

Have Questions. Looking for Answers?

Being a parent can bring lots of joy to life. But sometimes you will have questions, but don't know who to ask. For answers to life's little questions about raising kids, give K-State Research and Extension staff a call or connect electronically 24/7. Have concerns about feeding your baby or a question about cooking dinner tonight, seeking parenting resources or need ideas to manage the stress that comes with becoming a parent — we are here to lend a hand. Chances are if you have a question and don't know who to call, we can help you discover the answer. With a knowledgeable staff in every county across the nation, your local extension office is your local connection to reliable family focused information. And the good news, is our services are generally free. Check out our website for upcoming workshops and tips to download.



K-STATE

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Atchison County

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*Knowledge
for Life*

It's What We Do

Connecting with Atchison County Families since 1915

- ◆ Workshops
- ◆ Website
- ◆ Phone answers to your questions
- ◆ Radio
- ◆ Text 4 Parents
- ◆ Social Media
- ◆ E-mail
- ◆ Electronic Newsletters
- ◆ Just In Time Parenting (Code KS12JITP)

Congratulations



on the birth of

YOUR BABY

K-State
Research & Extension

Family & Consumer Sciences

programs providing YOU
family friendly tips about:

*Eating
Right*

*Raising
Kids*

*Spending
Smart*

*Living
Well*

Eating Right

Tips to grow healthy kids

- ◆ Questions about when to start solid foods, feeding a picky eater, or food allergies, we have answers.
- ◆ Want to learn to read a food label, shop on a budget, learn to cook or looking for healthy recipes, give us a call.
- ◆ Join us at a workshop or lunch-n-learn session or join our Book-n-Cook story time for preschool families.

Raising Kids

A few ways we can help

- ◆ Sign up for our free Just In Time Parenting. Monthly updates about developmental milestones that grow with your child until age five. Electronic or mail options.
- ◆ Check our website for publications to download about parenting and helpful tips about raising kids.
- ◆ Enroll in a community workshop. Or connect with family experts 24/7 by

- ◆ clicking: on www.jitp.extension.org/
- ◆ Listen for family tips aired on the local radio station. Give us a call, when you don't know who to call to answer your parenting questions.

Spending Smart

From piggy banks to paying for college, parents have questions

- ◆ Need to save a dollar when you don't



- ◆ have a dime to spare? Questions about kids allowances or understanding family health insurance terms.
- ◆ Want to save for college, buy a new house or launch a retirement savings account? There's probably an Extension resource available to answer life's little questions about families and money.

- ◆ Join us for story time fun with your toddler. Listen to stories and activities featuring piggy banks and sharing.

Living Well

Celebrate life at its best

- ◆ Live Well. Take time to play with your kids. Plan ahead to make the healthy choice the easy choice. Schedule time for you.

- ◆ Making family meal times a priority, passing down family traditions, enjoying your community and more. It's about living well. We are an Atchison BOOK partner. Join the **B**elieving in **O**pportunities for **O**ur **K**ids movement, it can be as simple as reading to your baby every day. You are teaching your baby to learn to live well.

Celebrate with your baby. Choose everyday to live well as a family.