

CYF NEWS

MARCH 2008

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"Nothing is more expensive than a missed opportunity."

—*"H. Jackson Brown, Jr."*



BODYWORKS – TRAIN-THE-TRAINER SESSION BEING OFFERED BY MNN STAFF

BodyWorks is a program designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. The [Office on Women's Health](#) (OWH), U.S. Department of Health and Human Services, developed BodyWorks following two years of formative research.

The BodyWorks (BW) program uses a train-the-trainer model to distribute the BW Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers and ten 90-minute weekly sessions for parents and caregivers. Once trained in the BW curriculum, new trainers/facilitators can lead sessions using the BW materials. They can also hold their own train-the-trainer sessions to train others such as other MSUE staff or community partners that they frequently work with.

The Michigan Nutrition Network (MNN) is currently offering to extension educators across the state, train-the-trainer sessions on the BW curriculum. Kimbirly Bodfish, FCS Associate Program Leader and MNN educator, initially collaborated with OWH and other interested health professionals to bring the first BW Train-the-Trainer session to Michigan early last year. The training was attended by representatives of various non-profits and other organizations involved in nutrition education. Along with Kimbirly, MNN staff members Melissa Lonsberry and Celina Wille participated in the training. As BW trainers for MSUE, the MNN team is offering **free** sessions to other educators in MSUE whose work focuses on nutrition education. The first session for FCS and 4H educators was held on December 16, 2007, in the Upper Peninsula. The next BW train-the-trainer session will be offered on March 12, 2008, in Gaylord, Michigan and already has 20 educators registered to be trained. Two more BW sessions are being planned in May for the lower part of the state this year. MNN is using the MSU workshop registration system to promote the curriculum among potential participants.

Nancy Kipling, Luce County Extension Director, who, along with Jessica Price participated in the December training have begun to offer their own BW

series in their local community. Nancy wrote: “Our first session was last night and we had a great group of six adults and seven teens. The adults were enthused and want their girls to come more often than what we had planned, so we will try having the girls come to all sessions starting next week.

Ms. Kipling sent a second follow up e-mail after their second session. She added: “The daughters came last night...They are loving the journals, doing family challenges with the pedometers, planning family meals, lots of good progress.”

The BW curriculum and toolkit were reviewed by Karen Martin, Program Leader of FSNE; Janet Olsen, program leader of 4H Youth Development; and Joanne Pihlaja, Extension Educator and FNP Coordinator of the Upper Peninsula region. All three expressed enthusiasm and support of the BW curriculum for use by MSU Extension and 4H. The BW curriculum can be a great supplement to FSNE materials used in Michigan. BW is research-based, current, and reinforces many of the key core concepts found in MSUE and 4H nutrition education materials: eat more fruits and vegetables, choose low fat dairy products, eat more whole grains, be more physically active, and balance caloric intake with calories expended. The BW curriculum is a great tool to educate a subset of our FSNE population and for educating youth and caretakers involved in 4H programming. BW is also a great way to facilitate cross program educational opportunities and for developing relationships between MSUE, 4H and community partners such as Girl Scouts, community centers, and youth groups.

For more information about attending a BodyWorks training or the program itself, please contact: Kimbirly Bodfish rindfle2@anr.msu.edu, Melissa Lonsberry lonsberr@anr.msu.edu, or Celina Wille willecel@anr.msu.edu.

The Bodyworks curriculum is being used successfully by educators in other states as well. For more information on BodyWorks, visit the Web site at: www.4women.gov/bodyworks/

R.E.L.A.X. – ALTERNATIVES TO ANGER TRAIN-THE-TRAINER SESSIONS – The Human Development AoE is happy to announce that their R.E.L.A.X. – Alternatives to Anger trainings have been **approved by the Department of Human Ecology for .5 CEUs** for anyone who attends. There is no additional charge to claim CEUs.

Here is a unique opportunity to help individuals and families struggling with anger. MSU Extension's Human Development Area of Expertise is offering a one-day Train-the-Trainer session in R.E.L.A.X. – Alternatives to Anger, an anger management program with proven impact.

