

CYF NEWS AUGUST 2007

MICHIGAN STATE UNIVERSITY EXTENSION

In This Issue

- MSUE/WIC Breastfeeding Initiative
- MI Celebrates Breastfeeding Awareness...
- America Saves Week 2008
- Capital One Survey – More Teens Eager...
- 2007 NEFE HSFPF – Revised and Free
- Natural Helpers® Leader Training
- FAQs – NEERS/CRS5 Evaluation...
- 2007 FCS New Staff Training Series
- Blue Ribbon Q&A
- Deadline for September Articles

QUOTE OF THE MONTH

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”
—“Ralph Waldo Emerson”



MSUE/MICHIGAN WIC PROGRAM BREASTFEEDING INITIATIVE (BFI) MOTHER-TO-MOTHER PEER COUNSELOR PROGRAM

What is the *Mother-to-Mother Peer Counselor Program*? The BFI *Mother-to-Mother* program is a collaborative effort between WIC and MSUE to increase breastfeeding initiation and duration rates among low-income women, provide breastfeeding encouragement and support to women throughout the infant's first year of life and to enhance state and local WIC/MSUE collaboration to expand service delivery and education for mothers and babies.

What is a Peer Counselor? The *Mother-to-Mother Peer Counselor* is a mother with breastfeeding experience recruited and hired from the community by the local Extension and WIC agencies. Peer counselors are trained to provide WIC- and Food-stamp-eligible participants with breastfeeding information, encouragement and support. Mothers with breastfeeding experience are trained as peer counselors, to help mothers in their home, hospital or WIC clinic, and are also available by phone. Peer counselors wear pagers and they can be reached for urgent concerns in the evenings and on weekends.

How are Peer Counselors Trained? The Breastfeeding Initiative has developed the training program *Breastfeeding Basics* to provide peer counselors with information on the normal course of breastfeeding and to create an opportunity to develop and practice skills in breastfeeding promotion, support and counseling techniques. After completing *Breastfeeding Basics*, peer counselors participate in follow-up training which integrates field experiences and self-directed learning opportunities to further develop skills in breastfeeding encouragement and support. Peer Counselors are also trained to provide MSUE's Eating Right is Basic (ERIB) nutrition, parenting, and immunization education.

Where is the *Mother-to-Mother Program*? The program is currently located in 30 Michigan counties. Beginning October 2007 the program will expand to Oceana and Shiawassee counties. For more information contact Pat Benton, MS, RD at 517.432.3243.

MICHIGAN CELEBRATES BREASTFEEDING AWARENESS MONTH

The establishment of breastfeeding as a cultural norm is a fundamental cornerstone of promoting wellness in Michigan.

The Healthy People 2010 goal is for 75 percent of mothers to breastfeed in the early postpartum period and for 50 percent of mothers to continue breastfeeding for at least six months. In 2005, 67.4 percent of Michigan infants were breastfed, and only 33 percent of 6 month olds were receiving human milk.

In an effort to promote greater awareness, Governor Granholm has proclaimed August 2007 as Breastfeeding Awareness Month in Michigan.

The Michigan WIC Program has chosen "Michigan Families...Breastfeed With Pride" as this year's theme, striving to increase public support and acceptance of breastfeeding as the infant feeding norm.

Plans for local celebrations include rock and rest stations at the Saginaw farmer's market, a stroller walk in Jackson, and the annual breastfeeding walk in Bay City. In Detroit, several agencies will combine efforts for a community baby shower.

Mid-Michigan DHD offers tote bags to moms who breastfeed for one year and Wayne County will provide "pamper me" gifts to full-time breastfeeding moms.

If you're in Ann Arbor, look for a breastfeeding booth at the art fair. In Sault Ste Marie, there will be a presentation on skin-to-skin contact and baby-led latch, as well as a display of breastfeeding books at the library.

Many WIC agencies will feature displays with "breastfeeding stories" and recognize breastfeeding-friendly members of their community.

Encouraging mothers to breastfeed their infants and encouraging the community to support breastfeeding are important steps in health promotion in Michigan.

