

BASIC *Living Skills*

- What basic skills do I need for daily life?
- Which skills do I need to improve?
- What are my goals?
- How can I achieve my goals?
- How can I have healthier relationships?
- How can I manage my time, money and skills better?

- Parenting • Foods and Nutrition • Job-Ready Skills •
 - Home Maintenance • Apparel Management •
 - Time Management • Money Management •
- Family Communications • Health and Wellness •

NOW AVAILABLE:

PLEASE PLACE A CHECKMARK IN THE BOX IF YOU WANT TO LEARN MORE ABOUT THIS TOPIC

BASIC *Parenting*

- Care for Self
Parents have to care for themselves too
- Understand
Every child is born with a special temperament and developmental timetable
- Guide
Discipline means teaching self-control
- Nurture
Children need to be loved by at least one person
- Motivate
Problem-solving is important for learning
- Advocate
Children need parents to be advocates

BASIC *Foods and Nutrition*

- Handwashing
- Eating Healthy and Well
- Breakfast Is for Everybody
- Kitchen Basics: Measuring
- Kitchen Basics: Cooking
- Food Safety
- Make the Most of Your Food \$

BASIC *Job-Ready Skills*

- Job Interests and Skills
- Finding a Job
- Keeping a Job
- Problem-Solving at Work

BASIC *Home Maintenance*

- Cleaning the Kitchen & Bathroom
- Reducing Clutter
- Basic Housekeeping

BASIC *Apparel Management*

- Wardrobe Action
- Spot Attack
- Wash Wonders 101
- Drying Details
- Storage Solutions
- Make A Mends—Minor Repair



BASIC *Family Communication*

- Why Family Communication is Important
- Take Time to Listen
- How We Say It Makes a Difference
- The Impact of Unspoken Rules
- Handling Tough Times
- Having Fun Together



BASIC *Money Management*

- Record Keeping: The Facts of Your Life
- Banking Basics
- Credit: How to Get It, Use It, and Keep It
- Budgeting Basics



BASIC *Health and Wellness*

- Grooming and Personal Hygiene
- Home and Child Safety



BASIC *Time Management*

- Time: A Special Resource
- Time: Where it Goes
- Time: Do First Things First
- Time: Make Your Own Plan
- Time: The Stress Connection
- Time: Work Smarter, Not Harder

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[For more information or to place an order, please contact your local extension office:](#)



For other information on Extension Family and Consumer Sciences programs visit our web site at <http://www.oznet.ksu.edu/facs/>

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