

FAMILY AND INDIVIDUAL DEVELOPMENT

All Educational Program chairmen are expected to work together to integrate their programs of work when possible. This program section takes into consideration areas of the family and the individual not specifically covered under Management & Safety; Environment, Housing, & Energy; or Foods, Nutrition, & Health. The chairman should use the following as a springboard of ideas when planning a new program of work:

- Promote and support programs that strengthens the family unit to include parenting, child and family development, communication skills, conflict management, positive aging, handling and reducing stress;
- Encourage and plan activities that promote family unity including family nights and weekend events, inter-generational experiences, family reading exercises, and family participation projects;
- Stimulate and promote activities that encourage community involvement in family education such as tutoring in the schools, mentoring of new moms, Project Graduation, counteracting teen violence, drug interaction, and other similar projects;
- Promote and sustain optimal early child development by continuing programs such as the “*Keys to Great Parenting*,” and giving leadership to Kentucky’s initiative on early childhood education efforts;
- Promote and support community activities and events that encourage positive personal/family development and skill building such as Home Sewing Month (September) and National Family Week (week of Thanksgiving);
- Encourage and support activities that develop ones understanding and awareness of the importance of personal appearance, poise, and life style habits that encourage a positive self-esteem and improved personal well-being;
- Promote and support programs that deal with new products, techniques, equipment and trends that relate to laundering, dry-cleaning, storage, home sewing, fibers, fabrics, fashions, personal care and appearance, wardrobe and household textile management;
- Provide information, trends and programs to keep individuals and families abreast of the changing world around us in terms of shopping for clothing and household textiles, wardrobe planning, clothing as a communication tool, etc.; and,
- Support and promote the Master Volunteer in Clothing Program.

**Kentucky Extension Homemakers Association
Individual and Family Development
Three-Year Program of Work
July 2007 – June 2010**

Year One 2007-2008

Focus I: Ageless Dressing

Objectives: Selecting classic clothing styles is the foundation for ageless dressing. Clothing that fits properly enhances the body. Adding accessories enhances the total look and can make the outfit distinctively yours. To truly appreciate your unique style, this program will include two modules of the *UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*, Module 7, “Accepting and Loving Your Body,” and Module 9 “Unleashing Your Creativity.”

Rationale: Accepting and loving your body incorporates many aspects, including eating in a healthy manner and maintaining a healthy weight through exercise, proper rest, and a good mental attitude. Clothing and choice of accessories reflects our attitudes about our bodies. Purchasing or sewing classic, flattering clothing and accessorizing them helps us increase self esteem and create happiness in ourselves and the ability to extend blessings and peace of mind to others more effectively.

Goals:

- Recognize one’s unique body shape, personality characteristics, and life style.
- Gain hands on experience in selecting appropriate accessories to complement classic clothing.
- Appreciate one’s uniqueness, beauty, and limitless possibilities through the insights provided by the *Universe of Possibilities* modules.

Activities:

- Discuss ways to sew or purchase clothing and accessories that fit and feel comfortable and flatter oneself.
- Take a field trip to a shop where desirable accessories and clothing are sold and discuss items that enhance classic clothing styles.
- Learn to construct appropriate accessories.
- Search private sales for items that involve little cost. In other words go shopping!
- Utilize activities from the *Universe of Possibilities* modules that promote healthy attitudes about the body.
- Explore using computerized pattern drafting software to create patterns that are custom fit to ones individual body.
- Explore “Your Ideal Silhouette” computer program to determine the best clothing styles based on your body measurements.

Lessons:

- *Fashions for Ageless Dressing*
- *Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*, Module 7, “Accepting and Loving Your Body,” and Module 9 “Unleashing Your Creativity.”
- *Accessory Power*
- *Fashion Options*

Focus II: Family literacy and communication

Objectives: Have fun learning to use and share oral language activities and children’s books, making use of *Traveling Light: Family Language Fun to Go*, a new Kentucky Cooperative Extension program for parents, grandparents, caregivers, and children of all ages; and the newly updated and re-designed *Feed Hungry Young Minds Through Storybook Adventures*, an Extension family literacy promotion program. You will be able to share your favorite children’s songs, rhymes, stories, riddles, and games, learn new ones, and explain why these activities help children with their language skills and their relationships with the adults they love.

