



# IMPACT 2019

## PROTECTING OUR RESOURCES - FAMILY LIFE

Limited resources of time, money and energy for families create struggles. Training and support through Extension Family and Consumer Science educators produce and deliver programs to help clients address their diverse needs and strengthen family life.

### Relationship Education

Educators offer programs to strengthen family interactions for safe and healthy relationships. Community partners join efforts to support relationships and learning about one another

Co-parenting classes focus on a child's developmental stages, appropriate activities and healthy living.

Educators offer classes about preparing healthful meals and learning financial skills.

Educational sessions promote methods for valuing both parents' efforts and families spending quality time together.

### Family Traditions

Educators offer classes to help families create a sense of tradition and closeness to help establish security, safety and stability while incorporating healthy habits around the table. Cooking classes support increasing fruits and vegetables on menus.

Military families network and learn to handle family transitions.

### Stress

Educators offer self-regulation tips to handle stress and become mindful with the goal to reduce contributing factors toward chronic disease.

### Parents/Grandparents/Families

Programming brings mothers or mother figures together with daughters to begin talking about life changes.

Parents learn positive attitudes about emotions and handling the stress of parenting.

Educators help grandparents who are raising grandchildren, while offering parental support.

Parenting coursework is offered to help tone down overindulgence.

### Financial Resources

Educators help families plan for farm succession, and raise awareness for estate planning, tax preparation, wills and trusts.

### Healthy Aging

Aging lifestyles to present lifestyle changes to support functional wellbeing and sensory changes that often accompany the aging process.



Raising kids  
Eating right  
Spending smart

