about assessing your organizational capacity for fund development, alternative fundraising strategies, getting the board involved, and creating a fund development plan.

S, PM, CP

M 4

March 12th: Workshops A

A1. Immigration 101

Victor M. Arellano, *JD, Attorney, Lawton and Cates, S.C.*

Immigration and visa requirements are ever-changing and negotiating the maze of regulations can be tricky. This session will highlight some of the legal issues immigrant families face, services available to help them and how to be advocates when necessary.

EHV, S, EPE, ECE, PM, CP **FS 6 M 8**

A2. The Impact of Violence on African American Males

Earl Bracy, *PSYD, Clinical Psychologist, Bracy Psychological Services and Stress Management Institute LLC*

Today, the leading cause of death among African American males is homicide; the homicide rate for African American males is six times greater than it is for Caucasians. Participants will gain knowledge on the causes of violence and its impact on African American males, families and society as a whole.

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 5 M 7**

A3. Supporting Healthy Eating Behaviors for Kids

Kathryn Cieszki, *Nutrition Educator, UW-Extension Cooperative Extension, Milwaukee County*

This workshop will focus on helping caregivers and/or parents of preschoolers learn ways to encourage their children to develop healthy eating habits. Through hands-on activities and facilitated dialogue, participants will engage in strategies to accomplish smart snacking, maintaining healthy weight, and division of responsibility for meals. **(Limit 30)**

BHV, EHV, BPE, EPE, ECE **FS 5 M 7**

A4. From Super-sized Meals to Mini Cookies, How do I Eat a Pyramid?

Nancy Coffey, *Wisconsin Nutrition Education Program Coordinator, UW-Extension Cooperative Extension, Eau Claire County*

From super-sized meals to mini cookies, how much food does one need each day? What's up with "MyPyramid"? How much of each food group do I need daily? Assist families to eat the right foods in the right amounts from each of the MyPyramid food groups. Use hands-on activities to help families adopt good eating habits, one step at a time. **(Limit 25)**

BHV, EHV, BPE, EPE, ECE **FS 5 M 7**

A5. Every Parent Deserves a Chance

Jennifer Dahlgren, *Case Manager / Supportive Parenting Instructor, Catholic Charities*

In this workshop you will learn to engage parents who have cognitive limitations. There will be a brief historical overview of the treatment of individuals with developmental disabilities. Come learn tips and ideas on how to teach parents to break the cycle of dependency and become the best parents they can be. **(Limit 30)**

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 4 M 1**

A6. Creating Successful Children

Patrice Knox, *Partnership Coordinator, Parents Plus Inc.;*
Trudy Ranallo, *Coordinator, "Parents Are Key" Program, Parents Plus Inc.*

This workshop provides home visitors and educators with information and strategies to promote social and emotional competence in young children. Home visitors can play an important role in building relationships and constructing supportive home environments for children. Come hear two experienced home visitors share strategies. **(Limit 25)**

BHV, BPE, ECE **FS 1 M 1**

A7. Identifying Limited Literacy in Parents

Layla Coleman, *Southwest/South Central Regional Literacy Consultant, Wisconsin Literacy, Inc.;*
Marsha Connet, *Southeast Regional Literacy Consultant, Wisconsin Literacy, Inc.*

Have you ever wondered if the parents you work with can read? This presentation will help you identify low literacy skills in the families you serve. Supportive strategies will be offered. You will learn about tools for assessing the reading level of printed materials and using them effectively. In addition, a tool for helping parents access good health care for themselves and their children will be presented. **(Limit 45)**

BHV, EHV, BPE, EPE, ECE **FS 4 M 7**

A8. Supporting Parents Whose Child Has Been Traumatized

Anita O'Connor, *MSW, LCSW, Psychotherapist, Children's Hospital of Wisconsin*

This session will cover different types of trauma that children experience, common reactions that parents and children have, and ways that professionals can help parents to help their children.

BHV, EHV, S, BPE, EPE, ECE, PM **FS 5 M 1**

A9. Book Making 101

Bev Schumacher, *Author, Consultant, President, Learning Props, LLC*

Creating books can generate excitement about reading and build early literacy skills. "Authors" become motivated to read and write while engaging their creative talents. This session will explore construction methods and books styles to engage children and families in literacy activities. Come express yourself in this "hands-on" workshop.

