

Michigan State University Extension

Child and Family Development April Offerings

MSU Extension has a wide range of free online classes for parents and caregivers of children of all ages and early childhood professionals. See below for our April offerings!

Please reach out to your local Extension office or [find a Child and Family Development team member near you!](#)

Follow our Facebook page for more information and resources at [MI Stronger Family - MSU Extension](#).

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

Class dates:

4/4/23: ABC's of ACES

4/11/23: Inquiring Minds Want to Know: Science for Young Children

4/18/23: NO CLASS

4/25/23: Positive Discipline

Class Times: 8:00PM to 9:30PM

Registration: https://msu.zoom.us/webinar/register/WN_4j5Ci-IrT6m-pfi_ZX6D3Q

- Attached are flyers for these workshops and graphics for social media
- For more information contact Courtney Aldrich at aldric82@msu.edu

Parenting Series

The Parent Talk System

Do you feel like your children aren't listening to you? Finding yourself constantly repeating yourself trying to gain compliance? This 6 week series is for parents of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available.

- **Class dates:** April 27, May 4, May 11, May 18, May 25, June 1
- **Class times:** 7:30-9pm EST
- **Registration:** <https://events.anr.msu.edu/ParentTalkMay2023/>

- Attached is a flyer and graphics for social media
- For more information, contact Courtney Aldrich, aldric82@msu.edu

Building Strong Adolescents

Are you wondering how to navigate the teen years with your child? Do you wonder how to set limits while still promoting independence and encouraging positive relationships? Join us for this five week parenting education series for parents with children between 9-16 and explore the assets children need to succeed. Certificates of attendance are available.

- **Class Dates:** April 24, May 1, May 8, May 15, May 22
- **Class Times:** 7:30PM-9:30PM
- **Registration:** <https://events.anr.msu.edu/BSAApril2023/>
- Attached is a flyer for the August series and graphics for social media
- For more information contact Courtney Aldrich at aldric82@msu.edu

Lunchtime Webinars

MARCH Webinar: Shingles and Chickenpox : Did you know that shingles and chickenpox are two different illnesses caused by the same virus? Join us for a conversation with Katie Stanulis, nurse practitioner, from the Sparrow Medical Group. We will be speaking with Katie about the differences between shingles and chickenpox and the role of vaccination in preventing and managing these diseases.

Pre-register and join via Zoom or watch the live stream on our Facebook page @MiStrongerFamily.

Title: MVP Webinar: Travel Vaccinations

- **Date:** March 14th
- **Time:** 12:00PM-1:00PM

Zoom Registration Link: <https://bit.ly/MVPshingles>

- Attached is a graphic for social media

Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available.

Title: What Children Need to Know to Start School

- **Class Date:** April 20th
- **Class Time:** 7:00PM to 8:30PM
- **Registration:** https://msu.zoom.us/webinar/register/WN_-fWIZlqTu-lkyn9Czibow
- Attached is a flyer for this workshop.
- For more information contact Vivian Washington at washi138@msu.edu

Title: Mindfulness for Young Children

- **Class Date:** April 28th
- **Class Time:** 1:00PM to 2:30PM
- Attached is a flyer for this workshop.
- Registration: https://msu.zoom.us/webinar/register/WN_VLYBmjHIR-qzBK-PRCn0Gg
- For more information contact Vivian Washington at washi138@msu.edu

Title: Building Early Emotional Skills for Early Childhood Professionals:

Building Early Emotional Skills (BEES) for Early Childhood professionals is an opportunity to learn more about how children develop important social emotional skills, and how you can help them learn to understand and express their emotions appropriately. This course is online. It is expected to take approximately one hour per week to complete the course content. This training is approved in miRegistry for 8 hours. Spring course begins on March 5, 2023.

Registration will run from February 27 – March 12, 2023. Registration Information:

https://www.canr.msu.edu/building_early_emotional_skills_in_young_children/online-program-for-professionals

In-Person Workshop: Including All of Us**Description:**

Including All of Us is an intensive training to provide an opportunity for child care professionals to learn about issues of diversity, equity and inclusion in early childhood. Including All of Us includes group content, where early childhood professionals can explore their own beliefs, worldviews and understanding of issues surrounding diversity. Participants learn about ways they can incorporate anti-bias education into their work with young children and create environments of equity for all children. Ensuring that child care environments are high quality, equitable and inclusive will help build and nurture social emotional competencies and prepare children for success in school and in life. Including All of Us provides an opportunity for teachers to practice self-reflection and develop an awareness that will have a positive impact on their teaching, child care skills, and family interactions.

This in-person, free program is six hours in length and can be taught in one six-hour session or two, three-hour sessions. The program is approved in the MiRegistry system and completion certificates are available.

- To schedule a workshop at your location, contact Vivian Washington at washi138@msu.edu
- Flyer is attached

Online Self-Paced Classes

These free online classes can be completed on your own at your own pace.

Positive Discipline

Helping young children learn self-control is important to their ability to be successful citizens now and in the future. Positive Discipline workshops help adults learn how their role in creating appropriate environments and experiences can strengthen that development. This class has a “parent and caregiver” track and a “professional”

track. Certificates of attendance are available for all who take the class and professional development training hours are available for early childhood professionals. Credit in the MiRegistry system is available.

- **Registration:** <https://www.canr.msu.edu/courses/positive-discipline-online-course>
- For more information contact Courtney Aldrich at aldric82@msu.edu

Infant Safety

MSU Extension has partnered with the [Livingston County Child Abuse Prevention Council](#) to create a self-directed online infant safety course called “Sleeping, Crying, Driving.” This three part course contains videos and interactive content on infant safe sleep, how to handle extended infant crying and guidelines for transporting your child safely. A certificate of completion is available for those who need proof of attendance.

- **Registration:** https://www.canr.msu.edu/early_childhood_development/infant-safety/

MI Parenting Resource

This free, online program is meant to support caregivers across the state in strengthening their parent-child relationships and gaining new tools for enhancing positive child behaviors.

- **Registration:** <https://miparentingresource.org/>
- For more information contact Courtney Aldrich at aldric82@msu.edu

Additional Resources

Michigan State University Extension has partnered with Cooperative Extension in other states to provide more resources and classes for you! Check out Fit and Healthy Kids at <https://fitandhealthykids.unl.edu/>