
Raising Your Spirited Child Registration Form

Please return form with payment by
Friday, July 27th, 2018 to:

Pierce County UW-Extension
Pierce County Office Building
414 West Main Street
P O Box 69
Ellsworth, WI 54011

For more information contact Lori Zierl
at (715) 273-6781
or
lori.zierl@ces.uwex.edu

Name/s: _____

Address: _____

Phone: _____

e-mail: _____

**Fee: \$15.00 per individual or couple
for book and workshop materials.**



University of Wisconsin-Extension, U.S. Dept. of counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program, service or activity. If you need this material in another format, please contact the UW-Extension Office.

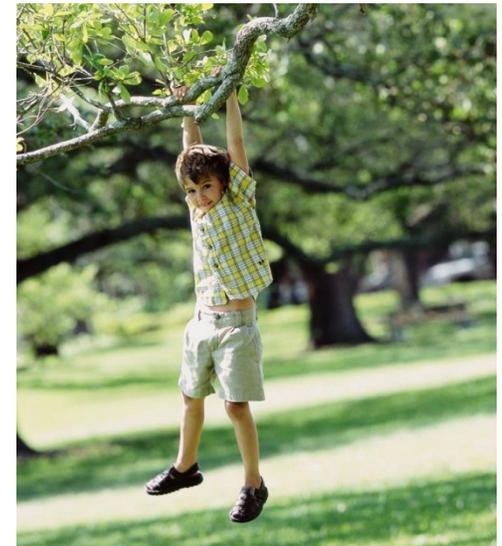
Raising Your Spirited Child

August 1, 8 & 15, 2018

**River Falls Public Library
Community Room**

*140 Union St.
River Falls, WI 54022*

6:00 – 8:00 pm



Facilitated by
Lori Zierl
Family Living Educator
UW-Extension, Pierce County

Raising Your Spirited Child

The key word that distinguishes spirited children from other children is “more” – more intense, more persistent, more sensitive, and more uncomfortable with change. The spirited child can easily overwhelm parents, leaving them feeling frustrated and ineffective.

This workshop series will help dads, moms, grandparents and other caretakers:

- understand your child’s temperamental traits (and your own)
- identify cues leading up to 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)

The workshop series will be held on three consecutive **Wednesdays** in August at the **River Falls Public Library Upstairs Meeting Room from 6:00 – 8:00 p.m.**

**August 1 What Makes Kids Spirited?
Intensity**

**August 8 Persistence
Sensitivity**

**August 15 Perceptiveness
Adaptability**

HERE’S WHAT WILL BE COVERED IN EACH SESSION:

What Makes Kids Spirited?

Learn about temperament – your child’s first and most natural way of reacting to the world around him – his “preferred style of responding!” Once you understand the reasons behind the responses, you can learn to work with them to ease the hassles, teach new behaviors and help your child understand and like himself.

Intensity

Intensity is the driving force behind your child’s strong reactions. Learn how to help your children understand and appreciate the power of their intensity and to teach them how to control it instead of letting it control them.

Persistence

Persistence is the temperamental trait that plays a major role in power struggles. Learn how to recognize it and teach your children how to channel their persistence appropriately.



Sensitivity

Sensitive children become overwhelmed by the amount of stimulation and emotional stress around them. Learn how to help sensitive children monitor their reactions to stimulation and teach them how to manage their keen sensitivity in a positive and caring way.

Perceptiveness/Distractibility

Spirited children become distracted and confused when they are barraged with information from their senses and are unable to sort it out. They are unable to concentrate and it appears as though they are not listening. Learn to understand their perceptiveness and to teach them techniques for identifying the most important messages in their lives.

Adaptability

Spirited children adapt slowly to transitions. To shift gears or pass from one activity to another requires a wrenching effort on their part. Learn how to plan smooth transitions and make your child feel more competent and flexible as well as increase your confidence as a parent.