Rationale:

Research shows that children’s achievement in school, their relationships with friends, and their later success as adults are largely dependent on feeling secure, known, and trusted by a loving family or at least one other person. Daily storybook reading and friendly oral communication—such as talking, smiling, laughing, cuddling while reading, and singing—are essential building blocks for creating mutual trust, respect, understanding, and love as well as essential literacy skills. Kentucky Extension Homemakers have placed great importance on promoting literacy for many years and for good reason. Literacy skills are crucial for completing the years of public education and going on for advanced learning opportunities. Education in turn is critical for life-long success and contributing to the long-term economy of our state. We must continue to support families, children, and youth by our emphasis on literacy skill-building and enjoyment.

Goals:

- Enhance appreciation of the oral language tradition of Kentucky’s diverse cultures.
- Select age- and individually-appropriate children’s books and develop techniques for reading them aloud.
- Advance children’s language and literacy skills in order to increase their chances of academic and personal success.
- Create a sense of closeness and harmony in the family or childcare setting in the midst of hurried, harried lives.

Activities:

Traveling Light: Family Language Fun to Go—

- Select from among more than 70 age-graded oral language activities to learn and try out. Activities can be found on the Web at www.ca.uky.edu/fcs/TravelingLight. Listen to the CD and watch the DVD in the accompanying audio-visual package to help you and the children learn and have fun with the activities.
- Check to see how effectively you and your group have used the activities by completing the evaluation tools found in the online teaching outlines. Your FCS agent can access the teaching outlines for you through UK Cooperative Extension’s Website.
- Demonstrate the program and its activities to parents, childcare providers, and teachers in your community. Doing so supplies more adults with ways to enhance literacy and communication while having fun with children.

Feed Hungry Young Minds Through Storybook Adventures—

- Promote family literacy through book reading in your family and community by utilizing the many suggestions in the program, found at www.ca.uky.edu/fcs/Hungry_Minds. Examples are making time to sit down and read with youngsters using library books, volunteering at your public library to mend books or create crafty visuals for storytelling, speaking to groups of parents about the importance of cuddling and reading with children, purchasing storybooks for public health clinic waiting rooms, etc.

Contests:

Traveling Light: Family Language Fun to Go—

- See how many families you can interest in trying activities contained in this program. You may include the activities that you yourself enjoy with your children, grandchildren, or other youngsters you know.
- Make a scrapbook or posters of the activities you and the families use. Include copies of the activity pages from *Traveling Light*. Write a short description of their experiences and any variations they make.
- Encourage families to photograph and record themselves on tape or CD telling stories, singing songs, playing games, etc. Include the recordings and photos in the scrapbook or posters.
- No later than March 1, 2008, submit your scrapbook or posters to the state chairman for the Family and Individual Development Program Area for exhibit and judging of Best of Show at the state KEHA meeting.

Feed Hungry Young Minds Through Storybook Adventures—

- The contest for this program is called *Project StoryTime*. You may find it online by visiting www.ca.uky.edu/fcs/keys and scrolling down the menu items until you come to this title.
- No later than March 1, 2008, submit your completed project to the state chairman for the Family and Individual Development Program Area for exhibit and judging of Best of Show at the state KEHA meeting.

Year Two 2008-2009

Focus I: Sewing—Back to the Basics

Objectives: Sewing is experiencing a wonderful resurgence. Personal satisfaction can be gained with working with your hands in creating and/or repairing something useful, especially clothing items. The Master Volunteer in Clothing Construction Program was introduced to the state of Kentucky to help foster this important life skill.

Rationale: Clothing is a major cost of most households. Basic sewing skills can extend the life of clothing by mending and repairing worn areas as well as securing loose buttons and hems. Preventive maintenance is more economical than buying new items. Teaching beginning sewing skills to teens, pre-teens and their parents can help families stay within their family budgets.

