

Words parents and caregivers use with children set the stage for a child to think and independently solve problems. Children need practice thinking of alternatives and developing their problem solving skills. Parents and other caregivers can develop and practice these skills at the Raising a Thinking Child Workshop.

Participants will:

- Learn to use the "I Can Problem Solve" discipline ladder
- Use word pairs to build a vocabulary for problem solving
- Give children skills to solve problems taking into account their own and other's feelings

The Raising a Thinking Child workbook offers activities and games to make learning to problem solve FUN for both children and caregivers. For more parenting resources and tips from UW Extension, check out these websites:

http://parenting.uwex.edu

www.extension.org/parenting

www.extension.org/ask

## For more information or to register for upcoming workshops, contact:

Erica Brewster Oneida County Family Living Agent

> 3375 Airport Road #10 Rhinelander WI 54501 Phone: (715) 365-2750

Email: <u>ebrewster@co.oneida.wi.us</u> http://fyi.uwex.edu/OneidaCountyFamilies

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# Cooperative Extension

Your county extension office

> Continuing Education Units (CEUs) and The Registry Bar Codes are available for attending this workshop.

employment and programming including Title IX and ADA. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact UW-Extension-Family Living at (715) 365-2750.



The I CAN PROBLEM SOLVE approach for parents and caregivers of children ages 4-7.

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The I CAN PROBLEM SOLVE approach in the Raising a Thinking Child workshop series helps parents guide their young children to solve common, every day problems and prevent more serious problems down the road.



Children as young as 4 years of age can learn to think for themselves in ways most of us never thought possible. By following the evidenced-based **Raising a Thinking Child** program, you can teach young children:



•How to solve problems and resolve daily conflicts.

•To explore alternative solutions and their consequences.

•To consider the feelings of others.

"There is much less barking commands and much more helping my child think through a problem. [Now] when there is a conflict, instead of it turning into a power struggle, we both stop, think and resolve."

The program helps shy children to become more assertive and impulsive children to cope with frustration when things don't go their way.

The skills children learn through this program can prevent and reduce early behaviors that predict later problems such as violence, abuse, and depression.

### FAQ

Answers to some Frequently Asked Questions about Raising a Thinking Child in Oneida County.

#### WHERE IS THE PROGRAM OFFERED?

Our goal is to offer programs in Rhinelander, Three Lakes/Sugar Camp and Minocqua/Woodruff area at times convenient for most parents. Call (715) 365-2750 for more information on locations, times and dates.

Classes may also be offered in other locations through Vilas County UW Extension. Call (715) 479-3648 for more information.

#### HOW LONG IS THE COURSE?

The Raising a Thinking Child workshop series consists of 8 weekly classes.

#### WHAT IS THE COURSE FEE?

The cost for the course is approximately \$25 (cost may vary). Registration includes



the Raising a Thinking Child workbook and other program materials and handouts. Scholarship or registration reimbursement may be available.

<sup>—</sup> Grandmother Sugar Camp