

MSU Extension programs help families deal with important issues across the lifespan, including staying healthy, understanding the developmental stages from birth through adulthood and strengthening relationship skills. Through our programs, parents and other caregivers learn ways to support loved ones while tending to their own well-being. MSU Extension also offers personal financial management strategies and home ownership education to help with a wide range of issues such as creating a budget and dealing with foreclosure or bankruptcy. MSU Extension educators and specialists also work with individuals and community leaders to provide customized programming and educational opportunities based on the latest evidence-based research and county-specific needs. We encourage you to contact your local MSU Extension office about crafting programming that is right for you, your family and your community.

Breastfeeding

Many new mothers know the value of breastfeeding, but run into barriers during the breastfeeding experience. In partnership with WIC, MSU Extension's Breastfeeding Initiative (BFI) empowers mothers to overcome any barriers they encounter so they can breastfeed throughout their infants' first years.

✿ 4-H Military Programs

MSU Extension is committed to supporting the more than 20,000 military children and families across the state. We connect military youth and their families with a variety of programming and community education resources that enhance their well-being regardless of their duty or deployment status. MSU Extension staff also work to develop community support for military children and families during family members' deployments.

Nurturing Families

This evidence-based program is designed to help parents and caregivers strengthen and build their parenting skills to promote positive family relationships. Participants learn how to be nurturing parents, discipline without spanking, and handle stress and anger. The program covers children's growth and development and brain development in children and teens.

Bullying

MSU Extension teaches Michigan kids and parents the skills they need to nurture positive relationships and create safe settings where young people live, work, play and learn. Our bullying and violence prevention programming focuses on creating safe, affirming and fair environments that are free from bullying, bias, harassment and other negative behaviors that can affect the healthy physical, social and emotional development of young people. MSU Extension programs stress the importance of young people working in partnership with adults to address these critical issues.



The 4-H clover



next to a program name indicates that its primary audience is 4-H.



ABCs of Bullying Prevention

This workshop is for adults who live with, care about and work with young people. Participants explore the types of bullying affecting their communities; bullying, bias and harassment through the lens of differences; strategies for addressing these complex issues at multiple levels; and resources that can be used in community settings.

Be SAFE: Safe, Affirming & Fair Environments

Every day young people are faced with feeling unsafe, disconnected, unsupported and harmed because of bullying, harassment and other forms of violence. Be SAFE is designed to help communities learn about and address these issues. Participants learn ways to foster environments that are physically and emotionally safe.

Early Childhood Development

There is no more important time in a person's development than the formative years from birth through age 5. During those years, parents and caregivers have the greatest influence on children's development and, therefore, their future academic success. Even as a child's world expands, parents and caregivers continue to play critical roles. Our early childhood programs focus on equipping parents and caregivers of children from birth to age 8 with the tools and knowledge they need to become the child's best resource and advocate. Our early childhood education covers an array of important topics, including social and emotional health, literacy development, life skill development, positive discipline, school readiness, science literacy, and child and youth development.

The ABCs of Early Literacy

This training is designed to help parents and caregivers give young children a jump start on reading. Parents learn easy ways to help their children acquire essential prereading skills that prepare them for learning to read.

Early Childhood Reading & MI Stronger Family Book Sheets

Early childhood is a critical time to develop a love of reading. MSU Extension has created a series of family book sheets that help parents and caregivers make the most of reading time with their children. The sheets are designed to accompany a set of beloved and highly recommended children's books. They support and enhance book reading in seven areas of school readiness: math and science, reading readiness, music and movement, motor skills, thinking skills, art, and pretend play.

Inquiring Minds Want To Know

This program teaches adults how the scientific process of observing, predicting, experimenting and interpreting enhances the development of young children by building self-confidence, stimulating curiosity and developing language skills. It helps adults build the foundation children will need to understand more complex science concepts in the future.

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Be SAFE: Safe, Affirming and Fair Environments

Be SAFE is designed to help young people ages 11 to 14 and adults work in partnership to create environments that are physically and emotionally safe. The curriculum includes engaging activities that promote social and emotional learning and development, address and prevent bullying, and foster positive relationships with peers and adults. Designed for use in out-of-school time settings (such as 4-H, Boys and Girls Clubs, Scouts and after-school programs), Be SAFE also applies to middle school settings.

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Parenting Education Classes

MSU Extension offers a variety of research-based parenting education programs across the state. These classes provide current information on child development from infancy through the teen years, including ways to nurture attachment, support growth and use positive discipline.

Positive Discipline

These workshops are designed to help adults learn how they can create appropriate environments and experiences to strengthen the development of discipline and self-control in young children.

Raising Young Readers

These workshops and resources provide adults with the knowledge and skills they need to help children build their reading abilities and make the connection between learning to read and achieving academic goals and future success.

School Readiness

Many parents and caregivers have questions about whether their children are prepared to start school. MSU Extension provides a variety of tools and programs to help adults make these important decisions and offers resources for helping children build communications, math, science and reading skills.

What Children Need to Know to Start School

Designed to help parents and caregivers decide whether their child is prepared to start kindergarten, this program provides a better understanding of what kindergarten readiness is. It also presents information on what skills schools expect children to have when they begin kindergarten.