Goals:

- To teach teens, pre-teens and their parents the skills needed to repair/restore clothing that needs minor repairs such as replacing buttons, mending small tears, and securing loose hems.
- To introduce the Master Volunteer in Clothing Construction Program as a possibility of training the people working in different areas of need.

Activities:

- Go to local schools that have after school programs to teach basic sewing skills to youngsters.
- Explore the many sewing aides available from the store to make mending easier and quicker and those that require minimal sewing. (i.e. fusible tapes and patches)
- Sponsor a *Come Sew with Us* event in your community to teach beginning sewing skills.
- Volunteer at a local clothing bank to help make minor clothing repairs.
- With the assistance of area Master Clothing Volunteers, assemble sewing kits for beginner sewers and distribute to local youth.

Lessons:

- *Quick Clothing Repair*
- *Special Effects to Revitalize/Customize Your Wardrobe*

Other Resources:

- *Come Sew with Us* program for teaching beginning sewing skills
- Area Certified Master Clothing Volunteers

Focus II: Family literacy and communication (Continuation of Year One)

Objectives: Have fun learning to use and share oral language activities and children’s books, making use of *Traveling Light: Family Language Fun to Go*; and the newly updated and re-designed *Feed Hungry Young Minds Through Storybook Adventures*, an Extension family literacy promotion program. You will be able to share your favorite children’s songs, rhymes, stories, riddles, and games, learn new ones, and explain why these activities help children with their language skills and their relationships with the adults they love. Homemakers will also be able to create literacy projects in local public school classrooms, child care centers, and perhaps doctors’ offices. They will thus multiply the benefits children of their communities will receive from their efforts.

Rationale:

Research shows that children’s achievement in school, their relationships with friends, and their later success as adults are largely dependent on feeling secure, known, and trusted by a loving family or at least one other person. Daily storybook reading and friendly oral communication—such as talking, smiling, laughing, cuddling while reading, and singing—are essential building blocks for creating mutual trust, respect, understanding, and love as well as essential literacy skills. Literacy skills are crucial for completing the years of public education and going on for advanced learning opportunities. Education in turn is critical for life-long success and contributing to the long-term economy of our state. We must continue to support families, children, and youth by our emphasis on literacy skill-building and enjoyment.

Goals:

- Enhance appreciation of the oral language tradition of Kentucky’s diverse cultures.
- Develop new as well as “tried and true” projects to attract children and their parents and teachers to storybook reading.
- Select age- and individually-appropriate children’s books and develop techniques for reading them aloud.
- Advance children’s language and literacy skills in order to increase their chances of academic and personal success.
- Create a sense of closeness and harmony in the family or childcare setting in the midst of hurried, harried lives.

Activities:**Feed Hungry Young Minds through Storybook Adventures—**

- Promote family literacy through book reading in your family and community by utilizing the many suggestions in the program, found at www.ca.uky.edu/fcs/Hungry_Minds. Examples are making time to sit down and read with youngsters using library books, volunteering at your public library to mend books or create crafty visuals for storytelling, speaking to groups of parents about the importance of cuddling and reading with children, purchasing storybooks for public health clinic waiting rooms, etc.

- Contact Harrison County Extension Homemakers for information and possible adaptation of their innovative, successful two-day program with all 250 Harrison County 5th graders combining nutrition education as well as math and reading skill building, *Recipe for Reading*. Homemakers obtained a grant through KEHA and additional funding from Kentucky Pork Producers, Kentucky Cattlemen’s Association, and the Harrison County school system. Contact FCS agent Cheryl Case at 859-234-5510 for more information.
- Contest – Chair Back Covers – see page 59c.

Traveling Light: Family Language Fun to Go—

- Select from among more than 70 age-graded oral language activities to learn and try out. Activities can be found on the Web at www.ca.uky.edu/fcs/TravelingLight. Listen to the CD and watch the DVD in the accompanying audio-visual package to help you and the children learn and have fun with the activities.
- Check to see how effectively you and your group have used the activities by completing the evaluation tools found in the online teaching outlines. Your FCS agent can access the teaching outlines for you through UK Cooperative Extension’s Website.
- Demonstrate the program and its activities to parents, childcare providers, and teachers in your community. Doing so supplies more adults with ways to enhance literacy and communication while having fun with children.

