



# Extension Connection

Monthly Highlights – August 2012

*4-H members meet new friends and enjoy the outdoors while playing team games at 4-H summer camp.*

- [Through 4-H Camp Youth Explore the World around Us](#)
- [Living Apart, Parenting Together](#)
- [Feeding Strategies & Resources for Challenging Times](#)

## **Through 4-H Camp Youth Explore the World around Us**

4-H camping programs in the US began in the 1920's – the purpose was to allow for exchange of ideas, and to stimulate each other to achieve. Wisconsin 4-H operates Upham Woods Outdoor Learning Center which is a camp facility that provides educational opportunities to youth, youth leaders, and adults through programs focused on environmental and leadership education. Last year 5,299 youth were involved at the state camp. Additionally there were 100's more youth who participated in camping programs at other venues around the state.

Fond du Lac County 4-H members have a four day summer camp near Valders that provides an opportunity for youth to explore the outdoors, grow in self-confidence and learn new skills. 62 campers, including 13 non-4-H youth, participated. Eleven 4-H teens served as counselors who planned and led the camp program. Eleven 4-H adult volunteers provided support, medical coverage and food service. We also have a day camp. This year there were 40 children in grades 1, 2, and 3 that participated in a day-long Superhero Day Camp at the Fond du Lac County Fairgrounds. Kids were transformed into superheroes during the morning and created their own masks, slime, and villains. They also met real-life superheroes from the local fire department and climbed around in the truck. The event wouldn't have been possible without the assistance of six 4-H teen camp counselors, two volunteer coordinators, and five community volunteers. Camping programs provide hands-on environmental education, physical activity, and learning new skills. In addition, the teen counselors develop skills in teamwork, planning and organizing and communication.

## **Living Apart, Parenting Together**

Divorce is an increasingly common experience for children. In fact, according to the Census Bureau (2008), an estimated one million children are part of families who divorce annually. Currently 26% of all children under the age of 18 live in a single-parent household and 16% of children are part of a blended family, (Census Bureau, 2008) Children adjust successfully to divorce and separation when they maintain a close, personal and supportive relationship with both parents and have parents who can cooperate with one another in a non-conflicted way. Fond du Lac County Family Court Services and Family Living Educator Shelley Tidemann in partnership, help nearly 300 separated and divorcing parents annually understand how to keep their

children out of the middle of their divorce process. "Living Apart, Parenting Together" is held the 2<sup>nd</sup> Thursday of each month for separated and divorcing parents. The three hour session addresses the following objectives:

- Explore the short and long term effects of divorce on children
- Review common reactions to divorce by children at different age levels
- Recognize and understand how to keep children out of the middle
- Practice strategies which improve communication and facilitate child focused decision making
- Understand legal terminology related to co-parenting
- Develop a parenting plan and make decisions together for what is best for child

Those attending the co-parenting program report increased awareness and willingness to use "I" messages, to help the child have a positive relationship with the other parent, and to talk directly to each other rather than using the child to communicate.

### **Feeding Strategies & Resources for Challenging Times**

Drought conditions often create issues regarding forage supply and quality that significantly impact dairy operations. Because of the current situation, Tina Kohlman in cooperation with neighboring counties developed and organized the "Feeding Strategies & Resources for Challenging Times" seminar for dairy consultants and nutritionists. Sixteen local dairy nutritionists and consultants from the Fond du Lac, Sheboygan, Manitowoc & Calumet County areas representing 459 dairy farms and an estimated 88,500 cows and 90,000 dairy replacements attended the August 15<sup>th</sup> meeting.

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