

IMAGINE LIFE'S JOURNEY



HUMAN SCIENCES PROGRAM CATALOG

Human Sciences programs help Iowans become closer to family, raise healthy children, talk with their teens, improve relationships, enjoy a lifetime full of memories, save more money, live a healthy life, have access to trusted resources, and care for themselves and others.



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FAMILY

ELEVATE: TAKING YOUR RELATIONSHIP TO THE NEXT LEVEL

Do you want to enrich the quality of your relationships? Whether you are part of a couple preparing for marriage, in a blended family, or expecting a child, this workshop is for you. Together you will learn and practice seven skills essential to maintain a healthy and stable relationship.

Intended audience: Adult couples

Format: 8-hour workshop; can be delivered in multiple sessions

HEALTHY RELATIONSHIP EDUCATION TRAINING

The research is clear — the quality of adult couple relationships and positive parenting practices are connected to healthy child outcomes. You will be prepared to teach couples and families relationship education skills that support strong and stable couple relationships for healthy and safe children and families.

Intended audience: Professionals working with couples, families, and children

Format: One 8-hour workshop

Certification: Professional development credit for social workers, counselors, and marriage/family therapists available

A JOURNEY THROUGH PARKINSON'S DISEASE*

If you're struggling with Parkinson's disease or know someone who is, it's helpful to know where to find support on the journey. Learn about the causes and symptoms of Parkinson's disease, and how treatments work, as well as therapeutic activities to do at home.

Intended audience: Adults of any age

Format: Three 45-minute workshops

POWERFUL TOOLS FOR CAREGIVERS*

Feeling stretched in your role as a caregiver? Caregiving can be stressful — physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important. You will learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in your life as you care for others.

Intended audience: Family caregivers of adults with chronic conditions or family caregivers of children with special health or behavioral needs

Format: Six 90-minute to 2.5-hour workshops

CAREGIVING RELATIONSHIPS: CONVERSATIONS ON AGING

Caring for a loved one can be a rewarding experience, but it can also be challenging. Learn to recognize how caregiving affects relationships among family members. You will gain skills in talking and listening to address changing needs in later life.

Intended audience: Adults of any age

Format: Two 1-hour workshops

ESSENTIALS CHILD CARE PRESERVICE

This series provides helpful answers to many questions about creating a safe environment, preparing for an emergency, transporting children, preventing and controlling infectious diseases, handling and storing hazardous materials, giving medication, managing food allergies, creating a safe sleep environment for infants, preventing shaken baby syndrome, understanding child development, supporting cultural diversity, and understanding homelessness.

Intended audience: Early childhood providers, teachers, and directors

Format: Self-paced online series; 12 topics available

Certification: Approved for Iowa Department of Human Services (DHS) Child Care Professional Development Credit

UNIVERSAL PRECAUTIONS

Learn ways to prevent the risk of infection in child care and how to protect yourself and others using Universal Precautions. Discover how to access, develop, and use an Exposure Control Plan, a requirement of the Occupational Safety and Health Administration (OSHA).

Intended audience: Early childhood providers, teachers, and directors

Format: Self-paced, 1-hour online class

Certification: Approved for Iowa Department of Human Services (DHS) licensing requirements for Universal Precautions training.

IOWA EARLY LEARNING STANDARDS 3RD EDITION ORIENTATION

Orientation provides a detailed overview of the new standards and how to use the standards to plan developmentally appropriate activities and create lesson plans. This course uses actual scenarios and demonstrates how to use the standards to support child development.

Intended audience: Early childhood providers, teachers, and directors

Format: Self-paced, 2-hour online class

Certification: Approved by Iowa Department of Human Services (DHS) for Child Care Professional Development Credit

FLORA, FAUNA, AND FAMILY ENGAGEMENT

Learn why connecting with nature is important and how to engage families with outdoor nature-based play experiences. Incorporate nature-based best practices to improve the quality of your child care program.

Intended audience: Early childhood professionals

Format: One 2-hour class

Certification: Approved by Iowa Department of Human Services (DHS) for Child Care Professional Development Credit

ENVIRONMENT RATING SCALE TRAINING

Interested in improving the quality of your child care program in a fun and interactive way? Learn how to use Environment Rating Scales to assess and improve the quality of child care programs. You'll be guided step-by-step through helpful changes that make a difference in your work with children.

Format: Four 2-hour classes

Certification: Approved by Iowa Department of Human Services (DHS) for Child Care Professional Development Credit, and by National Administrator's Credential and Iowa State University for Continuing Education Units; meets Iowa Quality Rating System (QRS) requirements.