BHV, EHV, BPE, EPE, ECE, PM **FS 4**

Check out our website for other 2009 conference brochures as they become available:

www.uwex.edu/ces/flp/conference

March 12th: Workshops B

B1. Oral Health: What Every Parent Should Know

Lisa Bell, RDH, BASDH, State Public Health Dental Hygienist, Wisconsin Department of Health Services

Do you know anyone who likes getting a filling, especially children?!? Dental caries in young children is a preventable disease. You will learn about the disease process and proper oral health care for children. Home visitors can play an important role in early childhood oral health!

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 5 M 8**

B2. Attention! Resource Roll Call for Military Families

Rebecca Boehlke, Military OneSource Consultant, Military OneSource; Karen Degner, Coordinator, Military Families Connect, Family Resource Center of Sheboygan County

Learn about resources available for military families. Home visitors can provide valuable support for accessing resources, parent education, and inter-service coordination. You will learn about resources for returning veterans and their families, benefits, education assistance, employment, counseling, and referral to community, county, and state agencies.

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 7 M 8**

B3. Parents as Learners

Karen Dickrell, MS, Family Living Educator / Department Head, UW-Extension Cooperative Extension, Outagamie County; Christine Kniep, MS, Family Living Educator / Department Head, UW-Extension Cooperative Extension, Winnebago County

How do you connect with parents as learners? Discover techniques of adult education principals that you can use when working with parents. We will give you ideas of how to engage parents, ask meaningful questions, check for understanding, and engage parents in the learning process.

(Limit 30)

BHV, EHV, BPE

FS 1 M 1

B4. Thriving with Your Spirited Child

Donna Doll-Yogerst, MS, Professor & Family Living Agent, UW-Extension Cooperative Extension, Oconto County; Barb Truttman, Parenting Resource Center Educator, UW-Extension Cooperative Extension, Oconto County

A spirited child is assertive, energetic, persistent, strong, independent, sensitive, creative, curious... Learn how to use an online curriculum, developed for parent educators, when working with parents of spirited children. This session will include five short activities for children when supervision of children is provided with a parent program. **(Limit 50)**

BHV, EHV, BPE, EPE, ECE

FS 1 M 1

B5. Emotional Abuse: Identification and Intervention

Patti Herman, PhD, Family Living Educator, UW-Extension Cooperative Extension, Columbia County

What is emotional abuse of children and what behaviors of children might help us identify such abuse? What factors contribute to the emotional abuse of children and how can we address those factors? In this presentation we will explore this area of "invisible child abuse."

BHV, EHV, BPE, EPE, ECE

FS 5 M 8

B6. Evaluation Isn't a Four-Letter Word, but What About Data?

Audrey Laszewski, MS, Project Director, Early Years Home Visitation, Outcomes Project of Wisconsin

Is there any reason why parents should understand their role in promoting evaluation and data collection? This session will provide practical tips for embracing evaluation as a learning tool to drive how services are delivered and as a means to strengthen programs. We're all in this together!

(Limit 25)

S, PM, CP

FS 8

M 2

B7. Healing the Hurts of Death and Divorce

Judie Meise, Rainbows Registered Director, Rainbow Kids, Inc.

When a death or divorce occurs, the world seems to come crashing in. It may feel like a terrible storm struck our home and destroyed everything. Through understanding, acceptance, and love, we can survive painful storms in life. Painful events can become positive experiences that result in inner strength, peace, and hope for the future.

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 2**

B8. Running a Successful Teen Parenting Program

Stephanie Schultz, Teen Parent Educator, Lakeshore Family Resources

Come hear how we run our successful teen parenting program in Manitowoc County. We'll share how we developed high school classes for teen parents. You will learn about different books and curricula; working with other agencies in the community; ideas for easy, inexpensive crafts and evening get-togethers; as well as strategies used to engage and retain the teens. This workshop will include lots of sharing time so that you can come away with new ideas.

(Limit 50)

BPE, EPE, PM, ECE, S

FS 5

M 6

B9. Life is a Circus!

Mary Jo Tittl, Executive Director, Family Resource Centers of Sheboygan County

With so many things going on at once, trying to keep the show going feels almost impossible sometimes. Do you ever feel that you are juggling too many responsibilities at one time and there just isn't enough time? Learn strategies to get into the ring and succeed in choreographing your own three ring circus of life! **(Limit 30)**

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 8 M 6**

Exhibits

We invite you to share materials, ideas or curriculum with your colleagues in Wisconsin.