The benefits for the state include not only a healthier population, but also a significant reduction in health care costs now and in the future. *Submitted by Pat Benton.*

AMERICA SAVES WEEK 2008

Make plans now to be involved in the second annual *America Saves Week* (ASW) February 24 through March 2, 2008. The Week is designed to motivate low- to moderate-income households to take financial action. See www.csrees.usda.gov/fsll (go to Tools for Educators, then Program Toolkit, then America Saves) for easy guidelines and resources. You can reach the site directly at http://www.csrees.usda.gov/nea/economics/fsll/edu_saves.html. The site contains an audio conference recording where your colleagues tell why involvement in *America Saves Week* is mission central. You also will find planning tools, press releases, funding opportunities, evaluation guidelines and more. Additional tools, such as an *America Saves Week* 2008 logo, will be added to the site in early fall. For questions, please contact Connie Costner, Family and Consumer Sciences (costner@msu.edu) or Erica Tobe, 4-H Youth Development (tobee@msu.edu).

CAPITAL ONE SURVEY: MORE TEENS EAGER TO LEARN ABOUT MONEY

Capital One Financial Corporation's seventh annual back-to-school shopping survey shows that an increasing number of teens (52 percent) want to learn about how to manage their money – up from 49 percent in last year's survey.

In addition, 80 percent believe learning the basics of money management now will serve them in the future – but a whopping 86 percent have never taken a personal finance class in school. Yet when it comes to talking to kids about the basics of money management, parents still aren't hitting the mark, despite the fact that 35 percent of teens want to learn about money from their parents over any other option.

"We're seeing that teens are eager to learn about money – and the good news is that they want to learn from their parents," says Lahne Mattas-Curry, financial education spokesperson for Capital One. "Back-to-school shopping is often overlooked as a financial education opportunity, but it's a great way for parents to teach kids about the basics of money, including how to prioritize needs vs. wants and create a budget."

This year's survey of 1,200 parents and teens also finds that while most parents (80 percent) continue to view themselves as positive money role models for their kids, less than half are taking advantage of day-

to-day learning opportunities to initiate a dialogue with their kids:

- Fifty-two percent of teens are eager to learn more about money management, yet less than a quarter (19 percent) of parents have discussed back-to-school budgeting with them – and only 22 percent have made a list of back-to-school items to purchase.
- While almost half (48 percent) of parents have discussed the difference between 'needs' vs. 'wants'; more than one-third (36 percent) have not discussed back-to-school finances at all with their teens.

Capital One's survey also found some surprising facts about what teens are most interested in learning when it comes to money, as well as insight into back-to-school shopping lists and planned spending amounts.

What are teens interested in learning? When asked about the topics they'd most like to learn about, teens expressed interest in all areas of money management. Surprisingly, they show the most interest in learning how financing works for large purchases such as a car or a home – 74 percent said they would like to learn more. Other popular interests for teens include learning more about investing money (72 percent), identity theft and how to protect themselves (68 percent), saving money (62 percent), budgeting (58 percent), stocks (58 percent), checking accounts (55 percent) and credit cards (55 percent).

Are parents going with their teens to shop? How much are they spending? Ninety-three percent of teens expect their parents to join them on back-to-school shopping trips. This year, 52 percent of parents expect to spend more than \$125 on back-to-school essentials for their kids, while 27 percent plan to spend less than \$100. Overall, the majority of parents (72 percent) say they will be spending the same amount as last year; however, 16 percent plan to spend more. Most plan to pay with cash (69 percent) and credit (33 percent).

Are teens contributing to the bill? When it comes to sharing the cost of back-to-school shopping, 51 percent of teens plan to contribute to the bill, with almost 60 percent responding that the money will come from job earnings. Teens say the remainder will come from allowance savings (29 percent) or a cash gift (21 percent).

For the Capital One Study, Braun Research was engaged to conduct 1202 interviews in 857 households with 698 parents of teenagers age 13 to 17 and 504 teenagers age 13 to 17 across the United States. Surveys were conducted by telephone from July 3rd through July 9th, 2007. The margin of error for the interview is plus or minus 3.34 percentage points. Interviews were monitored at random. Sampling for this study was conducted across the United States using a national probability sample of all exchanges and area codes of households with someone between the ages of 13 and 17 living there. All interviews were conducted using a computer-assisted telephone interviewing system. Statistical weights were designed from United States Census Bureau statistics.

