



Penn State Extension's Relatives as Parents Program

This program aims to expand supportive services available for Pennsylvania relative caregivers and the children they are raising, particularly in terms of helping them find needed information and resources, find and enroll in support groups that serve kinship care families, and engage in family-based recreational and relationship-enhancing activities.

extension.psu.edu/rapp

PA Kinship Navigator

Penn State Extension's interactive online database of programs, services, and resources available for kinship care families in Pennsylvania. Information is presented by county.

aese.psu.edu/extension/intergenerational/program-areas/kinship/programs

Penn State Extension's Youth, Families, and Health Programs

extension.psu.edu/youth-family-and-health

Financial Education

Build-a-Budget Book

extension.psu.edu/the-build-a-budget-book

Making a Budget Part of This Year's New Year's Resolution

extension.psu.edu/making-a-budget-part-of-this-years-new-years-resolution

Money Counts: A Financial Literacy Series Self-Study (modules)

financialliteracy.psu.edu/self-study-modules/

Food and Nutrition

ABCs of Growing Healthy Kids:

Partners for Healthy Eating

extension.psu.edu/abcs-of-growing-healthy-kids-partners-for-healthy-eating

Boost Your Child's Cooking and Healthy Eating Skills

extension.psu.edu/boost-your-childs-cooking-and-healthy-eating-skills

Buying Fruits and Vegetables on a Budget

extension.psu.edu/buying-fruits-and-vegetables-on-a-budget



Food and Nutrition

Cooking with Kids: A Gift for All

extension.psu.edu/cooking-with-kids-a-gift-for-all

Eat More Plants

extension.psu.edu/eat-more-plants

Eating Better on a Budget

extension.psu.edu/eating-better-on-a-budget

Encouraging Kids to Eat New Vegetables

extension.psu.edu/encouraging-kids-to-eat-new-vegetables

Food Budgeting 101

extension.psu.edu/food-budgeting-101

Healthy Eating + Physical Activity:
Helping Your Child— Tips for Parents

extension.psu.edu/healthy-eating-physical-activity-helping-your-child-tips-for-parents

Mediterranean Eating on a Budget

extension.psu.edu/mediterranean-eating-on-a-budget

Seniors Eating Well (curriculum)

extension.psu.edu/curriculum-seniors-eating-well

Tips on Preventing Foodborne Illness

extension.psu.edu/tips-on-preventing-foodborne-illness

Mental Health

extension.psu.edu/catalogsearch/result/?q=mental+health

Better Kid Care

This outreach educational program of Penn State Extension translates research-based information into online training, tip sheets, and vodcasts.

extension.psu.edu/programs/betterkidcare

Child Development (research-to-practice articles)

extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/k2-tip-sheets

Health and Safety

extension.psu.edu/programs/betterkidcare/knowledge-areas/k7/tips-sheets

Diabetes Awareness and Management for Young Children (free training)

extension.psu.edu/programs/betterkidcare/lessons/diabetes-awareness

Parenting

ABCs of Growing Healthy Kids

extension.psu.edu/programs/betterkidcare/parents-families/abcs-of-growing-healthy-children

Choosing Child Care

extension.psu.edu/programs/betterkidcare/parents-families/choosing-child-care

Explore and Engage

extension.psu.edu/programs/betterkidcare/parents-families/explore-engage

Families Count

extension.psu.edu/programs/betterkidcare/parents-families/families-count

Is Your Child Ready for Kindergarten?

extension.psu.edu/kindergarten-ready

Kindergarten Readiness (videos)

extension.psu.edu/programs/betterkidcare/parents-families/kindergarten-readiness-videos

4-H

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. The 4-H program is all about people sharing, doing, and learning together in all kinds of projects, events, and activities through local clubs, special interest clubs, school-based and afterschool programs, and individual memberships.

extension.psu.edu/4-h

Activities at Home

extension.psu.edu/programs/4-h/projects/home-activities

extension.psu.edu

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