There will be two trainings offered:

Monday, March 24, 2008 – Gaylord, MI

Thursday, May 22, 2008 – Escanaba, MI

Extension employees get a break on the \$85 charge, which includes hard copy materials, a CD, activities, plus lunch and snacks. **You may register by completing the attached form and mailing it to campus or by using the online registration located on the Portal at <http://web2.msue.msu.edu/inservice/coursetitle.cfm> (MSUE employees only).**

Many people are leery about teaching what could be an emotion-packed subject. The reality is that people who struggle with anger are hurting and don't know what to do. Having new knowledge and skills empowers them to lead more successful lives. If you are an educator who loves that moment when you see the light go on, the moment when someone owns an idea, when you know they can apply this new knowledge in their life, look at the attached [R.E.L.A.X. brochure](#).

When this training was offered in Lansing in January, 20 out of 20 participants responded positively to the question: “Do you feel that you gained enough knowledge about the curriculum to present this program to others? Some answers to the question, “What might be your target audience?” included: children to teens to parents to child care providers to foster parents, grandparents raising grandchildren, divorcing parents, agencies like drug and substance abuse prevention, neighborhood, community, and city groups. Participants felt the notebook was well organized and will be helpful; they also learned ways to deal with their own anger.

Please share this with other service agencies in your counties. They are also invited.
For questions about the trainings please contact:

Su Porter: 586.469.7609

portersu@msu.edu

Terry Clark-Jones: 734.222.3943 or

jonest@ewashtenaw.org

Barb Reynolds: 231.922.4824 or

reyno278@msu.edu

Traci Osterman: 517.353.6674 or

osterma7@msu.edu

BEE WISE...IMMUNIZE CURRICULUM

Would you like a curriculum that can be integrated into or can supplement your other parent education curriculum? The "Bee Wise... Immunize" curriculum may be just what you are looking for. The target audience is parents of young children. The curriculum includes five lessons covering the following topics:

- The Importance of Immunizations
- Recommended Childhood Vaccines and the Diseases they Protect Against
- The Immunization Schedule and Assessing Immunization Records
- Comforting your Child during Immunizations
- Vaccine Safety and Common Myths about Immunizations

The lessons include visuals, worksheets, and experiential activities to involve the parent. The lessons are 15 to 30 minutes in length so that they can be easily incorporated into other meetings or sessions. They work well in one-to-one settings with a family, such as a home visit, or in small group sessions.

There are two ways you can order the curriculum!

- Download it for free at:
<http://www.fcs.msue.msu.edu/beeimmunized/>
- Or mail in an order; the order form can be found at the above site.

For more information on the Bee Wise... Immunize curriculum, please contact Traci Osterman at 517.353.6674 or osterma7@msu.edu.

2008 NEW STAFF TRAINING SERIES

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.

March 25 – Nutrition II: 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 disease, nutrients and nutrition-related health issues, 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.

April 22 – Nutrition III: Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health. 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.

May 6th – Home Visiting: 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.

May 20th – Learn Together Approach: 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 the 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.

To register for any of the above sessions visit:
<http://web2.msue.msu.edu/inservice/coursetitle.cfm>

BLUE RIBBON Q&A

- Q.** When we received new computers in our office, I noticed that when I went to check the Martech site for a full install there was a patch dated January 14, 2008. Is this something we need to do?
- A.** There have not been any patches since July 2007. The most recent date of a full install is January 14, 2008, but does not include any updates. What the new install includes is the ability to install on any operating system, including VISTA. Previously there was a separate VISTA installation and now the full install includes both operating systems.

NOTE: The 4-H State Office is in the process of testing Blue Ribbon in a VISTA operating system environment. Realizing that the State Office does not do daily input that actually transpires in the county office, we are asking for a county partner who has the VISTA operating system to volunteer to test this as well.

Please contact Gloria Ellerhorst at (517) 353-2922 or at ellerg@msu.edu if you are interested.



Deadline for Next Edition of “CYF NEWS”

March 31, 2008, is the deadline to submit articles for the April 4, 2008, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu