

WTNS Radio OSU Extension Update for July 10, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about how children learn best, and as always look at some upcoming programs from OSU Extension.

Summer break is such a sweet time. For most kids, summer possibilities seem endless at this point. It can be tempting to provide our children with one of two extremes in summertime. The first is to continue with the rigor and structure they face during the school year with a sustained focus on scheduling and planning. The other is to abandon structure altogether and let each day bring what it will with little to no intentionality about opportunities for growth or learning.

A recent study from the National Academies of Sciences, Engineering, and Medicine titled "Summertime Experiences: Opportunities to Promote Healthy Development and Well-Being for Children and Youth," reminds us that there can and should be a happy medium.

One simple way I've seen several communities throughout the country express how to best help our kids in summer is to be sure to do three things each day with your child: talk, read, and play. Sometimes this will be more formal and sometimes informal. A balance between these will keep their bodies and minds engaged this summer.

OSU Extension believes that a component of positive youth development is learning from caring adults and teen mentors. There are many other wonderful learning and experiential opportunities for children here in Coshocton County. Our Coshocton Public Library has long had an outstanding summer reading program. This year's reading program is "All Together Now," and runs through July 29.

There are also learning opportunities at Clary Gardens, the Pomerene Center for the Arts and the artPARK, and the Johnson-Humerickhouse Museum to name a few.

Variety is the key. Exposing our children to different types of experiences in sports and the arts is important for their physical motor skills and for brain development. It is also important to remember that kids need time on their own to use their imaginations. Unstructured time is precious to develop this crucial skill.

And now let's look at some upcoming programs from OSU Extension.

When you have extra money, it's easy to talk about all the responsible things you should do with it. But when you find yourself living from paycheck to paycheck, thinking about saving for future goals seems impossible.

Remove that stress by getting ahold of your finances! Join me at the Coshocton Public Library on Monday evening, August 7th, to learn and gain the tools to break down your challenges into smaller, manageable pieces of a plan that works! For more details, check out our OSU Extension Coshocton County Facebook page or the Coshocton Public Library Facebook page. Registration begins next Monday, July 17.

OSU Extension's "Ohio Person in Charge: Know and Show" course will be offered on Wednesday, August 16 from 9:00 a.m. until 2:00 p.m. in the Coshocton County Services Building, 724 S. 7th St., Coshocton.

The newly released training meets Ohio Department of Health Person-In-Charge (PIC) Certification in Food Protection requirements by providing safe food handling education for food service employees as well as those opening an establishment for the first time.

This training uses a variety of engaging activities and discussion to enhance understanding of major food safety principles. Food service employees will be able to demonstrate knowledge to foodborne illness prevention by learning topics including personal hygiene, cleaning and sanitizing, cross contamination, proper cooking and holding of food, and facilities management.

Upon completion of the course, participants will receive Person in Charge Certification in Food Protection recognized by the Ohio Department of Health. Cost of the class is \$25. Registration can be found at coshocton.osu.edu. Please contact Emily Marrison at OSU Extension at 740-622-2265 for more information.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!