



Family and Consumer Sciences Weekly Update: March 30th, 2020

Currently, Extension Offices have discontinued all face to face programming. We are still available to serve our communities through other means of communication. For our clients, that can include calling our office at 406-256-2828 or sending an e-mail jackie.rumph@montana.edu.

Upcoming FCS Webinars

Join FCS Extension offices across the state of Montana for webinars planned for the month of April! Some of this weeks are listed below. Connect to these webinars via our Facebook page <https://www.facebook.com/MsuExtensionYellowstoneCountyFCS/> or the Yellowstone County Extension website http://yellowstone.msuextension.org/family_consumer_sciences/index.html. Stay tuned for upcoming classes all month long!

Brain Health: Children, and Partners

- How might uncertainty, fear and sudden changes in daily life affect children? What are some signs of stress in children of different ages? What can caring adults do to promote children's mental health in these difficult times? This National Geographic article addresses these concerns and provides practical suggestions to help support children's mental health in the midst of the COVID-19 pandemic. <https://www.nationalgeographic.com/family/in-the-news/coronavirus/kids-mental-health-coronavirus/>
- Worried about how to navigate your relationship with your partner while spending so much time at home? Check out what this Licensed Marriage and Family Therapist suggests: <https://ifstudies.org/blog/protecting-your-marriage-from-becoming-another-coronavirus-victim>
- For some other great mental health resources check out MSU Extension's Wellness Wednesday website: <https://msuextension.org/wellness/wellnesswednesday/index.html>.



Move Your Body:

- Walking is a great outdoor option to stay active while maintaining our social distance and following safe hygiene practices. Check out the Yellowstone County Healthy By Design Coalition's website for some great resources including park maps and walking form tips:
<http://www.healthybydesignyellowstone.org/parks-rx/>
http://www.healthybydesignyellowstone.org/wp-content/uploads/Maps_Merged_2020.1.27.pdf
- There are other ways we can stay active while working from home and social distancing. I will be leading a live Chair Yoga and Stretching session on April 6th at noon. Please join in if you are able by using the following link: <https://montana.webex.com/meet/r41d688>. Hope to see you there!



Chair Yoga and Stretching

Jackie Rumph
MSU Extension
Yellowstone County

MONDAY, APRIL 6
LOG ON: 11:45 AM
CLASS STARTS: NOON

 **MONTANA** | EXTENSION
STATE UNIVERSITY

Preferred Indicia Statement:

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