

Has your life situation changed recently?

- Living on your own for the first time?
- Divorced?
- Widowed?

If so, you may need some new life skills.

Basic Living Skills can help ...

AUTHORS:

Parenting:

Charles A. Smith, Human Development Specialist

Foods and Nutrition:

Sandy Procter, EFNEP Coordinator

Paula Peters, Nutrition Specialist

Job-Ready Skills:

Kathy Bosch, Extension Associate

Home Maintenance:

Marilyn Bode, Housing Specialist

Apparel Management:

Marla Day, Extension Associate

Time Management:

Katey Walker, Family Resources and Public Policy Specialist

Emily Mark, Family and Consumer Sciences Specialist

Money Management:

Joyce Jones, Family Financial Management Specialist

Mary Lou Odle, Saline County Extension Agent

Family Communication:

Charlotte Shoup Olsen, Family Systems Specialist

Health and Wellness:

Mike Bradshaw, Health and Safety Specialist

For more information on Extension Family and Consumer Sciences programs visit our Web site at <http://www.oznet.ksu.edu/facs/>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS

MF-2509

August 2001

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BASIC Living Skills

Parenting
Foods and Nutrition
Job-Ready Skills
Home Maintenance
Apparel Management
Time Management
Money Management
Family Communications
Health and Wellness

Kansas State University
Agricultural Experiment Station and
Cooperative Extension Service

Your county K-State Research and Extension office offers materials and workshops to increase your skills in:



- Care for Self
- Understand
- Guide
- Nurture
- Motivate
- Advocate



- Handwashing
- Eating Healthy and Well
- Breakfast Is for Everybody
- Kitchen Basics: Measuring
- Kitchen Basics: Cooking
- Food Safety
- Make the Most of Your Food \$



- Job Interests and Skills
- Finding a Job
- Keeping a Job
- Problem Solving at Work



- Cleaning the Kitchen & Bathroom
- Reducing Clutter
- Basic Housekeeping



- Wardrobe Action
- Spot Attack
- Wash Wonders 101
- Drying Details
- Storage Solutions
- Make A Mends—Minor Repair



- Time: A Special Resource
- Time: Where it Goes
- Time: Do First Things First
- Time: Make Your Own Plan
- Time: The Stress Connection
- Time: Work Smarter, Not Harder



- Why Family Communication is Important
- Take Time to Listen
- How We Say It Makes a Difference
- The Impact of Unspoken Rules
- Handling Tough Times
- Having Fun Together



- Record keeping: The Facts of Your Life
- Banking Basics
- Credit: How to Get It, Use It, and Keep It
- Budgeting Basics



- Grooming and Personal Hygiene
- Home and Child Safety

Contact your county office: