**2015 FCS Lessons**

**\*Emergent Literacy: Helping Young Children’s Development Through Reading** - *Bradford B. Wiles, Extension Specialist, Child Development*

Young children begin to learn about print and words long before achieving literacy. This process, known as *emergent literacy*, is the precursor to development in multiple developmental domains, including the use of language, understanding word sounds, and reading comprehension as part of cognitive development. Additionally, *shared reading* (reading with a child) during the emergent literacy phase provides ample opportunities for adults and children to cooperate in their children’s social-emotional development. This lesson will provide parents and teachers of young children with information about how to make reading more fun, engaging, and beneficial to their children’s overall development. Adults will be provided with a fact sheet outlining the benefits of shared reading, with specific strategies for engagement, as well as a lesson to provide guidance on how to creatively implement these strategies in the real world.

**+Understanding Reverse Mortgages: Do They Make Sense For You?** - *Elizabeth Kiss, Extension Specialist, Financial Management and Martin Seay, Assistant Professor, KSU Financial Planning Institute*

The recent economic crisis has severely affected many individuals ability to pay for their retirement. Additionally, many Americans have put such a high emphasis on home ownership that the majority of their wealth is tied up in home equity, limiting their ability to pay for daily costs of living. For many individuals in this circumstance, reverse mortgages are attractive due to their ability to provide access to home equity, while retaining the borrower's right to live in their home. However, reverse mortgages are complex financial products that carry significant impacts on the long term financial well-being of borrowers. This fact sheet and lesson will inform participants about the costs and benefits of utilizing a reverse mortgage and lead them through steps to take when considering this financial product so that they can make an informed borrowing decision.

**\*FCE Lesson**

**+Alternate FCE Lesson**

**\*Age Sense: The Caregiving Journey -** *Megan Ferrell, Extension Agent, Harper County; Christine McPheter, Extension Agent, Meade County; and Kathryn Lupfer-Nielsen, Extension Agent, Post Rock District*

Rosalyn Carter has said that there are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. It is estimated that approximately 66 million Americans age 18 or older have acted as unpaid family caregivers for an adult or child in the past year. Caregivers can receive a variety of benefits from taking on the caregiving role, but the experience can also bring challenges and strain. This lesson will help caregivers manage stress and find local resources for assistance.

**Garden to Plate: Food Safety for School and Community Gardens**- *Lisa J. Martin, Extension Agent, Shawnee County*

Kids and families who grow their own produce are more likely to eat the fruits (and vegetables) of their labor. Deemed an effective strategy for healthier food consumption, the number of school and community gardens is increasing across the state of Kansas. However, fresh produce has also been linked to outbreaks of foodborne illness in commercial food production.

To minimize contamination risks that can occur in school and community gardens, this lesson will outline good agricultural practices that school and community volunteers can take to keep their crops safe. Topics covered will include:

* Site and soil selection
* Personal hygiene
* Water and irrigation
* Compost, other fertilizers and pesticides
* Pest management
* Sanitation and tool safety
* Harvest and post-harvest safe storage and preparation of produce

**\*Action Plan for Managing Obesity**

*Donna Krug, Extension Agent, Barton County*

The statistics are mind boggling – obesity is an epidemic. Each year ten percent of the approximately $150 billion of medical costs in the U.S. are attributed to obesity. One in three adults and one in six children are obese. It is highly probable that these individuals will develop heart disease, cancer or diabetes in the future. Three factors influence whether someone becomes obese: genetics, environment, and behavior. While we cannot change our genetics we can change the environment and behavior.

The fact sheet, “Fighting Obesity One Meal at a Time” will take a look at ways to reverse the trend of obesity. Let’s face it; we need to make better choices at the dinner table by eating less processed food and cooking at home more often. Healthy eating and active living must become accessible and affordable for everyone – you, your family and community.

**Shopping Safe at Farmers Markets -**

*Londa Nwadike, Extension Specialist, Consumer Food Safety*

Farmers Markets continue to grow in popularity across the United States and Kansas*.* They are a great place to purchase healthy produce and other foods for your family. They alsoprovide an opportunity to meet and support local farmers and enjoy shopping in a fun environment. However, it is also important that consumers pay attention to food safety when buying and using foods purchased in such venues.

This lesson will provide some practical tips to use at the market, during transportation, and at home.This information will help consumers enjoy delicious and safe foods purchased from Farmers Markets and similar venues.

**\*FCE Lesson**