

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.

KEHA Family and Individual Development Chairman – 2018-2021

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Family and Individual Development 2016-2019

Focus 1: Strengthening Families

Rational

Family is the basic unit of society. It is important for individuals to develop skills that will foster good relationships and at the same time educate younger generations on the importance of recognizing generational differences. Raising awareness of attitudes, communication, healthy lifestyles and choices can all contribute to better family relations regardless of the make up of the family.

Goals

- To increase Extension Homemakers awareness of the diversity of generational and cultural differences.
- To encourage Homemakers and their families to understand characteristics of strong families.

Lessons

<i>FCS7-138</i>	<i>Family Vitality, Characteristics of Strong Families.</i>
<i>*FCS7-140</i>	<i>Family Vitality: Time Together</i>
<i>CLD 1-8</i>	<i>Generational Differences</i>
<i>*CLD 1-1</i>	<i>The Power of Motivation</i>
<i>HFD-PR0-001</i>	<i>Feed Hungry Young Minds through Storybook Adventures</i>
<i>HE 1-32</i>	<i>Dealing Creatively with Conflicts</i>
<i>HFD—CAG-139</i>	<i>Grandparents and Children Together</i>

Activities

- Plan family nights or weekends by organizing activities, such as, games or picnics that include all ages to strengthen the family.
- Promote or attend inter-generational events such as, festivals, fairs, agri-tourism and tourism events, church events, school festivals, project graduation.
- Encourage family participation or help with community activities, visit nursing homes and assisted living facilities, hosting special events in coordination with facility directors.
- Volunteer with 4-H clubs and groups.
- Host a foreign exchange student for a meeting.
- Encourage children reading with dads, grandfathers or male role models.
- Become involved and work with Community Child Care Councils, Initiatives on School Readiness and Early Childhood Education. Host a speaker.

Focus 2: Embracing the Family Life Cycles

Rational

It is vitally important for us to develop a positive attitude toward the family life cycles. As we go through these cycles or stages, we should strive to maintain healthy eating habits, exercise patterns, a positive self-image and make social connections that can better prepare us for later in life. Illnesses, disabilities, death of a loved one and making other living arrangements can all be involved in any stage of life.

Goals

- Increase awareness of ages and stages of the family life cycle and how actions or changes in early stages can affect the latter stages.
- Promote dialogue between family members concerning later years.

Lesson

<i>FCS7-167</i>	<i>A Healthier, Happy You: “Making Smart Lifestyle Choices”</i>
<i>FAM-QS101</i>	<i>Saying No To Negative Stress</i>
<i>FAM-SP207</i>	<i>Relating To Other Family Members</i>
<i>*FCS7-206</i>	<i>Stand Up to Falling: What to do When You Fall</i>
<i>*HEEL-LR911</i>	<i>Physical Activity for the Mind and Body</i>
<i>*FCS7-204</i>	<i>Enhancing Mental Health through Life Story</i>
<i>*HEEL-LEJ.101</i>	<i>Educate Before You Medicate</i>
<i>*FCS3-539</i>	<i>Understanding Diabetes</i>

Activities

- Promote or participate in a health fair.
- Raise awareness of potential health concerns by having guest speakers on Diabetes, Heart Disease, High Blood Pressure or Dementia.
- Host or volunteer at an information booth at county festivals or fairs focusing on family.
- Promote healthy eating habits (coordinate with Food, Health & Nutrition area programs).
- Point out the impact that drug abuse has on families and society by having a “DARE” representative or pharmacist to present information on prescription abuse and street drugs.

Focus 3: Preserving Your Family History

Rational

In order for future generations to know the history of our families and possessions, we must preserve and furnish documentation of items that have been passed down to us. This can involve clothing or personal possessions.

Goals

- To preserve family history through recording events and experiences of the past.
- To learn proper care and storage of vintage clothing and other textiles.
- To increase knowledge on how to make your own spot removers.

Lesson

HHF-LRA.170

Our Treasured Belongings: Ties That Bin

FCS7-200

Life Story: How Your History Can Help You

Support Materials: Storing Historic Clothing & Textiles (CT MMB.066), Cleaning Heirloom Textiles (CT MMB.065), Stain Removal (CT LMH.145)

*CT-LMH.062

Making the Most of Your Clothing Investments: Closet Storage

*CT-LMH.144

Clothing Storage

*CT-MMB.067

Care and Storage of Quilts

*FCS2-840

Stain Removal for Washable Fabrics

Activities

- Learn ways to demonstrate methods of preservation of heirloom textiles.
- Collect heirloom items which can be made into textile items, thus preserving and recycling items.
- Video or write down stories of lineage and events impacting family life, including lifestyles and possessions.
- Secure information from Master Clothing Volunteers concerning repairs on vintage clothing.
- Preserve County Homemakers History through a creation or updating of a county History Book.

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