TEAM PROGRAMS

2017 Making Memories with Family Meals
2017 Managing Stress and Pursuing Wellness in Times of Tight Margins
2017 Turning 65: Medicare Basics
2016 5 Keys to Understanding Your Health Insurance Costs
2016 Making Sense of Sensory Losses as We Age
2016 Passing on Family Memories
2016 Understanding Depression in Later Life
2015 Managing Stress for Better Health
2015 Overdone, Practicing Wellness in Busy Families
2014 Beware! Senior Scams
2014 Have You Seen My Car Keys?
2014 Strengthening Parent-Teen Relationships in a Wireless World
2013 Livable Homes: Evaluating Our Homes for Comfort, Safety and Independence

EDUCATIONAL PUBLICATIONS

2017 Making Memories for Grandchildren – FS1858
2017 Talking to Children about Peer Pressure – FS1859
2016 Farming and Ranching in Tough Time – FS1804
2016 Farm/Ranch Stress Management Series (FS282-FS287; six fact sheets)
2016 Preparing for Parenthood – FS601
2016 Talking to Children about Suicide – FS637
2015 Making Sense of Sensory Losses as We Age – FS1378
2014 Nourishing Your Mind and Body: Manage Stress for Better Health – FS1730
2013 Livable Homes: Evaluating Our Homes for Comfort, Safety and Independence – FS683
2013 North Dakota’s Aging Population: Profile & Trends of Seniors Ages 65 and Older – EC1673
2013 Talking to Children about Terrorism– FS635
2013 The Art of Grandparenting – FS1554
EDUCATIONAL SERIES

Basic Beginnings
This 16 lesson curriculum is designed for specialized audiences including parents who have cognitive difficulties, low reading levels and limited English. The content includes the basics of infant and early childhood growth and development. Curriculum includes power point lessons with many illustrations and hands on learning activities and a companion workbook. Parent Educators, FACs Teachers and Agents can teach these lessons. Also useful for social service, public health, home visiting programs and teen parents. www.ag.ndsu.edu/basicbeginnings

Bright Beginnings
Bright Beginnings is a parent education curriculum focused on parenting young children from the prenatal period through eight years of age. It is focused on understanding and enhancing young children’s growth and development. The curriculum has 10 lesson modules on topics including brain development, play, reading and other subjects. www.ag.ndsu.edu/cff/bright-beginnings/bright-beginnings

Parents Forever
A research-based educational program developed by the University of Minnesota Extension to help parents make informed, child-supportive decisions during transitions such as separation and divorce, resulting in positive parent-child relationships. Check the website for information and locations; www.parentsforevermd.org/

Powerful Tools for Caregivers
This is a national, evidence-based program designed to help caregivers take better care of themselves. Through a 6-week program, participants learn about reducing stress, improving self-confidence, better communication, balancing their lives, increasing their ability to make tough decisions and locating helpful resources. It is co-led by certified Class Leaders. www.ag.ndsu.edu/aging/family-caregivers

Stepping On
A national, evidence-based program that empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop offered once a week for seven weeks. Older adults learn balance and strength exercises and develop specific knowledge and skills to prevent falls. It is co-led by trained Class Leaders. www.ag.ndsu.edu/aging/falls-prevention

Design Your Succession Plan
This five module curriculum is designed to assist farm and ranch families to start their succession plan and shape the future ownership of their business. It helps open lines of communication with family to create a shared vision. The workshops also give guidance on how to find the appropriate professionals to construct their succession plan. www.ag.ndsu.edu/succession

SCHOOL-BASED PROGRAMS

Gearing Up for Kindergarten
A 16 lesson curriculum/class for parents and their 4-5 year old children to attend together the year before kindergarten to prepare the child and ease the transition for the whole family. Taught by kindergarten teachers/school counselors and parent educators/FCS agents. www.gearingupnd.org

Gearing Up for Middle School
This 9 lesson curriculum is designed to provide transition information, and what to expect in middle school to both parents and their soon-to-be middle school students. Taught by middle school teachers/school counselors, parent educators/FCS agents. www.ag.ndsu.edu/gearupmiddleschool

NEWSLETTERS

Family Meal Times
A series of 12 newsletters sharing information on family meals, healthy recipes, and tips for blending food and family. www.ag.ndsu.edu/publications/food-nutrition/family-meals.

Father Times
This is an educational newsletter series designed to provide fathers and father figures of young children with quality information and ideas about healthy parenting and child development. www.ag.ndsu.edu/publications/foodcff/father-times

Parenting Posts
These newsletters offer timely tips on child development and common issues for students in kindergarten, 2nd, 4th and 6th grades. Copies are available in English and Spanish. www.ag.ndsu.edu/familyscience/parentingposts/parenting-posts

Kid$ & Money
This newsletter is a resource for 5th grad students and their parents. The set of nine is designed so anyone can print and use them. www.ag.ndsu.edu/money/kids-and-money-newsletter

Instructional Files for package programs (team programs) may be found at www.ag.ndsu.edu/familyscience

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