



Extension & Station Communications
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**PRESENTING
 A FRESH, NEW
 CURRICULUM
 FOR FAMILIES
 WITH LIMITED
 INCOME
 & LIMITED
 BASIC
 LIVING
 SKILLS**



 **OREGON STATE UNIVERSITY
 EXTENSION SERVICE**



REACHING

Do the families you work with have the skills they need to solve problems and make decisions to:

- **Take care of their home?**
- **Manage their money?**
- **Make food choices to enhance the health of their family?**
- **Dress to look good in a variety of situations?**
- **Take care of their children?**

REACHING may be just the curriculum you've been looking for to help you teach these basic living skills.

REACHING is a curriculum developed by OSU Extension Service faculty to use with families with limited income and limited basic living skills. The materials have been field tested with limited-income individuals and families involved in a variety of programs by Oregon State University Extension faculty, agency professionals, JOBS program staff, and housing authority personnel. The concepts included are practical and useful to families, and the recommended teaching methods are successful.



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The **REACHING** curriculum was developed to help individuals and families:

- Understand self and others
- Problem-solve and make decisions
- Manage resources, time, and money
- Communicate and relate to others
- Acquire, analyze, and use information

The curriculum focuses on food and nutrition, housing, parenting, money management, and clothing. The goals above are included in all of the curriculum modules and work toward the statewide goal of “Nurture Children, Strengthen Families” identified in the 1994 *Oregon Benchmarks*. Program participants learn skills to help them become more self-sufficient.

Teaching suggestions vary among the modules. Some, such as *A Clean and Healthy Home*, depend on a videotape to deliver the basic information and handouts you copy from master copies included in the module as reminders to participants of the major concepts they've been exposed to. Another module uses a story format, helping families analyze their own behaviors by discussing a story about how one mother relates to her children. Other modules include masters for overhead transparencies and a variety of activities including games to actively involve the participants in their learning. All modules include a teaching guide with easy-to-follow directions for experienced or inexperienced teachers.

Inside are specific objectives for the **REACHING** curriculum.

REACHING OBJECTIVES

	Understanding Self and Others	Problem Solving and Decision Making	Managing Resources, Time, and Money	Communicating and Relating to Others
Clean and Healthy Home	<ul style="list-style-type: none"> Recognize personal values related to home Understand the expectations of housing authority or landlord 	<ul style="list-style-type: none"> Recognize and correct unsafe conditions in the home 	<ul style="list-style-type: none"> Choose cleaning equipment and supplies appropriate for: <ul style="list-style-type: none"> Their needs Personal skills and abilities Financial resources 	<ul style="list-style-type: none"> Maintain home according to expectations of housing authority or landlord Involve family members in housekeeping tasks
Money Matters	<ul style="list-style-type: none"> Recognize personal values Set personal and family financial goals Identify effects of money on their lives and relationships 	<ul style="list-style-type: none"> Identify and make plans for desired changes in money management Relate money management to current economic conditions Effective shopping skills Recognize impact of advertising on purchases 	<ul style="list-style-type: none"> Identify personal, family, and community non-money resources Identify alternatives to buying Appropriate money management techniques, including: <ul style="list-style-type: none"> Budgeting Record keeping System for paying bills 	<ul style="list-style-type: none"> Involve all family members in money management activities Understand the expectations of creditors Alert creditors when financial problems occur
Looking Good!	<ul style="list-style-type: none"> Appearance and clothing Resources for clothing and accessories and their care Various cultural and ethnic groups 	<ul style="list-style-type: none"> Identify clothing appropriate for: <ul style="list-style-type: none"> Protection and safety Comfort, durability, and appearance Relationships Select clothing based on: <ul style="list-style-type: none"> Sizing charts and measurements Aesthetics Cost Care label information 	<ul style="list-style-type: none"> Compare sources for acquiring clothing Evaluate clothing quality Use fiber content and care labels Acquire clothing within budgets Clothing care techniques 	<ul style="list-style-type: none"> Information communicated visually by clothing and appearance Understand relationship between clothing and first impressions Involve children in clothing selection, acquisition, and care process
Stretching Food Dollars for Healthier Living	<ul style="list-style-type: none"> Make food choices based on: <ul style="list-style-type: none"> Personal and family needs Recommended servings from food pyramid Recognize: <ul style="list-style-type: none"> Cultural differences related to food Individual preferences Role of lifestyle on eating and health 	<ul style="list-style-type: none"> Recognize dietary needs of family throughout the life span, including: <ul style="list-style-type: none"> Pregnant women Infants Children Elderly Prepare and store food safely 	<ul style="list-style-type: none"> Acquire food based on: <ul style="list-style-type: none"> Family needs Unit pricing Comparison shopping Prepared shopping list Alternatives available Seasonal availability Compare cost of food eaten away from home to food prepared at home 	<ul style="list-style-type: none"> Consider food preferences and dietary restrictions of family members Involve family members in preparation
Guiding Your Children	<ul style="list-style-type: none"> Understand a child's abilities in different developmental stages Provide infants and pre-school children developmentally appropriate mental, physical motor, and social-emotional activities 	<ul style="list-style-type: none"> Recognize child's desirable and undesirable behaviors Identify methods for redirecting undesirable behavior and applying positive guidance techniques 	<ul style="list-style-type: none"> Consider the child's routine and abilities when planning the day Identify alternatives for coping with the needs of each child and his/her family as a whole 	<ul style="list-style-type: none"> Offer the child encouragement Identify phrases that reinforce the child's desirable behavior Practice techniques that redirect, or alter, the child's undesirable behavior

How to order

Order modules of the REACHING curriculum by mailing this order form with a check, money order, or purchase order (payable to Oregon State University) to:

Publication Orders
 Extension and Station Communications
 Oregon State University
 422 Kerr Administration
 Corvallis, OR 97331-2119
 541-737-2513; Fax: 541-737-0817

Please send me copies of the following program packages.

A Clean and Healthy Home #1, VTP 011 (videotape and workbook)

_____ copies @ \$50 = \$_____

Money Matters, EM 8658 (videotape and workbook)

_____ copies @ \$50 = \$_____

Looking Good!, EM 8659 (workbook)

_____ copies @ \$35 = \$_____

Stretching Food Dollars for Healthier Living, EM 8663 (workbook)

_____ copies @ \$40 = \$_____

 *Guiding Your Children*, EM 8674 (workbook)

_____ copies @ \$30 = \$_____

Total sent with order \$_____

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