IT'S HERE...THE NEWLY REVISED AND FREE 2007 NEFE HIGH SCHOOL FINANCIAL PLANNING PROGRAM CURRICULUM has been released. The Michigan Credit Union League and Michigan State University Extension invite you to attend a FREE training for this new and improved curriculum.

A Call to Action. Teens today spend over \$170 billion per year, yet many don't know how to manage their money wisely. Most Michigan high school students graduate with few of the personal financial skills they need to support themselves, according to a 2001 survey conducted with graduating high school seniors. The workshop will provide you with the tools to educate students in the fundamentals of sound money management and the basic concepts of financial planning and personal responsibility.

What is HSFPP? HSFPP a seven-unit newly revised program that provides teens with a greater understanding of and ability to manage their personal finances in the areas of goal-setting, budgeting, and saving. The program—offered free of charge from the National Endowment for Financial Education—uses unique games, simulations, case studies and interactive exercises to provide hands-on experience for students to test and apply the financial principles and concepts being taught. The new 2007 version includes easy-to-use teacher lesson plans and an interactive Web presence for teachers, parents and students.

Who Uses HSFPP? High School Teachers, with the occasional assistance of select professionals, employ this curriculum in the classrooms to teach young

adults about the financial planning process. This can also be taught in after-school or club settings.

Is HSFPP worth my and my students' time? A recently released, national evaluation of a teen financial education program shows that young people who studied the NEFE High School Financial Planning Program curriculum for as little as 10 hours not only significantly increased their understanding of money management, but also improved their financial behavior in the ensuing. For more information about the HSFPP program, visit hsfpp.nefe.org.

HSFPP Training Session attendees will receive:

- The HSFPP Curriculum (includes an instructor's manual and sample student workbook with a portfolio)
- A hands-on training on how to teach the program by people who've used the program extensively
- A review of the program's purpose, content and teaching techniques

Training Opportunities:

August 14, 2007 at FinancialEdge Credit Union
1199 S Euclid Ave, Bay City, MI 48706

August 15, 2007 at Antrim County Courthouse
205 E Cayuga, Bellaire, MI 49615

August 16, 2007 at METRO Credit Union
6611 Chicago Rd., Warren, MI 48092

September 25, 2007 at Kent County MSUE
775 Ball Ave, NE, Grand Rapids, MI 49503

October 2, 2007 at Michigan Credit Union League
15800 N. Haggerty, Plymouth, MI 48170

November 8, 2007 at St. Clair County MSUE
200 Grand River; STE 102, Port Huron, MI 48060

November 16, 2007 at Nu Union Credit Union
12750 Escanaba Dr., DeWitt, MI 48820

Trainings are scheduled from 9:00 am – 3:00 pm

Please fax the following information to 517.355.6748; Michigan State University Extension, Attn: Priscilla Martin, or e-mail to pjmartin@anr.msu.edu no later than one week prior to the training date.

Name:

School:

Address:

City, State, Zip:

Phone:

E-mail:

Are you familiar with the curriculum?

Yes **No**

Specify the Training Location you will attend.

A confirmation will be sent to you one week prior to the event. If you have questions, contact Erica Tobe at 517.355.9655 or email at tobee@anr.msu.edu.

NATURAL HELPERS® LEADER TRAINING

September 28, 2007 - 9:30 a.m. to 4:30 p.m.

Quality Inn, 913 Blvd. Dr., St. Ignace, MI

Learn to coordinate, conduct, manage, and evaluate the Michigan 4-H-sponsored **Natural Helpers®** peer-helping program designed for middle, junior high and high school communities. Developed by the Comprehensive Health Education Foundation in Seattle, Washington, **Natural Helpers®** is based on the premise that within every school an informal "helping network" of students and school personnel exists. **Natural Helpers®** uses this network to help young people help their friends with everyday problems, refer serious problems to trained professionals and take good care of themselves in the process.