To reserve table space, please call

Michele at 608/265-9101

March 12th: Workshops C

C1. Prenatal Care and Childbirth: A Global Perspective for Home Visitors

Barbara White, Consultant, Community Educator

Come engage in this interactive workshop exploring the various cultural aspects of prenatal care among women around the world. These great stories are an open invitation to cultural competence.

BHV, EHV, S, BPE, EPE, EE, PM, CP **FS**

C2. Putting Our Funny Where Our Mouth Is

Sarah Halstead, Executive Director, Portage County Literacy Council

When do you use humor in the work setting? How should you go about it? Does laughter really make us feel better? This workshop will explore answers to these questions and provide strategies for using humor to make your organization more fun for staff and program participants. **(Limit 40)**

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 8 M 6**

C3. Informed Program Improvement: Advancing Program Outreach via Best Practices

Mary Huser, MS, Program Specialist, UW-Extension Cooperative Extension, Family Living Programs; **Steve Small**, PhD, Professor of Developmental Psychology, School of Human Ecology, UW-Madison

In recent years, parent educators and other family service providers have seen not only a growing number of programs called "evidence-based," but also increased pressure to use these programs. Yet, an evidence-based program is not always the best option for every audience and community. In this workshop, we will share a new process, the evidence-informed program improvement process, to improve the effectiveness of your existing outreach programs. This new approach builds on years of research, studying the active ingredients of programs that make real differences for children and families. **(Limit 35)**

S, BPE, EPE, PM, CP **FS 8 M 2**

C4. Five Easy Steps to Calm a Fussy Baby

Cindy Vander Weele, RN, Public Health Nurse, Sheboygan County Public Health; **Peggy Wiedmeyer**, Parent Educator, Family Resource Center of Sheboygan County

Learn how to calm a fussy baby in five easy steps, and help them sleep longer so parents can sleep, too. This session will include video clips, discussion, and opportunities to practice the five steps. This curriculum was designed for babies under four months of age and based on the works of Harvey Karp, MD. Babies are welcome in this session. **(Limit 30)**

BHV, EHV, S, BPE, EPE, ECE, PM **FS 1 M 1**

C5. Working with Difficult People: "You do not pay me enough to deal with this!"

Sandy Stetzer, Home Visitation Program Supervisor, Children's Service Society of Wisconsin

Survival skills and strategies for working with difficult people are needed! Discussion will include effective communication approaches and de-escalation techniques.

Let's "deal with it"!

BHV, EHV, BPE, EPE **FS 8 M 6**

C6. Prepare to Care

Faye Malek, MA, Family Living Educator, UW-Extension Cooperative Extension, Manitowoc County

Today, 30 million households are providing care for an adult over the age of 50, and that number is expected to double over the next 25 years. This program helps current and future caregivers prepare themselves for adult care giving responsibilities. Each participant will receive a *Prepare to Care Family Guide*.

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 2 M 7**

C7. Goal Setting: Moving the "Stuck" Forward

Lori Byom Fox, Consultant, UW-Extension Cooperative Extension

Are you feeling frustrated by families that seem stuck in the same old, same old? Come share frustrations and explore techniques that may help families set and ACHIEVE goals! Develop new perspectives and strategies for you and your families to be successful! **(Limit 40)**

BHV, BPE **FS 3 M 2**

C8. Helping Children Cope with Disasters

Dave Riley, PhD, Professor and Associate Dean, UW-Madison/Extension, School of Human Ecology

Scary events (e.g. floods, war) affect the whole family and affect children in specific ways. This workshop covers predictable effects and suggestions we can give to parents and other caregivers to cope.

BHV, EHV, S, BPE, EPE, ECE, PM, CP **FS 4 M 1**

C9. No Father is an Island

Joey Guido, Professional Writer, daddybrain.wordpress.com; **William Curtis Marshall**, MS, Public Health Educator, WI Div. of Public Health, Southeastern Regional Office

This workshop will allow participants to understand and discuss the differences, similarities and connection of urban and rural fathers to the larger world of fatherhood. Participants will gain increased knowledge of father management issues and solutions to enhance services to fathers; increased skills in recruiting, engaging, and sustaining fathers in programming; and awareness of gender parenting similarities and differences.