Year Three 2009-2010

Focus I: Feeding the Person

The purpose of this idea is to help individuals be all they wish to be in areas of personal life. This includes the daily living of one’s work, play and interests.

Rationale:

Be sure your array of ideas are forward thinking and workable for you plus others. Make happiness a state of mind and heart, and health your objective.

Goal:

Enroll or participate in some form of healthy exercise.
 Have a program of healthy eating habits.
 Be mentally alert to life in general.
 Fit your program goal to your unique body and life style.

Suggested Activities:

- Have regular health check ups by a physician.
- Take time for fun.
- Read books to amuse, entertain and educate in areas that interest you.
- Plan family activities both recreational and educational.
- Make time for special friendships.
- Do volunteer hours with a local charity.
- Remember to give thanks for the well being you have.
- Chair a youth group sports or other recreational activity.

Lessons:

- *Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*: Module 10, “Gifts of Gratitude and Blessings”

Focus II: Quick Clothing Repair

To keep clothing in A-1 condition, correct care must be given to maintain the look of a “new” garment. Fabric content for laundry purposes, storage for season not in use, and maintenance of hems, closures and seams.

Rationale: Regardless of size or body shape, looking good in your clothing depends on your maintenance of the garments. Select clothing for color, style and fabric to enhance your appearance.

Goals:

Purchase good fabric content in clothing.
Select colors that enhance your complexion and coloring.
Keep garment in good repair.

Activities:

Attend classes taught by a professional clothing specialist.
Use clothing-related material from your local County Extension Office
Check with Master Clothing Volunteer groups for classes of interest being taught.

Lessons:

Quick Clothing Repair CT-MMB. 147

Focus III: Grandparents and Grandchildren Together

Objectives: Most grandparents welcome ideas for bonding more closely with their grandchildren. Kentucky Extension Homemakers indicated this broad topic as a priority for learning during this three-year period. During Year Two of the 2007-2010 Family and Individual Development Plan of Work, the state chairman, her advisor, and the area program chairmen will conduct a survey to determine the degree of interest among the state membership in the many facets of this topic for lesson development. The following rationale and goals point out some of the issues and indicate possible directions for learning sessions. Lesson development will be complete by July 9, 2009.

Rationale: All over Kentucky, grandparents are caring for grandchildren. Some grandparents provide childcare once in a while, or perhaps after school each day. However, each year thousands of grandparents and other relatives in Kentucky assume the responsibility of raising children full-time for biological parents who are unable or unwilling or to be parents. The care provided by part-time and full-time relative caregivers impacts the lives of the children for a lifetime. Many grandparents find themselves providing care in unexpected ways and on short notice. It may have been years since they were full-time parents themselves. Therefore, they may be grateful to receive suggestions for understanding children and parenting them in today’s world. Some of them are desperate for legal and financial assistance as they wade through issues of custody or adoption.

Suggested Goals:

- Form realistic expectations for grandchildren’s developmental abilities
- Create easy, fun activities to enhance grandchildren’s development
- Practice positive, age-appropriate, preventive and responsive discipline techniques
- Become aware of community resources for family enrichment as well as pressing health, legal, and financial needs

Suggested Activities:

- View videos and discuss in club groups children's developmental ages and stages; compare memories of grandparents' own childhood and that of their children, with today's children.
- Participate in creating activities that seem to fit the energy levels and developmental interests of today's grandchildren and grandparents.
- Become acquainted with the world of electronic video games targeted to children and youth, and learn to discriminate between healthy and unhealthy influences in the electronic world.
- Role-play positive techniques to guide the behavior of children and youth while preventing discipline problems, as well as practicing non-punitive methods of responding to misbehavior that help children learn how to behave better in the future.
- Discuss feelings of self-esteem and empowerment for authoritative parenting in the absence or incompetence of the children's own parents.
- Invite to the group meeting representatives of the public safety and legal professions to gain ideas for safety and legal issues facing some grandparents.

Lessons:

To be developed or adapted from current sources.