

>>> PVAMU-EXTENSION STRENGTHENING FAMILIES PROGRAMS



>>> BUILDING BETTER FAMILY BONDS

Building Better Family Bonds program aims to strengthen family relationships and promote positive family dynamics. The program focuses on several key goals:

1. Enhance Communication Skills: Improve communication skills within families, including active listening, effective expression of needs and feelings, and conflict resolution.
2. Strengthen Family Relationships: Foster stronger bonds between family members through shared activities, quality time, and open communication.
3. Promote Positive Parenting Practices: Equip parents with effective parenting strategies to create a positive and supportive home environment.
4. Address Family Challenges: Help families identify and address common challenges, such as stress, financial difficulties, and substance abuse.
5. Build Resilience: Develop resilience in families to cope with adversity and promote emotional well-being.



<<< CAR SEAT SAFETY

This program aims to improve child passenger safety by providing car seat education and offering free car seat inspections by appointment. We believe that by educating parents and caregivers on proper car seat installation and usage, we can significantly reduce the risk of injuries and fatalities in car accidents.

LOVE AND LOGIC >>>

Empowers parents and caregivers with practical tools and strategies to raise responsible, respectful, and resilient children. The program focuses on building strong relationships, setting effective limits, and teaching children problem-solving skills.



<<< PARENTING THE SECOND TIME AROUND

Parenting a Second Time Around program aims to support grandparents and other kinship caregivers who have taken on the role of parenting again. The program's goals include:

- Acknowledge and Address Emotions
- Build Confidence and Competence
- Connect Caregivers to Resources
- Promote Healthy Relationships
- Empower Caregivers as Advocates

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<https://hidalgo.agrilife.org/cooperative-extension-program-family-community-health/>

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