

Michigan State University Extension

Child and Family Development December 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 December 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:

- 12/5/2023: Essential Skills for Learning and Life
- 12/12/2023: Talking With Kids About Race
- 12/19/2023: Mindfulness for Children
- 12/26/2023: No Class

- **Class Times:** 8:00PM to 9:30PM
- **Registration:** https://msu.zoom.us/webinar/register/WN_APsEiTFUTfOSwoRU7aQ17g
- 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? Do you find 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:** November 7, 14, 21, 28, December 5, 12
- **Class times:** 11:30am-1:00pm
- **Registration:** https://msu.co1.qualtrics.com/jfe/form/SV_2oye6BYmcmz3bfbw
- Attached is a flyer and graphics for social media
- For more information, contact Courtney Aldrich, aldric82@msu.edu

Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five-week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. Certificates of attendance are available.

- Class Dates: November 20, 27, December 4, 11, 18
- Class Times: 7:30pm-9:00pm ET
- Register at: https://msu.co1.qualtrics.com/jfe/form/SV_6XReroOy9fS0mKa
- Attached is a flyer and graphics for social media
- For more information contact Courtney Aldrich at aldric82@msu.edu

Kinship Caregiver Classes

Kinship Caregiver classes are targeted to relatives caring for another relative's children.

Workshop:

- **12/13/2023: Essential Skills for Learning and Life**
- Class Time: 7:00PM to 8:30PM
- **Registration:** https://msu.zoom.us/webinar/register/WN_msxyZuH0QeS9MsKaD_y7Tg
- Attached are flyers and social media graphics for these workshops
- For more information contact Courtney Aldrich at aldric82@msu.edu

Lunchtime Webinars

NOVEMBER Webinar: Indigenous Experiences and Perspectives on Immunization: Please join us for our November MVP webinar with Joseph Sowmick, Hon.Ph.D., and Susan Sowmick, RN, BSN, Saginaw Chippewa Indian Tribe. Please help promote this event through your channels using the details below and the attached infographic.

Title: Indigenous Experiences and Perspectives on Immunization

Description: The MVP team will be speaking with Joseph Sowmick, Hon.Ph.D., and Susan Sowmick, RN, BSN, from the Saginaw Chippewa Indian Tribe about historical and current Indigenous experiences and perspectives on immunization.

Date: November 14, 2023

Time: 12:00-1:00pm

Registration link: <https://tinyurl.com/MVPIndigenousVaccine>

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. (See more offerings for professionals at the end of the note)

Title: Mindfulness for Young Children

- **Class Date:** December 21st, 2023
- **Class Time:** 7:00PM to 8:30PM

- **Registration:**
https://msu.zoom.us/webinar/register/WN_jLVWzzM6Qlimr7VBOCrrPA
- Attached is a flyer for this workshop.
- For more information contact Vivian Washington at washi138@msu.edu

Title: Positive Discipline

- **Class Date:** December 22nd, 2023
- **Class Time:** 1:00PM to 2:30PM
- **Registration:**
https://msu.zoom.us/webinar/register/WN_7uUWdABOR266czLJYKy7A
- Attached is a flyer for this workshop.
- For more information contact Vivian Washington at washi138@msu.edu

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
- MIRegistry credit available!

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 **and MIRegistry credit** is available for those who need proof of attendance.

- **Registration:** https://www.canr.msu.edu/early_childhood_development/infant-safety/
- MIRegistry credit available!

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/>, Online Professional Development Workshops for Early Childhood Professionals.

Guidance and Discipline: Mistaken Goals of Misbehavior This class is eligible for MIRegistry Credit!

Attend the live session or watch a recording up to one week later. This workshop will look at the causes of children’s misbehavior and techniques to respond to their mistaken goals.

Instructors: Audrey Rider, Early Childhood Field Specialist II – South Dakota

Courses offered by Fit and Healthy Kids may be accepted by Nebraska, Georgia, Iowa, Arizona, Kansas, Michigan, Wisconsin and South Dakota to meet annual in-service training requirements.

Date and Time: December 4, 2023, 7:00-8:00 P.M. CT (8-9 pm ET);

Registration: <https://fitandhealthykids.unl.edu/one-hour-once-month-trainings>