BHV, EHV, EPE, PM **FS M 2**

General Information

Date: March 11, 2009 - All Day Institutes
 March 12, 2009 - All Day Workshops

Location: Kalahari Resort, 1305 Kalahari Drive, Wisconsin Dells, Wisconsin. Just off Interstate 90 at Hwy 12, **Exit 92**

Registration Fees:

	By Feb. 25, 2009	After Feb. 25, 2009
• Mar. 11 (Institute only)	\$100	\$125
• Mar. 12 (Conference only)	\$125	\$150
• Mar. 11-12 (both days)	\$200	\$225

The registration fee includes instruction, materials, lunch, breaks, and CEUs. To ensure workshop choices, we recommend that you register as early as possible.

Registration Deadline: Wednesday, February 25, 2009

Cancellation Policy: If you cancel your registration five working days prior to the program (Tuesday, March 3, 2009), you will only be charged an administration fee of \$25.00. **Confirmed registrants who cancel less than five working days prior to the program date are responsible for the entire fee.** When you cancel your registration by phone, please note the cancellation number. Substitutions from the same agency are permitted.

Lodging: A block of rooms is reserved at the the **Kalahari Resort**, \$70 single, \$119 double, plus tax. Please ask hotel for the rate for each additional person. The rooms will be held until Sunday, February 8th, 2009. For reservations, call the **Kalahari Resort** at 1-877/253-5466 and mention that you are registered for the *Fulfilling the Promise* conference.

Continuing Education Units: Attendance at this conference earns .5 (5 hrs.) University of Wisconsin-Extension continuing education units (CEUs) for each day attended.

Registration and Confirmation Information: Please contact Gloria at the Pyle Center: 608/265-2955.

For Conference Only Information: Please contact Elaine at 608/262-1411 or toll-free 888/391-4255 and at: elaine.barrett@ces.uwex.edu

You will receive written confirmation of your registration. If you do not receive it, please call Gloria at: 608/265-2955.

Registration Information

Registration Deadline: Wednesday, February 25, 2009. (Only one person per form. Please photocopy for additional registrations.)

Name _____

Position/Title _____

Agency/Company _____

Agency/Co/Address _____

City _____ State _____ Zip _____

Daytime Telephone Number () _____

Fax Number () _____

E-Mail address _____

Special Needs (i.e., vegetarian, etc.) _____



Cooperative Extension

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. To ensure equal access, please make requests for reasonable accommodations as early as possible (10 working days is reasonable) prior to the scheduled program. Contact Elaine Barrett at 608/ 262-1411 or 1/888-391-4255 or e-mail her at elaine.barrett@ces.uwex.edu.

Fulfilling the Promise: Supporting and Educating Parents

All Day Institutes: Wednesday, March 11, 2009

Conference Workshops: Thursday, March 12, 2009

	Amount Enclosed
March 11, 2009 (Institutes only)	\$ _____
March 12, 2009 (Conference only)	\$ _____
March 11 & 12, 2009	\$ _____

March 11, 2009 Training Institutes: Please mark your first and second choice with "1" and "2".

___ T1 ___ T2 ___ T3 ___ T4 ___ T5 ___ T6 ___ T7

March 12, 2009 Workshops: Please list workshop numbers in order of preference.

	First	Second	Third
Workshop Session A	_____	_____	_____
Workshop Session B	_____	_____	_____
Workshop Session C	_____	_____	_____

THREE WAYS TO REGISTER:

1. Complete and **mail** registration form and fee made payable to **University of Wisconsin-Extension** to:
 Fulfilling the Promise
 The Pyle Center
 702 Langdon Street; Room 139
 Madison, WI 53706
2. **Fax** registration form to **608/265-3163** if paying by purchase order or Mastercard/Visa/American Express
3. Credit card **phone registrations** to Gloria at: **608/265-2955**

Card Number: _____

Exp. Date: _____

Cardholder's Name: _____

Visa Card Mastercard American Express



Cooperative Extension
Family Living Programs
432 North Lake Street; Room 301
Madison, WI 53706



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14th Annual Conference

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Visit the Wisconsin Home Visitation Programs website
at: www.uwex.edu/ces/flp/homevisit