

CYF NEWS

MARCH 2007

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

—*Abraham Lincoln*



BUILDING STRONG FAMILIES

Building Strong Families: Parenting Young Children is an innovative approach to delivering parenting education to limited resource parents with children from birth to 3 years of age. Thorough literature reviews in the areas of child abuse and neglect, parent-child interaction and adult learning were conducted to obtain research-based information to support the development of this curriculum's content and delivery model. Both the model and content were piloted with limited resource parents of young children and revised based on their recommendations. The resulting materials are presented in a format that includes multi-cultural flipcharts, experiential learning activities and instructor training manuals.

What does the BSF curriculum consist of?

The curriculum is comprised of four units: *How Kids Develop*, *Helping Kids Behave*, *Playing to Learn and Smart Living*. The four units of the curriculum work together to stress the importance of parenting in a child's early development. As a result of this program, it is predicted that parents will learn to respond to children in ways that are developmentally appropriate; create positive, safe environments for children; and facilitate their personal development and self-care.

Who uses BSF?

The Building Strong Families program is taught by trained instructors (including Extension Educators and Program Associates) in informal settings such as the participant's home or in community centers, where learning is most conducive and least threatening to the participant. Within this comfortable environment, instructors work one-on-one or in small groups to support high-risk, low-income women (185 percent of poverty and below) who are pregnant or new parents. The instructor conducts an initial assessment with families to determine their strengths and greatest needs. Following this initial assessment, they begin working with the family to develop a plan of family education and support that will empower and enable them to effectively care and nurture their infant and improve their ability to meet his or her basic needs. This plan includes curricula, resource materials and a schedule of educational activities for the family. The content focuses on parenting, child development, goal-setting, co-parenting and father involvement, nutrition, immunizations, breastfeeding and community resources. These activities are intended to be offered during the infant's first year of life, and beyond (up to 48 months of age) if necessary.

How effective is BSF?

Data collected from several evaluation studies conducted between 1995 and 2005 have shown statistically significant changes in each of the following outcome measures:

After the program, parents were more likely to

- ✓ Promote their child's social, emotional, cognitive, language and physical development.
- ✓ Use positive discipline.
- ✓ Interact positively with their children.
- ✓ Have more satisfaction with social support.
- ✓ Have increased feelings of personal power.
- ✓ Have fewer substantiated child abuse and neglect referrals.

If you have any questions contact Tammy Sullivan at 517.432.8204 or Jaime Lewis at 517.432.7692. For more information on Building Strong Families visit our Web site at <http://www.anr.msu.edu/bsf/> or e-mail BSF at bsf@msu.edu.

MICHIGAN ACTION FOR HEALTHY KIDS COALITION SPRING MEETING

The Michigan Action for Healthy Kids Coalition Spring Meeting Celebrating Change! will be held on Wednesday May 2, 2007, in Lansing. Don't miss this opportunity to celebrate innovative change. Learn about practices that are making schools healthier places for students in Michigan and nationally. The program will feature: Keynote speaker Pat Cooper, Ed.D. Superintendent of McComb Schools, Mississippi, and Award presentation of the Michigan Surgeon General's Healthy School Environment 2007 Recognition Program. For more information and registration please visit the Team Nutrition Web site at www.tn.fcs.msue.msu.edu and click on Events. Submitted by Ann Guyer.

THE CONSUMER ACTION HANDBOOK

The Federal Citizen Information Center's (FCIC) newly released 2007 Consumer Action Handbook is the everyday guide in helping people to find the best and most direct solutions to consumer problems and questions. The handbook is filled with useful tips to make better purchasing decisions, including information on buying cars, understanding credit, protecting privacy, avoiding identity theft and much more. The handbook also gives consumers the steps to resolve any difficulties that may arise after a purchase. A sample complaint letter is available as a

guide. There is also a directory of hundreds of consumer contacts at companies, government offices and professional associations. To get a copy, call 1-888-878-3256 toll free, or visit <http://www.pueblo.gsa.gov/rc/d37cah.htm>.

NEW STAFF TRAINING

March 15 – Nutrition II: Nutrition II is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition II is the second in a series of three trainings for new staff. The training includes information about nutrition and ideas and activities for teaching participants. Nutrition II includes information on: nutrients and nutrition-related health issues, food safety, and working with youth audiences in food, nutrition and health.

March 29 – Nutrition III: Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health and Building Strong Families. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler. A one-hour session is included at the end of the day on prevention of nutrition-related chronic diseases and the Dietary Guidelines for Americans. Parenting instructors may also attend this one-hour session or just register for part of the session.

April 12th 2007 – Home Visiting: The Home Visiting training session is appropriate for program associates in nutrition and parenting programs and their supervisors. The session will address effective ways to work with participants in a home-based setting. Discussion will include: identifying barriers to learning and ways to overcome them, confidentiality and proper procedures for handling suspected abuse, ways to deal with difficult situations in participant's homes, ways to develop independence in participants and set boundaries, and preventative personal safety strategies. In addition, this session will include information on recruiting, establishing good relationships with referring agencies, and accurate record keeping.

April 26th – Learn Together Approach: The Learn Together Approach is appropriate for all FCS staff, educators, and program associates. The "Learn Together Approach" is a method of teaching groups that encourages participants to share their knowledge

and experiences. The session discusses the benefits of this method of teaching, provides information on developing lesson plans and conducting sessions using this approach. If you are looking for new ways to work with groups, this session is for you.

BLUE RIBBON Q&A

Q. When will Blue Ribbon training be held in the North Region again?

A. A Blue Ribbon Training is scheduled at the University Center in Gaylord on Wednesday, April 18. Fundamentals will be taught from 9 a.m. – noon, and ES-237/Advanced from 1-4 p.m. This will be hands-on training and Laura Allen will be the instructor. Version 2.5 will be taught at this training. Contact Diane Brazier at brazier@msu.edu to register.

Q. Is there a list of the new features included in Version 2.6?

A. Yes, a list of the new features was attached to the Version 2.6 software update memo sent to counties on February 20th. If you did not receive the mailing, please contact Judy Bishop via e-mail at lentzbis@msu.edu



Deadline for Next Edition of “CYF NEWS”

April 9, 2007, is the deadline to submit articles for the April 13, 2007, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu