



Human Sciences Newsletter: Regions 19, 26 & 27

June 2023

Human Sciences Supports Early Childhood Educators



Did you know that Human Sciences Specialists provide a variety of early childhood education and support? There are [provider trainings](#) with topics related to nutrition, literacy and family life. Some might include: MyPlate in My Child Care, I Only Want a Peanut Butter Sandwich!, Building Resilience with Storybooks, Eliminating the Barriers of Difficult Interactions with Parents and more.

The [Early Childhood Environment Rating Scales](#) are nationally recognized tools used to assess and improve the **quality** of child care programs. Training is part of [Iowa's Quality Rating System](#) and registered centers are required to be trained in and learn the scale. This fiscal year thirty, four week series' have been held with 527 participants.

[Essentials Child Care Preservice](#) is a series that provides helpful answers to many questions about creating a safe and healthy early childhood environment, preparing for an emergency, transporting children, preventing and controlling infectious diseases, handling and storing hazardous materials, giving medication, managing food allergies, creating a safe sleep environment for infants, preventing shaken baby syndrome, understanding child development, supporting cultural diversity, and understanding homelessness. Last year **over 100,000 certificates** in essentials were earned across the state.

If you are working with childcare providers or your county is looking to start or register a center or home, please remember to check in with your Human Sciences Specialist.

Upcoming Events

6/6/23 - Our Book Shelf, Online
[Registration](#)

6/6/2023– Preserve the Taste of Summer 101, Keokuk
[Registration](#)

6/7/2023 – Passport to Early Childhood Education for Program Administrators, Online
[Registration](#)

6/8/23– Question. Persuade. Refer. (QPR), Online
[Registration](#)

6/13/23– ServSafe® Certified Food Protection Manager, West Burlington
[Registration](#)

6/14/23 – Preserve the Taste of Summer 101, Columbus Junction
[Registration](#)

6/21/23– Creating A Secure Retirement: The 3-part Solution, Online
[Registration](#)

6/22/23– The Science of Parenting: Positive Discipline, Online
[Registration](#)

6/27/23– Adult Mental Health First Aid, Iowa City
[Registration](#)

6/27/23 ServSafe® Certified Food Protection Manager, Williamsburg
[Registration](#)

7/13/23 - A Journey Through Parkinson's Series, Washington
[Registration](#)

7/13/23 – A Journey Through Parkinson's Series, (Online)
[Registration](#)

Explore more upcoming events, [here](#)

Community Chat for ISU Extension and Outreach Faculty and Staff



Are you interested in “current events” with [Human Sciences](#)? Would you like to have timely program updates? Are you interested in professional development opportunities or trainings? Consider signing up for Human Sciences Community Chat. [Here's the information](#) on how you can sign up to be on

the listserv. Archived Community Chats can be located [here in CyBox](#).

Community Chat will be on hiatus the first two Fridays in June but will resume regular Friday email deliveries June 16th, sign up for your edition today.

Program Highlight: Powerful Tools for Caregivers

Powerful Tools FOR Caregivers

More than 1 in 5 Americans are providing care for a loved one or over 53 million individuals. 23% report that caregiving has negatively impacted their health and wellbeing.

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether they provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, this is an important role.

Powerful Tools for Caregivers classes give caregivers tools to help: reduce stress, improve self-confidence, manage time, set goals, and solve problems, better communicate their feelings, make tough decisions, locate helpful resources and let them know they are not alone. In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues.

To Find Powerful Tools for Caregivers classes: Contact Powerful Tools for Caregivers: powerfultoolsforcaregivers.org or your local county extension office, there's one in every county.

Human Sciences Extension
and Outreach

Empowering people to live
their best lives.

Our Mission...

We engage Iowans
through research-based
education.



ANSWERLINE

QUESTIONS?
CALL 1-800-262-3804



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