Home Ownership

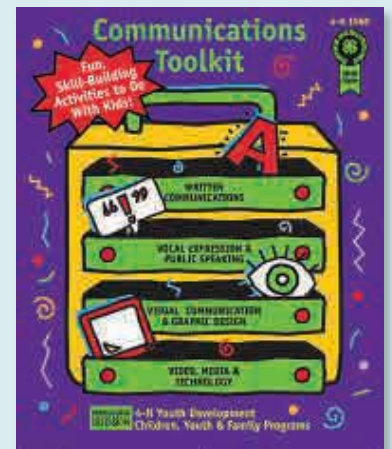
Sustainable home ownership strengthens the economic outlook for individuals and communities. As a HUD- and MSHDA-certified counseling agency, MSU Extension helps potential homeowners understand the complex home-buying process and learn the true costs of responsible home ownership. Our programs also help households that have been through foreclosure learn how to reestablish their financial futures.

eHome America

Research shows that people who take part in homebuyer education are more confident and make better decisions when considering home ownership options than those who receive no homebuyer education. By completing the online eHome America course and learning about local, state and federal housing financing programs, participants can take positive steps toward reaching their goal of home ownership.



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Communications Toolkit: Fun, Skill-Building Activities to Do With Kids

Designed for individuals who work with young people ages 12 and up, this toolkit provides fun, easy and meaningful communication activities for use with clubs, classrooms, camps, after-school programs and other settings where kids come together. It includes background information for leaders, skill sheets, icebreakers, hands-on activities, handouts and other resources that will help kids build key skills.

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FAMILY

Foreclosure Education & Counseling

The foreclosure process is stressful for individuals and families and can have a big impact on nearby property values in communities. MSU Extension staff members are available to help homeowners understand the process of foreclosure, identify the information they must gather to assess their situation and learn how to work with lenders to obtain loan modifications.

Home Ownership Education

First-time home buyers and longtime homeowners learn key aspects of this important and complex financial transaction in this MSU Extension program. Consumers develop the skills they need to successfully navigate the home purchase process, including selecting, financing and closing on a home. How to spot predatory lending and fraudulent practices is also covered.

Managing Healthy Relationships

MSU Extension helps young people, parents, other caregivers, and community members develop and sustain healthy relationships through increased understanding of the social, emotional and spiritual aspects of an individual's life. Our educational programs promote positive peer interactions, strengthen communication skills and demonstrate methods of managing stress that help reduce negative, harmful behaviors.

Building Strong Adolescents

This program for parents and caregivers of teens focuses on the external and internal assets teens need to succeed. The program presents information on preventing aggression and violence to help adults model positive relationships and provide opportunities for growth to the adolescents in their lives.

RELAX: Alternatives to Anger

The discussion and skill-building activities that are part of RELAX guide participants' exploration of what anger is and what triggers it. This interactive program teaches participants techniques for calming down and de-stressing, the principles of problem-solving, effective communication skills, and ways to forgive and let go of the past.

Safe Dates

This evidence-based dating violence prevention program is designed to help middle and high school-aged youth recognize the differences between healthy and abusive dating relationships. Participants also learn how to help themselves and their friends deal with abusive relationships.



"I now use the 'proper' techniques for preserving all my food. I am much more aware of the importance of correct times and temperatures. I follow directions in tested recipes exactly and I use the resources given to us."

- Food Preservation participant



Social & Emotional Health of Young Children

The social and emotional development of humans begins at birth and is the foundation for our overall brain development and future success in school, relationships and life. MSU Extension provides a variety of resources and workshops to support the development of both social and emotional skills in young children.

Personal Finance

In our current economic climate, many Michigan families are finding it difficult to make ends meet. Reviewing their assets and liabilities and developing a plan to change their financial habits can lead individuals and families toward a more sustainable existence. MSU Extension helps consumers set personal and financial goals, assess their income and spending patterns, and develop and maintain spending plans. Our programs help individuals review and correct credit reports, better use financial systems, avoid costly and predatory lending practices, and become confident investors.

eHome Money

Do you ever wish your money came with a user's manual? Now it does. The fun, informative eHome Money course is a personal guide to financial health. You can take it online at your own pace, on your own schedule. You'll learn steps to reduce debt, raise your credit score and improve your overall financial picture.

Financial Education & Entrepreneurship Resources

MSU Extension provides a variety of tools, resources and programs to help young people learn the basics of personal finance, practice responsible financial behaviors and explore their entrepreneurial potential.

Financial Health Index Self-Assessment

A financial health survey on the MI Money Health website (www.mimoneyhealth.org/) offers Michigan consumers a way to evaluate their current financial situation, provides feedback about how to improve their finances and connects them with local resources. The site provides helpful financial information in a rapidly changing economy.

Money Management

The more people know about credit, banking services and money management, the more likely they are to increase their savings, successfully buy and maintain homes, and improve their financial health and well-being. This program teaches basic economic concepts that strengthen consumer skills in managing finances, making informed decisions with money and increasing long-term financial stability.

“As a result of your program, our adults are more open to understanding young people, and the youth seem to better recognize how much concern and care the adults have for their safety.”

– Leader of a youth program