



# MSU Extension Online Resources for Our Northern Michigan Community

**MSU Extension Remote Learning & Resources Website - [Click Here!](#)**

## ONLINE PROGRAMMING:

[Student Loan Repayment](#)

[Mindful Lunch & Learn Series:](#)

4/14: Problem Solving

4/21: Forgiving & Letting Go

[Learn About Invasive Plants](#)

[Food Preservation Series](#)

4/15: Rhubarb

4/22: Preserving Fish

[Parenting Hour Online](#)

[Backyard Fruit 101](#)

[Food Safety Q&A](#)

4/12: Don't Eat Dirt, Wash It!

4/19: FDA & USDA

[Pantry Food Safety](#)

*For Youth*

[Investigating Food w/ Science](#)

[Month of the Military Child](#)

[GooseChase Challenge](#)

[Kami Ori Origami Series](#)

[Wild Spartans: Wildfire in Arctic](#)

[Photography SPIN Club](#)

[Spoken Word Poetry](#)

[Exploring with Scientists](#)

**Early Childhood  
Programming  
see Page 2**

## *Health, Wellness & Relationships*

[Disinfecting with Bleach](#): using bleach to disinfect surfaces

[Virtual Money Smart Week 2021](#): week-long free virtual campaign

Mental health, physical health benefits from [spending time in nature](#)

[Home insurance](#): take time to shop around

How to Properly Dispose of [Unwanted or Expired Medication](#)

## *Food & Nutrition*

**MSU Extension Food Safety Hotline: 1-877-643-9882** [bit.ly/2ICA3qH](https://bit.ly/2ICA3qH)

Take stock of relationships with food - learn [mindful eating techniques](#)

Food safety [emergency preparedness](#) for families

Calorie is not a negative word! It is a [unit of measurement](#)

Myths and facts [about raw milk](#) - exploring the facts

[GMO Label Claims](#)

## *Youth Wellness & Learning*

Teach your kids how to practice [good digital citizenship](#)

[Mental health awareness](#) activity uses colors and creativity

[Building Early Emotional Skills](#) in Young Children

The etiquette of [making conversation](#)

[Parenting the Preschooler](#): social competence, emotional well-being

## *Community Resources*

Imagery, workshops, and surveys aim to [help communities](#) understand coastal hazards and erosion

[4-H Military Partnership](#): creating opportunities for military-connected youth, families, and communities

Plant identification? [There's an app for that](#) - actually several!

Spring is early! [Can I plant my garden now?](#)

**Connect online for more programs and resources**

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)

Updated 4-8-2021



# MSU Extension Early Childhood Programming

## Virtual Opportunities in May

**Extension Extra's Parenting Hour:** This free online series of 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. [Registration and information](#)

**Guiding Principles for Highly Successful Families:** This five week series is for parents of toddlers to teens and will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. [Registration and information](#)

**Building Early Emotional Skills (BEES) for Parents:** This four week series is for parents of children ages 0-3 and will help parents learn about their young child's social emotional development including managing biting, tantrums, and supporting your child's emotions. [Registration and information](#)

**Parent Talk System:** This 6 week series is for parents of toddlers to teens 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. [Registration and information](#)

**Family FAQs:** This one hour program on the first Thursday and third Thursday of the month features MSU Extension child and family development experts answering your pressing parenting questions. [First Thursdays](#)   [Third Thursdays](#)

[Click here to submit your parenting questions](#) in advance or submit questions via Zoom or Facebook Live chat. Social media graphics are attached.

**Early Childhood Professional Development Classes:** These free online classes provide professional development training hours for early childhood professionals. Credit in MiRegistry system is available.

**Essential Skills for Learning and Life:** 5/28/21, from 1-2:30 PM

Registration: [https://msu.zoom.us/webinar/register/WN\\_zhK2nmjZQaK83sKY\\_s9AmQ](https://msu.zoom.us/webinar/register/WN_zhK2nmjZQaK83sKY_s9AmQ)

**The Importance of Outdoor Play:** 5/20/21, from 7-8:30 PM

Registration: [https://msu.zoom.us/webinar/register/WN\\_p9bk1i5JQwaXrfJaH9Y4Eg](https://msu.zoom.us/webinar/register/WN_p9bk1i5JQwaXrfJaH9Y4Eg)