

Family and Consumer Sciences

Guiding our Children, classes for adults



Parenting is not always easy and children do not come with instructions. All of us can improve our work as parents and adult leaders by learning strategies and skills to help our children learn and grow. Family and Consumer Sciences classes help people to:

- Lead better lives
 - Be work and career ready
 - Build strong families
 - 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 audience.

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

Family Mealtimes roles and responsibilities of different ages and stages

Gardening with Young Children making garden time fun, easy, and educational

Planning the Family Garden intergenerational lesson for adults of all ages as well as their youth gardeners

PAX Tools Community Workshop a collection of trauma-informed, evidence-based behavioral strategies to promote the development of self-regulation of children. (this is approximately 3-4 hours long)

Simplify Your Space can offer a one-time introduction to decluttering or a series of classes including paper clutter, rightsizing and sharing your treasures

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.
go.osu.edu/StrongCouples

For more information, please contact:

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