Facilitators: Joyce Belonga, Natural Helpers State Coordinator and Mackinac County Extension Educator, 4-H.

Monica Borgman, Natural Helpers State Coordinator and Isabella County 4-H Program Assistant.

Registration and Cost Information:

- On line Registration Opens: July 2, 2007. Registration Deadline: September 21, 2007
- Registration is limited to 25.
- Registration Fee: \$75 (Includes materials, continental breakfast, lunch and refreshments.)
- To Register: Register for workshop #500 through the MSUE 4-H Workshop Registration
- System <web2.canr.msu.edu/4hwkreg/>.
- The on-site check-in will begin at 9 a.m., with the training to start promptly at 9:30 a.m. and ending at 4:30 p.m.

Cancellation Policy:

- Cancellation deadline: September 26, 2007.
- Cancellations received after September 26, 2007 will be charged a \$15 cancellation fee.
- If a registration payment has not been received by September 21, 2007, and the registration is cancelled, you will be billed the \$15 cancellation fee.

Questions:

If you have questions regarding the content of this workshop or about the **Natural Helpers®** program, please contact Monica Borgman at the Isabella County Extension Office by phone at 989-772-0911-x302 or by e-mail at borgman5@msu.edu or Joyce Belonga at the Mackinac County Extension Office by phone at 906-643-7307 or by email at belonga@msu.edu.

If you have questions regarding registration or payment information, please contact your county Extension office.

If you currently have a Natural Helpers Program in your school or community and have resources that you have developed, please bring them to share.

NEERS/CRS5 EVALUATION AND REPORTING SYSTEM – FREQUENTLY ASKED QUESTIONS

Q. Have there been trainings offered for CRS5 and SRS5?

- A. Regional trainings (1 or 2) have been held in each of the five regions of Michigan. Additional support is available upon request. Two make-up trainings will be at a later date, then the full manual is released by USDA.”

Q. How long do we have to transition to NEERS5?

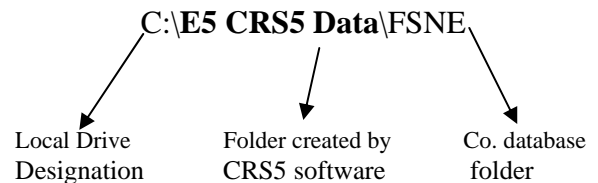
- A. While the CRS5 has built-in capabilities to import and translate many data elements from ERS4, the process will take time to complete. Thus, FY 2006 data was submitted using ERS4. After FY 2006 was submitted, staff were trained via one or two trainings per region and directed to begin using CRS5 immediately, effective November 2006. We have one year to make the transition to the new system. **FY 2007 data will be reported through NEERS5.**

Q. What is meant when asked to click the folders at the bottom of the computer screen? Why is it important to know what those items are?

- A. When a folder or software has been minimized it drops to the bottom of the screen to form the **Windows Taskbar**. All folders and files located at this level are accessible for immediate use. It's important to know what these items are because they are left open to be used again at some point during the day. I request that you access the folder when trying to locate other folders or files in Microsoft Explorer when setting up software, creating folders or trying to locate the IMPORT folder.

Q. What is a file PATH and how does it work?

- A. The PATH of a file is the structure or location where a file is stored, comparable to an address. In most cases the PATH of your CRS5 database is similar to the PATH below: C:\E5 CRS5 Data\FSNE07 or EFNEP07 with the FSNE07 or EFNEP07 being added by the user.



Drive designation can be the local C:\ or an assigned Network Drive; G, H, S, V, etc. Next come the folder created by CRS5, or the folder created by the person installing the software to hold all the components needed to make CRS5 work including the database and IMPORT folder.

Q. How can I access Explore to see the structure for folders, files and creating new folders?

- A. Explore is the location where all files and folders can be viewed. It can be accessed in several ways. Use the method that works for you. An easy method that I use is to right click on the Start button in the lower left corner of the monitor. Click Explorer on the pop-up menu, now Explorer appears. Use the scroll bar to view all the drives, folder and files available to you.

Contact Margaret LaShore at 989.895.4026 or at lashore@msu.edu with questions.

2007 FCS NEW STAFF TRAINING SERIES DESCRIPTION

All sessions are necessary for staff working in FSNE, EFNEP, and BFI. Home Visiting, Learn Together Approach, and Nutrition III are recommended for parenting instructors. Click here for registration <http://web2.msue.msu.edu/inservice/coursetitle.cfm>.

Nutrition I – August 22, 2007:

Nutrition I is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition I is the first in a series of three sessions that focus on giving new staff basic information on nutrition and ideas for teaching this information to program participants. Nutrition I addresses the following subject areas: identifying participants' needs and interests, teaching through food preparation, brief discussion of MyPyramid Web site, reading and understanding nutrition labeling, and planning low-cost meals. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

Nutrition II – September 12, 2007:

Nutrition II is appropriate for educators and program associates in Food, Nutrition, and Health programs. Nutrition II is the second in a series of three trainings for new staff. The training includes information about nutrition and ideas and activities for teaching participants. Nutrition II includes information on: teaching the 2005 Dietary Guidelines for Americans and MyPyramid, and recommendations for special populations for prevention of nutrition-related chronic diseases, nutrients and nutrition-related health issues, and the role of nutrition and physical activity in weight management. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed as well as My Tracker and nutrition and physical activity assessments within the MyPyramid Web site.

Nutrition III – October 24, 2007:

Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health and Building Strong Families. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler, special nutrition considerations for teens and the senior population. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

Home Visiting – November 7, 2007:

The Home Visiting training session is appropriate for program associates in nutrition and parenting programs and their supervisors. The session will address effective ways to work with participants in a home-based setting. Discussion will include: identifying barriers to learning and ways to overcome them, confidentiality and proper procedures for handling suspected abuse, ways to deal with difficult situations in participant's homes, ways to develop independence in participants and set boundaries, and preventative personal safety strategies. In addition, this session will include information on recruiting, establishing good relationships with referring agencies, and accurate record keeping.

Learn Together Approach – TBA:

The Learn Together Approach is appropriate for all FCS staff, educators, and program associates. The "Learn Together Approach" is a method of teaching groups through small group facilitation that encourages participants to share their knowledge and experiences. The session discusses benefits of this method of teaching, provides information on developing lesson plans, and conducting sessions using this approach. If you are looking for new ways to work with groups, this session is for you.

BLUE RIBBON Q&A

- Q.** When is the ES-237 Report due?
- A.** The deadline hasn't been determined yet. We are still waiting for a corrected software update for Version 2.6. Every county will have to download the update prior to compiling the ES-237 Report. We will get information out on the Blue Ribbon listserv as soon as we have it. Thank you for your patience.
- Q.** Is there an easier way to get a report for information recorded in the Fee Paid check box other than using Member Query?
- A.** Yes, there is already a report for this field at Report|Special Reports|Fee/Photo/Behavior Report. On the Select Report Parameters screen under Report Type, select either Complete Report or Primary Club, select the Member Categories desired and the results will include New and Return status. The Grouping choices, *All* will give you both True and False or select *True* if you want a list of those who have the box checked or *False* for those who don't. Select *Fee Paid* in the Data Type box, but notice you can print similar

reports from this same screen for the Photo Release or Behavior Form check boxes.

If you have a blank 4th option, this is for the optional User Defined Checkbox that can be used to track whatever you would like, i.e., Health Forms. If you want to set it up, go to Utility|Preferences, type in the name you want to use in the User Defined Checkbox and save the change and it will appear on the first screen of every Member/Leader record.

Please contact Laura Allen, Blue Ribbon Coordinator at lacourse@msu.edu or 517.432.7632 if you would like a copy.

Contact Laura Allen, lacourse@msu.edu or 517.432-7632 or Gloria Ellerhorst ellerg@msu.edu or 517.353.2922 if you have questions about how to use the software. Work with your IT support person if you have technical questions like software installation, back-up procedures, using WinZip, or networking issues.



Deadline for Next Edition of “CYF NEWS”

September 3, 2007, is the deadline to submit articles for the September 7, 2007, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu