

Views from VanDeWalle

Brandy VanDeWalle, Extension Educator in Fillmore County

March 4, 2020

Circle of Security Parenting

Parents/guardians of young children (ages 0-5) are invited to attend these free classes on Thursday evenings from 5:30-7:30 PM beginning March 19th through May 7, 2020 at the Shickley School Library. Sometimes it's hard to tell what your child needs, what her behaviors mean, and if you're doing right by him. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security™ Parenting is an opportunity to join other parents for an 8-week class learning to strengthen your relationships with your child; be present with your child during the best and toughest of times; recognize your child's needs, and meet your child's needs by being bigger, stronger, wiser and kind.

Register by contacting the Shickley Public Schools (Joyce or Gina) at 402-627-3375 or Leanne Manning, Nebraska Extension Educator, Saline County, by phone (402) 821-2151 or e-mail leanne.manning@unl.edu. Class size is limited. Registration is required by March 16th. Child care and a light meal will be provided thanks to funding by the Nebraska Department of Health and Human Services, Division of Children and Family Services on behalf of the Nebraska Child Abuse Prevention Fund Board. If you have children needing care please indicate their names and ages when registering.

CHIME Program for Childcare Providers

The CHIME (Cultivating Healthy Intentional Mindful Educators) Program provides education and guidance on how to incorporate mindfulness and reflective practice into your daily routine, teaching, and caregiving. Engaging in mindfulness and reflective practice has many benefits for health and well-being of both providers and young children---including reduced stress, improved emotion management, better sleep quality, increased focus and attention, and enhanced relationships. This program will be offered in April and May at the Nebraska Extension in Fillmore County, 1340 G Street, Geneva, NE. An introductory class will be Tuesday, April 7, from 6:30-8:30 p.m. Participants receive 2 in-service hours for the introductory class. The 7 Weekly CHIME sessions will follow the introductory class each Tuesday through May 26 from 6:30-8:00 p.m. Participants receive 14 in-service hours for the weekly sessions. Class size is very limited. Contact the Nebraska Extension in Saline County for costs for the classes and further details at 402-821-2151 or email leanne.manning@unl.edu. Registration is required by March 30th.

Strategies For Family Farming Success In The Shark Tank

To aide farmers and ranchers with a business management plan, the Farmers & Ranchers College will be offering the 2019-2020 final program on March 10th. This program will take place at the Fillmore County Fairgrounds in Geneva, NE featuring Dr. Ron Hanson, UNL Harlan Agribusiness Professor Emeritus. Registration starts at 5:30 p.m. with a meal to start at 6:00 p.m., followed by the program, Strategies For Family Farming Success In The Shark Tank. Please pre-register to the Extension Office in Fillmore County at (402) 759-3712 to assure a seat and meal. You may also complete registration online on fillmore.unl.edu or <http://go.unl.edu/farmersrancherscollege>.