



IMPACT 2022

Through Extension programs across the nation, Family and Consumer Sciences Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

Improving Children's Lives

The Cooperative Extension Service provides a multitude of programs based on research and best practices to enhance the lives of children and their caregivers.

Children

Minnesota's *Go Wild* program taught 120 4th graders about health, exercise, and art. Education was provided in-person, as well as through materials displayed in community businesses that included a QR code that linked to health information for educational resources for children and their families.



High school freshmen in **Montana** participated in a *Youth Aware Mental (YAM) health* training. Students understood their resources available, and that they were not alone.

"The YAM class showed me there can be joy if you see past the anger. It showed me ways to help my friends if they are struggling and how to contact someone or approach a situation." - Participant from Montana

The lack of access to affordable child safety seats contributes to a lower usage rate among low-income families. The *Child Passenger Seat* program in **Texas** provided child safety seats to 2,077 participants while

teaching them how to properly use them. The economic benefit of the proper use of child safety seats for these participants is estimated at \$3.1 million.

The *Growing Healthy Kids* program in **Oregon** taught children to use their senses to mindfully focus on the foods they are eating to overcome picky eating and influence healthier eating.

Daycare Providers/Teachers/School Food Service Staff/Other Professionals

Online childcare provider trainings were delivered in **Michigan** in response to early childhood professional development training needs during the pandemic. These successful sessions allowed 2,433 professionals to receive training credit in the state's professional development system.

The *Nemours Better Together Learning Collaborative* in **Arizona** provided training and technical assistance for childcare programs' practices and policies for healthy eating, breastfeeding support, physical activity, and screen time.

County agents in **West Virginia** offered the semester-long Continuing Education Classes for Early Childhood Providers in an apprenticeship program. Seventy-five students did weekly homework, observations, and exams to pass the course and receive state licensing required credit.

"I require all my lead teachers to successfully complete this program. They learn so much and work so much better with the children that it just really improves the quality of care I can provide." - Owner of a childcare center.

Parents/Guardians/Families

The Science of Parenting Podcast in **Iowa** provided real-life parenting solutions based on the latest scientific research (e.g., Positive Discipline; Temperament). Participants were reached with direct contacts and podcasts (28 regular podcast episodes and 4 bonus episodes; 21,000 audio downloads; and video podcasts that were viewed 16,427 times).

"My husband and I listen to your podcast at different times. Then we take time to talk about it. It has made such a difference in how we parent our child. She is our first and we are grateful!"



Court-ordered Nurturing Families Parenting Classes in **Kentucky** were provided to lower the state's statistic in child abuse and neglect. As a result of these classes, visitation rights were restored to 59 adults and 50 adults regained custody of their children.

In collaboration with the circuit court system **Missouri** provided *Focus on Kids* and helped 532 parents learn how to nurture and support their children during and after separation and divorce.

To combat the risk of negative outcomes that divorce has on youth, the *Co-Parenting for Resilience* program in **Oklahoma** reached 1,560 parents. Evaluation data show that 91% of these are more likely to encourage their child to have a positive relationship with their other parent.

Indiana provided joint parent/child education, *Strengthening Families Program for Parents & Youth 10-14*, to encourage

communication. As a result of this program, nearly 75% of caregivers noted working together to solve problems; and over 50% of youth noted increased communication.



This report was compiled by Carrie Vanderver, University of Georgia Cooperative Extension and Jennifer Bridge, University of Kentucky Cooperative Extension and NEAFCS Vice President for Public Affairs. For more information, email Jennifer.Bridge@uky.edu.

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Raising kids, Eating right, Spending smart

