

Making Ohioans Relationship Smart.

fcs.osu.edu

Healthy Relationships

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
- Effective Parenting Techniques
- Positive Step-parenting
- Fathering

Successful Aging 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 provide 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:

- My Families and Me
- Marriage the Second Time Around
- Communication in Families or Marriage
- Talking to My Teen
- 40 Developmental Assets
- Bullying Prevention

Online resources:

Family Life Find a variety of resources at families.osu.edu, including: children, teens, marriage and partnering, parenting, and aging.

OSU Family and Consumer Science Blog Check out the OSU Extension FCS blog, "Eat, Save, and Be Healthy" at fcs.osu.edu/blog.

Family Fundamentals is a monthly question-and-answer column that focuses on nutrition, food safety, food processing and other food-related matters, at go.osu.edu/familyfundamentals.

Download free fact sheets from ohioline.osu.edu. Here is a **sample** of what you will find:

- Aging
- Child Development
- Parenting
- Relationships
- Divorce

Order these and other low-cost publications from estore.osu-extension.org:

- About My Families and Me: Program for Kids Living in a Stepfamily (Product Code 886)
- Fit 2B Fathers (Product Code F2BF)

