



## Currently In Iowa:

In 2011, 33.8 percent of the 38,204 births in Iowa were to single parents. Of those:

- 18.7% (2,415) were to teens 15-19 years old.
- 41.9% (5,412) were to women 20-24 years old.

You can help to create a healthy future for families. Consider bringing *Together We Can* to your community to help single parents build knowledge and skills necessary to form and sustain healthy families and co-parenting relationships.

**Contact an ISU Extension and Outreach Family Life program specialist to learn more.**

<http://www.extension.iastate.edu/families/staff/family-life>



### Program Objectives:

- Develop Positive Co-parenting Skills
- Encourage Ongoing Involvement of Both Parents

### About the Program:

*Together We Can: Creating a Healthy Future for our Family* is an eight session interactive workshop series that helps single parents with young children or married parents who are in unstable relationships build knowledge and skills necessary to form and sustain healthy family and co-parenting relationships. In 2012, more than 270 Iowa parents participated in *Together We Can*. Iowa State University Extension and Outreach plans to expand *Together We Can* in communities across the state.

### Here's What You're Getting:

This curriculum includes small group discussions, mini lectures, hands-on activities, and case studies. ISU Extension and Outreach Family Life program specialists provide training to county extension staff, agency service providers, faith-based leaders, and teen parenting programs to implement this program.

### The Curriculum:

*Together We Can* was created by extension faculty at Michigan State University and Auburn University. Each lesson is delivered in about 60 minutes.

- Setting Goals
- Creating a Strong Family
- Parenting Together
- Importance of Fathers and Mothers
- Listening Skills
- Managing Conflict
- Making the Most of Parenting Time
- Planning for Your Child's and Your Relationship's Future

## \$ County Costs and Support:

- Support costs to train local extension educators to deliver the program.....\$100/educator.
- Help sponsor the training for local agencies, faith-based leaders, or teen parenting programs.
- Provide meeting room space, refreshments, copy costs. Costs vary by site.
- Help market the program in your county to appropriate agencies and service providers.

Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity and Compliance, 3280 Beardshear Hall, (515) 294-7612. FAM14a February 2013