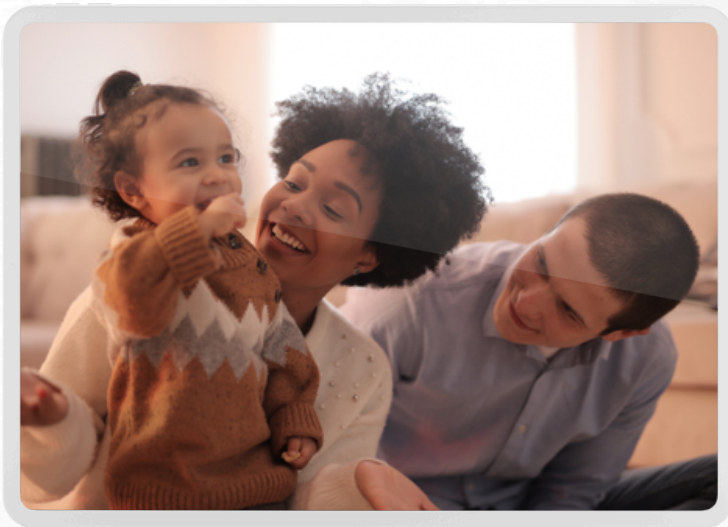


FAMILY RELATIONSHIPS & FINANCE PROGRAM MONTHLY NEWSLETTER



About UW-Extension Human Development & Relationships Institute (HDRI)

HAPPY NEW YEAR 2025! The Extension Institute of Human Development & Relationships provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.



UW-Extension of Dane County FAMILY & FINANCE

The Family Engagement and Relationships (FER) program at UW-Extension of Dane County support strong family engagement and other interpersonal relationships that significantly contribute to the health and well-being of individuals, communities, and economics. Extension provides well-researched, quality information and programs to further support parenting and family relationships.

The Financial Education program at UW-Extension of Dane County helps families and individuals to achieve financial well-being, reach for financial goals, planning for life's unexpected events, and build a secure financial future.

Learn more about the UW-Extension of Dane County - Family & Finance program at <https://dane.extension.wisc.edu/families-finances/>

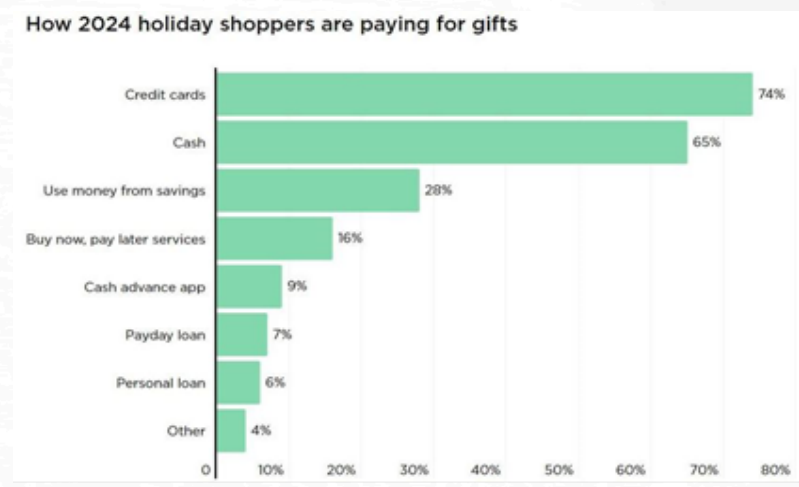
Learn more about our state-wide programs at <https://extension.wisc.edu/family/>

Share your feedback on our newsletter by scanning the QR code.



FINANCIAL NEWS UPDATES

2024 Holiday Spending Report

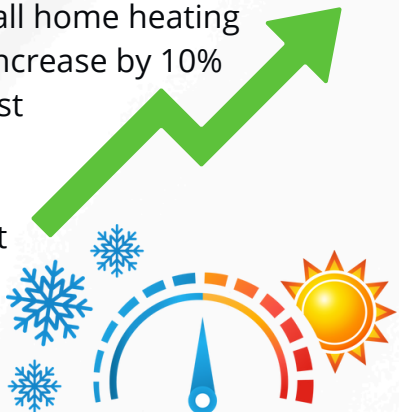


A new report from the Harris Poll shows that holiday spending will rise due to higher spending on gifts and travel. The survey of over 2,000 people also found that nearly 30% of survey participants who used credit cards for holiday shopping last year still haven't paid off their balances.