Classes are designed for different segments of the early childhood field:

- Early Childhood Environment Rating Scale (**ECERS-3**)
Intended audience: Preschool and child care directors, teachers, and staff caring for preschool children
- Family Child Care Environment Rating Scale - Revised (**FCCERS-R**)
Intended audience: In-home child care providers of children birth to age 12
- Infant and Toddler Environment Rating Scale (**ITERS-3**)
Intended audience: Child care providers and teachers in a center-based program caring for infants and toddlers
- School-Age Environment Rating Scale-U (**SACERS-U**)
Intended audience: Teachers and staff providing care for school-age children (ages 5-12 years) in before and after school and summer care programs

GROWING UP WILD

Wiggling worms and giggling children — that's what you can expect with this wildlife education session! You'll examine ways to build and nurture children's sense of wonder about nature, wildlife, and the great outdoors.

Intended audience: Early childhood professionals

Format: One 4-hour workshop

Certification: Approved by Iowa Department of Human Services (DHS) for Child Care Professional Development Credit

NATURE EXPLORE

Turn your child care play spaces into fun, joyful areas to explore nature. You'll discover how to engage children in nature through music and the arts, how to develop observation skills, and much more.

Intended audience: Early childhood professionals

Format: 3-hour workshops. 11 topics available

Certification: Approved by Iowa Department of Human Services (DHS) for Child Care Professional Development Credit

STRENGTHENING FAMILIES PROGRAM: FOR PARENTS AND YOUTH 10-14*

Want to protect your children, but find it challenging? Wondering how to help your children resist peer pressure? Parents and youth will practice skills, play learning games, do family projects in highly interactive sessions to increase family bonding, build positive communication skills, and solve problems together.

Intended audience: Youth ages 10-14 and their parents/caregivers

Format: Seven 2-hour workshops

RAISING SCHOOL READY READERS*

Learn fun ways to engage children in literacy play and turn everyday experiences into learning activities to help children be ready for school. Families participate together in hands-on activities that support early literacy skills in six areas.

Intended audience: Adults/caregivers and their children, ages 3-6

Format: Five 90-minute workshops

OUCH! THAT STEREOTYPE HURTS

Have you sat silent in the face of stereotypes and bias because you didn't know what to say? Were you worried about hurting someone's feelings? Were you afraid to speak up? Enhance your skills for speaking up against stereotypes with useful, easy-to-learn phrases, as you communicate in a diverse world.

Intended audience: Adults of any age

Format: One 1.5- to 2.5-hour workshop

FOOD

SERVSAFE® CERTIFIED FOOD PROTECTION MANAGER COURSE

Whether you are a food service manager or an employee, using current best practices in safe food handling is essential to keep your food establishment in compliance and protect the health of both customers and staff. You'll have the opportunity to take an exam to be certified as a Food Protection Manager.

Intended audience: Food service managers and employees

Format: One 6-hour course plus certification exam

Certification: Upon successfully passing the exam, certified by the National Restaurant Association Educational Foundation as a Food Protection Manager

SAFEFOOD

Foodborne illness does happen — and not always to someone else. Be safe, not sorry when you learn and follow the four simple steps to food safety: Clean. Separate. Cook. Chill. You'll learn best practices to ensure you prepare and serve food safely.

Intended audience: Retail and foodservice employees

Format: One 2- to 4-hour workshop; workshop can be tailored to specific needs of the operation

PRESERVE THE TASTE OF SUMMER

Preserving your own foods can be a lot quicker and easier than you might think. It's a great way to have delicious, local food all year long. Four hands-on workshops offer you the opportunity to learn safe food preservations techniques.

- Salsa Making
- Jam Making and Dehydrating
- Pickle Making and Pickled Products
- Pressure Canning and Freezing

Intended audience: Adults age 18 years or older

Format: One 3- to 4-hour workshop; 4 topics available

FOOD PRESERVATION 101

Love that fresh garden produce but have more than you can eat? Preserve it! It's not difficult, but you do need to follow safe methods. You'll learn how to can, freeze, and dry foods safely at home.

Intended audience: Adults age 18 years or older

Format: One 2-hour workshop

LATINOS LIVING WELL

¡Bienvenidos! You are invited to learn how to improve your health and stay fit to reduce diabetes, heart disease, and obesity. Discover the foods that keep your body healthy, make and taste foods in class, learn how to shop smarter, and practice ways to be more physically active. You can do it! Make changes today for a healthier tomorrow!

Intended audience: Latino adults of any age

Format: Four 2-hour workshops

HEALTHY AND HOMEMADE

It is possible to save time and money and still prepare foods at home that are healthy and tasty. Whether you cook for one or for a few, you will learn and practice strategies for using time, money, and skills wisely when you eat at home.

- **Cook Now, Enjoy Later**

Discover how planning ahead can reduce stress and save money as you provide your family with nutritious, home-cooked meals.

