



Guiding our children, classes for adults

Family and Consumer Sciences (FCS), Lucas County

Parenting is not always easy, and children do not come with instructions. All of us can improve our work as parents. Adult learning strategies and skills help our children learn and grow. Family and Consumer Sciences help people to: Lead better lives, Be work and career ready, Build strong families, and Make meaningful contributions to our communities (www.aafcs.org)

If you are in Lucas County and provide support and training to parents/guardians or volunteers, these educational programs may be of interest for you to host for your group. Most of these lessons are about an hour long.

MINDFUL PARENTING

can offer a one-time introduction lesson or a series of mindfulness classes on a variety of mindfulness concepts

DIMENSIONS OF WELLNESS

using a wellness wheel to explore health and wellness at all ages

GARDENING WITH YOUNG CHILDREN

making garden time fun, easy, and educational for preschoolers

PAX TOOLS COMMUNITY WORKSHOP

collection of trauma-informed, evidence-based behavioral strategies to promote the development of self-regulation for children (this is approximately 3-4 hours long)

STRONG COUPLES PROJECT

for couples together at least six months or longer in all life stages. Six self-paced, online educational modules and five brief video calls with a trained coach. Sign up online go.osu.edu/StrongCouples

SMART SCREENS, SMART FAMILIES

Helping families use practical plans and items to navigate technology use in the home

For more information, please contact: Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences powers-barker.1@osu.edu (email best way to contact) or call 419-574-0983 and leave detailed message.

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