

# Making Ohioans Relationship Smart

## Ohio State University Extension



OSU Extension offers relationship programs that work. Extension Educators, experienced teachers trained in family life, provide unbiased research-based educational programming.

Programs include:

**Parenting Skills** How parents interact with their children affects their children's development, self confidence, sense of security and emotional well-being. Exploring parenting styles and practical parenting skills help you gain valuable knowledge. Come learn about:

- Ages and Stages of Child Development
- Successful Co-Parenting
- Helping Children With Divorce
- Discipline That Works
- Positive Step-parenting
- Fathering

**Aging Issues** Families grow and change throughout the lifespan. As individuals reach milestones in their lives, needs change. Be prepared as you or family members move into the different stages of life with these programs:

- Aging and the Family
- Caregiving
- Universal Design: Housing for all ages and abilities
- Senior Topics

**Strengthening Relationships** Strengthening family relationships provides a better quality of life. Strong family and couple relationships enhance health, provide a feeling of safety and provides a nurturing environment in which members grow and thrive. Come learn about good communication skills and how to cope better with life changes in such programs as:

- About My Families and Me
- Marriage the Second Time Around
- Communication in Families or marriage
- Talking to My Teen

On-line resources:

**HDFS Extension Website** <http://families.osu.edu> here you will find a variety of resources dealing with aspects of aging, relationships, parenting, and children.

**OSU Family and Consumer Science Blog** <http://osufcs.wordpress.com/>. Check out the OSU Extension FCS blog, named "Eat, Save, and Be Happy." For family life related information, click on the "Healthy Relationships" category.

### Positive Parenting Newsletter

[http://fcs.osu.edu/hdfs/stages-of-life/parenting/positive\\_parenting.php](http://fcs.osu.edu/hdfs/stages-of-life/parenting/positive_parenting.php) A bi-monthly newsletter containing timely information about Parenting Issues.

**Senior Series Hotline** <http://seniorseries.osu.edu> a quarterly newsletter on topics of interest to older adults and their families developed by the Senior Series Team (a collaborative task force consisting of professionals from Ohio State University Extension, the Ohio Department of Aging and the Ohio Aging Network).

**Family Fundamentals** <http://www.ag.ohio-state.edu/~news/archive.php?series=famfund>. Family Fundamentals is a monthly question-and-answer column that focuses on nutrition, food safety, food processing and other food-related matters.

Download free fact sheets from:  
<http://ohioline.osu.edu>

Here is a sample of what you will find:

- Aging
- Child Development
- Parenting
- Relationships
- Divorce

### Your County Extension office is your link to The Ohio State University.

Business and Economics • Community Crops and Livestock • Health and Nutrition Home and Family • 4-H Youth Development Lawn and Garden Natural Resources and Environment

Visit <http://extension.osu.edu>

Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.

*Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension*

*TDD No. 800-589-8292 (Ohio only) or 614-292-1868*



EMPOWERMENT THROUGH EDUCATION