- **Cooking for One or Two**

Learn strategies to make the most out of cooking for a household of one or two.

- **Healthy Choices: Aisle by Aisle**

A virtual grocery tour will help you identify and purchase the most nutritious items with your food dollars.

- **Slow Cooker Meals**

Explore the benefits of the slow cooker and learn food safety tips and meal ideas.

- **Veg Out!**

Examine the benefits of vegetables, sample recipe ideas, and learn how to increase fruit and veggies in your diet.

Intended audience: Adults of any age

Format: Three 2-hour workshops; 5 topics available

STAY INDEPENDENT: A HEALTHY AGING SERIES

It's never too early — or too late — to set realistic goals for eating well and moving more. Learn the health benefits of eating well and how to strengthen your muscles to stay independent for life. Sample healthy, tasty, and low-cost food and trade tips with peers.

- Three Meals a Day
- Feast on Fruits and Vegetables
- Power Up with Protein
- Exercise Your Independence
- Brain Health

Intended audience: Adults age 60 or older

Format: Four 60- to 90-minute workshops

IS IT WHOLE GRAIN?

This is a good question to ask as you make food choices. Learn how to identify whole grain foods and ways to add them to your meals. Discover the three steps to three servings of whole grains and experience tasting whole grain foods.

Intended audience: Adults of any age

Format: Three 2-hour workshops

CHILD CARE PROVIDER NUTRITION TRAININGS

Learn about healthy, affordable food choices and physical activities you can offer for children in your care. See the list of classes, below.

Intended audience: Early childhood professionals

Format: One 2-hour class; 13 topics available

Certification: Iowa Department of Human Services (DHS) and Child and Adult Care Food Program (CACFP) approved

Classes are designed for different segments of the early childhood field:

- **Actions Speak Louder Than Words**

Children are great imitators. They observe and imitate adults' nutrition and physical activity practices. Explore ways you can be a positive role model for children in your care. Write an action plan for helping children develop healthy eating habits for life.

- **Color Me Healthy – Food Colors and Health**

You can't actually "eat the rainbow," but you can eat foods the colors of the rainbow for better health. You'll learn the health benefits of fruit and vegetable color groups and fun activities to increase children's recognition and acceptance of fruits and vegetables.

- **Don't Give Kids a Tummy Ache**

Is it the flu or a foodborne illness? How does food become unsafe? How can I protect the children I care for from foodborne illnesses? Find answers while learning the basics of preventing foodborne illnesses as you play "Fight BAC" bingo.

- **Gardening with Children**

Can digging in the dirt be good for children? Yes, when it encourages children to taste new vegetables that they've helped to grow. Gardening with children promotes a healthy lifestyle, early learning experiences, social development, and environmental stewardship. You'll engage in experiential-learning gardening activities through crafts, literacy, container gardening, and taste testing.

- **I Only Want a Peanut Butter Sandwich!**

Worried about the child who only wants to eat one food? Is this healthy? It can be frustrating when all a child wants to eat is a peanut butter sandwich. You'll learn about eating habits that are normal for young children, strategies that promote healthy eating habits, and how to foster pleasant mealtime experiences — all while taste testing new foods.

- **Infant Feeding 101**

Whether babies are breast fed or formula fed, their health and wellbeing depends on your support of their mothers and families. In this interactive workshop, you'll learn the best practices for food safety and infant feeding regulations, along with important ways to support both moms and babies.

- **Just a Bite—Managing Food Allergies in Child Care**

Just a bite may be all it takes to cause a severe reaction to a food allergen. You'll learn the common food allergens for children and the signs and symptoms of an allergic reaction. Join us to learn strategies and practical skills to provide an allergen-safe and healthy environment for the children in your care.

- **Linking Literacy with Food: Read, Learn, Eat!**

Mix books with food experiences to introduce literacy to children. Early reading and language development help children be "school ready," which increases their opportunities for academic success. You'll experience new ways to connect with children as you incorporate food-related activities in lessons with well-loved children's books.

- **Meal Planning Magic**

If only we could wave a wand and nutritious, convenient meals would suddenly appear! Since that won't happen, instead you'll learn best practices for planning and serving meals, physical activity, and health and safety for children under your care. Meal and snack planning will be discussed and demonstrated, and you'll enjoy samples.

- **Move for Thought**

On your mark, get set ... move! Did you know movement activities can help children improve thinking skills? You'll practice activities in the Move for Thought Pre-K kit, which describes physical activities integrated with pre-academic concepts, self-regulation skills, books, and music for use in early childhood classrooms.

- **MyPlate in My Child Care: Four Easy Steps**

With four easy steps you will be on your way to help lay the foundation for lifelong dietary habits in children. We'll explain four specific MyPlate recommendations you can implement as you plan meals and snacks in your childcare setting. You'll practice revising menus to follow these four steps.

