



HELPING CREATE A SOLID FOUNDATION FOR CHILDREN

11,017

parent and caregiver participants in 2022 MSU Extension early childhood and family development programs

339

MSU Extension early childhood and family development educational sessions offered in 2022

PRIORITY

A R E A S

Michigan State University Extension provides child and family development programs that help parents, caregivers, childcare providers and other important adults in the lives of children and youth develop important skills. These programs focus on:

- **Guidance and discipline.**
- **School readiness.**
- **Social emotional development.**
- **Positive life skill development.**

For more information about MSU Extension’s child and family development programs and resources, contact childfamilydevelopment@msu.edu or visit us online.

IMPACTS

As a result of MSU Extension child and family development programs, adults increased their knowledge of basic concepts that promote learning success and positive life skills development. These improvements help adults ensure children and youth have the building blocks they need for future success. Of participants surveyed after taking part in an MSU Extension child and family development program in 2022:



99%

understood the importance of actively supporting a child’s learning.



99%

said they were prepared to support learning and growth in the program area.



99%

understood how the topic presented connects to healthy development.



99%

said they now had techniques to help young children learn.



[Because of this class,] I will remind myself that the best way for children to know how to behave properly is to model the behavior I want to see from the kids.



— Child and family development program participant



SUPPORTING SELF-CONTROL AND POSITIVE DISCIPLINE SKILLS

Helping young children learn self-control is important to their ability to be successful citizens, now and in the future. Parents and caregivers can help to foster the development of this self-control by using discipline, rather than punishment, to shape a child's behavior.

To support this, MSU Extension offers the Positive Discipline workshop, which teaches adults how to create appropriate environments and experiences that will help strengthen the development of self-regulation in children. This workshop provides parents and caregivers with nine key concepts for creating these environments and guiding interactions that help develop self-control in young children. By showing children what they can do, instead of what they can't, parents and caregivers are able to support the development of a child's self-regulation, an important quality for their continuing growth.

In 2022, this one-time workshop was delivered to 1,259 parents and caregivers who learned about factors that promote self-discipline in children, increased awareness of their personal role in creating an environment where discipline and self-control are learned and practiced, and gained new ideas for personal actions that they can take to maintain positive interactions between adults and children. The impact of the program will influence the lives of 4,445 children ages 0 to 8 and 835 children ages 9 to 12, with whom the course participants reported they have daily interactions.

Feedback received during the workshops included:

- "I will use the technique of boundaries and word choice when disciplining children at the daycare I work at."
- "[I learned] better communication, more patience, to redirect, positive reinforcement and positive discipline."
- "I have learned new techniques, like thinking about certain things before responding to children or other people. Often there are two different sides of the story and it is important to understand each side to help."



Photo by August de Richelieu: www.pexels.com

BUILDING STRONG ADOLESCENTS AND FAMILIES

Building Strong Adolescents is a MSU Extension program for parents and guardians of adolescents ages nine to 16. The program focuses on the external and internal assets teens need to succeed, along with focusing on integrating issues related to the prevention of aggression and violence. In the program, parents and caregivers also learn methods to incorporate positive growth skills into their adolescents.

In 2022, MSU Extension's child and family development team offered this program virtually. After just the second week of the program, one parent took the time to share with the program instructor:

“ My husband and I are really getting a lot out of this class and we can't thank you enough. We have a blended family and he's now seeing why guidelines and expectations are important, not only for the kids but for the family as a whole. I am learning how to respond better to the push-back so we can meet in the middle. I look forward to the rest of the class! ”