

Comments from Wisconsin Families

Parent/Caregiver comments:

"It really made me take a look at myself and how I react. It has helped to calm myself when I see myself start to react a certain way."

"I find that the more I can remove the anger that I'm feeling from the situation, the more productive the solution becomes."

"Learning how to stay calm and be present was huge."

Youth participants comments:

"I would soooo recommend this to people!"

"It's one of the most fun things I've done in a while!"

"We (our family) are listening to each other more."



Local Contact:

Debbie Moellendorf
Positive Youth Development and
Health & Well Being Educator
Extension Lincoln County
Phone: (715) 539-1072
Email: deborah.moellendorf@wisc.edu

MSFP 10-14 Background

The Mindfulness-Enhanced Strengthening Families Program: For Parents and Youth 10-14 is based on a proven program (Strengthening Families Program for Parents and Youth 10-14) developed in Iowa and implemented across the US and around the world.

MSFP 10-14 has been shown to improve parenting practices, delay and reduce substance use in teens, reduce destructive and aggressive conduct in teens, improve parent-youth relationships, and increase parent well-being!



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Mindfulness-Enhanced
Strengthening Families Program 10-14

Strengthening Wisconsin Families with Mindfulness



What is the Mindfulness-Enhanced Strengthening Families Program?

MSFP 10-14 is a free, seven week family strengthening program for all early teens (ages 10-14) and their parent(s) or caregiver(s).

Focus on positive skills:

- * Understanding normal youth development
- * Effectively communicating
- * Recognizing and handling stress
- * Setting and reaching goals
- * Appreciating family members
- * Teens and peer pressure

Program Activities

- * Meet for 2½ hours each week

Develop skills in group sessions

- * Part I: Separate parent/caregiver and youth groups
- * Part II: Parents/caregivers and youth come together for fun family activities and skill development

How Can Your Family Benefit?

For Parents and Caregivers:

- * Reduce family stress by using mindfulness techniques
- * Improve communication and effective parenting strategies for the teen years
- * Increase balance of setting limits and showing love

For Youth:

- * Improve managing of feelings and stress
- * Improve communication and appreciation of parents and caregivers
- * Increase peer pressure resistance skills

Community Benefits:

- * More capable youth
- * Reduced teen alcohol and drug use
- * Increased positive parenting and family relationships



Frequently Asked Questions (FAQ's)

Is this a counseling program?

No, the goal of MSFP 10-14 is to help families build upon their existing skills and learn new ones that strengthen family relationships. No one is asked to talk about feelings or other matters they consider private.

I don't have any problems with my youth. Will I get anything out of this?

Yes! This program was designed to benefit all families with pre and early teen family members. Research shows that all families learn valuable skills and strategies to strengthen family bonds and improve family relationships. The skills that parents and youth learn help families successfully navigate the normal challenges of the teenage years.

Is MSFP 10-14 for all families?

Yes! Any type of family can attend. Single moms and dads, two parent families, step families, foster parents, grandparents and guardian siblings all participate in this program.