- **Spend Smart and Eat Smart in the Child Care Business**

Good nutrition does not have to be expensive. Children in your care can "eat smart" when you practice strategies to save money while incorporating new ideas into menu planning and food shopping.

- **Who Leads, Who Follows: Feeding and Physical Activity Division of Responsibility in Child Care**

Who leads and who follows? That is the question! You'll find the answers in this workshop as you identify who is responsible for what, when, where, and whether a child eats and is physically active. Learn which responsibilities belong to the provider and which belong to the child.

FINANCE

SMART CHOICE: HEALTH INSURANCE

Confused about which health insurance plan is best for your family? Would you like to maximize the value of your health insurance? You'll learn how to be a smart health insurance consumer, whether choosing a policy or making wise use of the features of that policy.

- **Basics: Learn How to Select a Plan**

Intended audience: Adults age 65 or younger

Format: One 1-hour workshop

- **Actions: Learn How to Make Wise Use of Your Plan**

Intended audience: Adults of any age

Format: One 1-hour workshop

- **Basics and Actions: Learn How to Select and Use Your Plan**

Intended audience: Adults age 65 or younger

Format: One 2-hour workshop

HOMEBUYER EDUCATION: A PLACE OF YOUR OWN

The American Dream is to own a home. Purchasing a home is probably the biggest purchase you'll ever make. It's an exciting experience and not a simple task. Lessons focus on preparing for home ownership, shopping for a home, securing a mortgage, closing the loan, and being a homeowner.

Intended audience: Adults age 18 or older

Format: Self-paced, online course

Certification: Homebuyer's education course certificate (required by some home loan programs to qualify for a loan)

YOUR MONEY, YOUR GOALS

Talking about money and goals may be difficult for you while you are helping clients address other complex issues. You'll discover how to have money conversations with the people you assist to help them achieve their financial goals. You will learn how to help others set goals, save money, manage credit, get organized, and more.

Intended audience: Nonprofit groups, volunteers, clergy, and social service providers who assist clients/members with financial management concerns

Format: One 6-hour workshop

FINANCES OF CAREGIVING

When you understand possible financial solutions for care of a loved one, you and your family can make the best decisions for their care. As your family plans together, be sure to look at financial solutions that protect the financial future of the caregiver. We'll guide you through the steps of finding and collecting needed information and share tools to help you in your decisions.

Intended audience: Adults of any age

Format: Five 2-hour workshops

WRITING YOUR RETIREMENT PAYCHECK

It's not too soon to take steps to make your resources last a lifetime. You can "write" your own retirement paycheck as you learn to make informed decisions about your retirement savings and withdrawals. You'll learn how health insurance, inflation, required minimum distributions, and taxes will impact your retirement paycheck.

Intended audience: Adults of any age

Format: Two 2-hour workshops

YOUR MONEY, YOUR FUTURE: MAKING ENDS MEET

You've worked for your money. Now make your money work for you. You'll learn how to manage expenses, stretch limited dollars, and set goals for the future.

Intended audience: Adults of any age

Format: Two 90-minute workshops

CHILD CARE PROVIDER FINANCE TRAININGS

- **Cent\$ible: Getting What You Want**

It's simple math — if you spend less than your income, you'll have savings. If not, you'll have debt. In this session, you'll learn how to get what you want by setting financial goals and then creating a plan for your spending and saving.

- **Cent\$ible: Retirement First Steps**

Time is money and the sooner you begin saving for retirement, the better. You'll identify reasons that early planning is important and examine ways you can begin saving for retirement.

- **Cent\$ible: Retirement Next Steps**

Step by step, as you follow your saving and spending plan, you'll be headed in the right direction for your destination: retirement! You'll consider how to invest for your retirement years.

- **Preschoolers and Pennies: Read, Talk, Learn, and Play**

Children love to pretend they run a grocery store or a restaurant. Build on that interest with activities for preschoolers that practice money and literacy skills. You'll explore ways to introduce and reinforce money-related words and concepts throughout the day as children learn and play.

Intended audience: Early childhood professionals

Format: One 2-hour workshop; 4 topics available

Certification: Approved for Iowa Department of Human Sciences (DHS) Child Care Professional Development credit

FOCUS

Many of our research-based educational programs help people focus on themselves to improve their wellbeing. Please review the Family, Food, and Finance lists for additional programs of interest to you.

WHAT ABOUT ME? MY WELLBEING

Engage in hands-on learning to enhance your wellbeing and quality of life in ways that are personally meaningful to you. Learn strategies for taking time for yourself, building relationships, and improving physical and financial health.

Intended audience: Adults of any age

Format: Four 45-minute workshops