For this year, 10% of survey participants said they will need to use emergency funds for holiday shopping and 9% will prioritize holiday shopping over debt or bill payment. While 55% shared that holiday spending causes them some amount of stress, 32% believe it is important to buy holiday gifts and experiences to show others love.

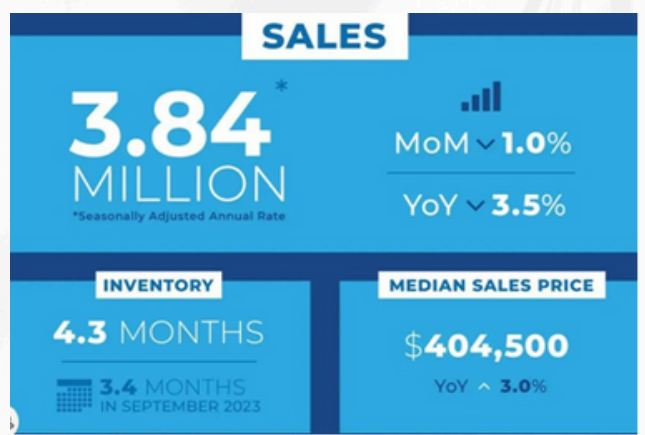
Winter Heating Costs To Increase

The National Energy Assistance Directors Assoc. (NEADA) reports that overall home heating costs over the winter will increase by 10% this winter compared to last winter. More specifically, homes using electricity for heating will have costs that are 13.6% higher than last winter.



Realtor's Report on Home Sales

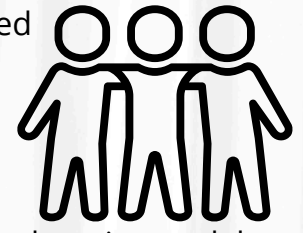
The National Association of Realtor's most recent report on home sales shows that existing home sales dropped to a 14 year low in September. This decrease may be a result of mortgage rates remaining higher than desired (6.44% for a 30 year mortgage) and level of home prices--the median sales price for existing homes was about \$404,500, up from \$392,700 in September 2023.



Survey on Personal Spending to Maintain Friendships

A survey of about 1,000 Americans with an age range of 18 to 75 and average age of 40 shows that many people struggle with costs associated with friendships. 52% of people surveyed think that friendship is expensive. On average, people surveyed spend an average of \$5,184 annually on time with friends.

37% of people surveyed shared that cost of living has forced them to neglect friendships, 65% have reduced social activities to focus on saving money for major expenses like housing or debt, 43% find it difficult to maintain friendships with people who have a significantly higher income, and 15% find it difficult to maintain friendships with people who have a significantly lower income.



Extension Family & Finance Resources

The Waisman Center is dedicated to advancing knowledge about human development, developmental disabilities, and neurodegenerative diseases through research, training, services, and outreach. One of the areas is that they are committed to providing high-quality services to children with cerebral palsy and their families. Cerebral palsy (CP) is the most common cause of severe motor disability in children. Up to one-half of children with CP may have a co-occurring intellectual disability. Research suggests that 60 percent of children with CP have communication problems, yet many do not receive appropriate interventions until they experience significant communication challenges. For more information about cerebral palsy and what the center offers, check out their [Cerebral Palsy Hub website](#).

UW-Extension Re-Entry Ready Resources

Are you or do you know someone who was just released from prison or jail? Want to know what community resources are available in Dane County? Check out our [Re-Entry Ready Resource website](#) for the community resource guide and tips to support your journey re-entering back into the community.

Families for Justice of Dane County

Families for Justice aims to engage Dane County community and families in working for racial justice in Dane County. More information about their organization can be found at www.familiesforjustice.org.



The Aging and Disability Resource Center (ADRC) of Dane County provides information about resources and support on all aspects of life related to aging or living with a disability. The ADRC works with the community and all types of individuals from older adults, people with disabilities and their caregivers and families. Check out the [ADRC website](#) to see what they offer and see how they can help you!

Teaching Kids about Emotions and Feelings

Children will go through and experience many feelings and emotions. This is all part of the child's socioemotional development. Social-emotional skills are the skills to manage strong feelings and get along with others. There are pleasant feelings, like happy, surprise and excited. And then there are strong feelings too like anger, tantrums, and fear.

It's important to know that each emotion is beneficial for the child's growth and development. When kids learn to understand and manage their emotion, this can help them increase their emotional intelligence, develop empathy for others, how to problem solve when situation feels stressful, learn new feeling vocabulary words, make good decisions, show respect, share, listen, and be responsible.

Below are some practical strategies to support your child's socioemotional development:

- **Read stories** – *Discuss the characters and events. Ask your child questions: "How do you think the character feels?"; "What would you do?"*
- **Do jobs together** – *Complete a chore with your child, such as folding laundry, setting the table or making a meal.*
- **Use encouragement and positive affirmation** – *"I notice that you are waiting patiently for your turn on the slide. Great job waiting!"*

For more tips and strategies, check out [UW-Extension Strong Feelings website](#).

UPCOMING EVENTS

Below are a list of upcoming local and state-wide events and workshops provided by the UW-Extension Family & Finance program:

January 2 - Resilient Co-Parenting series: Families Fighting Fair (virtual). Time: 7-8 pm. *This topic focuses skills for positive conflict management, compromise, reframing and active listening.*

January 13 - Fit & Healthy Kids Webinar: The Importance of Sensory Play. (virtual) Time: 7-8 pm. *Participants will explore how to add play activities that encourage a child to explore materials which stimulate these senses. More information can be found on the [Fit & Healthy Kids website](#).*

January 13 & 20 - Teaching Children About Emotions (virtual). Time: 6:00 - 7:15 pm. ***Please note: This is a 2 part series work shop where participants will learn various strategies and tips to support the child's socioemotional intelligence.*

January 14 - Focus on Father Series: Fathers Help Children Stand Up for Themselves. (Virtual) Time: 7-8 pm. *Come join for discussions on parenting, family life, and the modern challenges the father role faces as a caregiver in the family dynamic.*

January 16, 23, 30 - Triple P: Teen Seminar. (virtual). Time options: 10-11:30 am or 6-7:30 pm. *This is a 3 part series program for parents and caregivers of teens 12-17 years of age. Participants will get to fill their caregiver toolbox with strategies to support their tweens/teens.*

January 23 - Triple P: Family Transitions. (virtual) Time: 5:30 pm - 7:30 pm ***Please note: This is a 5-week series that runs weekly from January 23 through February 20, 2025.*

January 28 - Raising Wisconsin's Children Conference 2025. *This FREE online event is perfect for parents, teachers, and all those who care for children. Learn hands-on tips from leading experts for raising healthy, resilient kids. This year, we're focusing on unlocking the power of social and emotional skills in children and teens!*

Registration is highly encouraged for all events & workshops. All of these events can be found on our local and/or state-wide website.

Upcoming
holidays

January 1 - New Years Celebration
January 20 - Martin Luther King Jr. Day
**Please note: Office will be closed these dates*

Family Fun Activities Around Dane County

Grove & Glide - Every Friday from January 10 - February 7 (6 - 8 pm). Grab your friends, a date, or family, and have fun on the ice, under the lights with music and games.



This is a FREE event for all ages and experience levels. Event will be at Olbrich Park.

Candlelight Snowshoe Walk - January 11 (6-8 pm). Join Madison Parks, Wild Warner and the [Friends of Cherokee Marsh](#) in this free, family-friendly event at Warner Park.

Candlelight Hike - January 18 (4:30 - 7 pm). Hundreds of softly glowing lights illuminate the trails through Aldo Leopold Nature Center and Edna Taylor Conservation Park. Take a walk through the parks and then enjoy a roaring bonfire outside. All ages are welcome.



Note, the events above are weather dependent, and may be cancelled if conditions are unsafe. More information on these events can be found on the [City of Madison Parks website](#).

Dane County Extension Family & Finance Program staff contacts:
Clare Dahl | clare.dahl@wisc.edu
Kula Yang | kula.yang@wisc.edu

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Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Section 504 del Rehabilitation Act.

Tus Tswv Hauj Lwm Ntawm (EEO/AA), ntawm lub Tsev Kawm Ntawv Qib Siab (University of Wisconsin-Madison Division of Extension) pab rau kev ncaj ncees txog kev hauj lwm thiab kev pab cuam, xws li nyob rau hauv Title VI, Title IX, thiab ntawm tsab cai Americans with Disabilities Act (ADA) yuav tsum kom muaj thiab Feem 504 ntawm the Txoj Cai Kev Pab Rov Tsim Kho Uas Tau Teev Tseg.