

FEBRUARY 2025

# Hopkins County Extension

*Family and Consumer Sciences*

**HOPKINS COUNTY  
COOPERATIVE  
EXTENSION SERVICES**

75 CORNWALL DRIVE  
MADISONVILLE, KY 42431-8780  
(270)821-3650  
[WWW.CA.UKY.EDU/CES](http://WWW.CA.UKY.EDU/CES)



## DON'T GET CAUGHT IN THE COLD, CREATE A VEHICLE EMERGENCY KIT.

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)

### WHAT'S IN THIS ISSUE

**DON'T GET CAUGHT IN THE COLD, CREATE A VEHICLE EMERGENCY KIT.**

### UPCOMING DATES

**HELPING  
NEURODIVERGENT KIDS  
WITH FINANCIAL SKILLS**

**COMPOSITION IN  
PHOTOGRAPHY**

**SUPPORTING SELF-LOVE  
THROUGH A POSITIVE  
BODY IMAGE**



Following us online is an easy way to keep up with **Hopkins County Extension Family and Consumer Sciences**

AMANDA DAME  
County Extension Agent for  
Family and Consumer Sciences

PAGE 1





## DON'T GET CAUGHT IN THE COLD, CREATE A VEHICLE EMERGENCY KIT...

- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

During the winter months, always keep your gas tank full.

- Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.
- Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

**CONTACT YOUR LOCAL HOPKINS COUNTY EXTENSION OFFICE FOR MORE INFORMATION ON PREPARING FOR SEVERE WEATHER OR OTHER NATURAL DISASTERS.**

**SOURCE: ANNHALL NORRIS, FOOD PRESERVATION AND FOOD SAFETY EXTENSION SPECIALIST AT THE UNIVERSITY OF KENTUCKY MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

## UPCOMING

### HOMEBASED PROCESSING AND MICROPROCESSING

If you are interested in getting certified in Homebased Microprocessors you can attend any of the classes in person or virtual classes. You can sign up at this link

[https://fcs-hes.ca.uky.edu/homebased\\_processing\\_microprocessing](https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing)

Below are a few classes at Extension Offices in our Region.

- Virtual Workshop Grayson County- March 26, 2025- 9:30am - 2:30pm
- Hardin County Extension Office- Elizabethtown- April 2, 2025- 9:30am -2:30pm
- McCracken County Extension Office- April 21, 2025- 9:30am - 2:30pm
- Ohio County Extension Office- Hartford- April 29, 2025- 9:30am - 2:30pm

# Virtual LUNCH N LEARN

JANUARY 30

NOON

Join via Zoom:  
[bit.ly/3W8wf2L](https://bit.ly/3W8wf2L)

*Inspiring Grand  
Children to Become  
Grand Cooks*

HOSTED BY: JONI PHELPS,  
LIVINGSTON COUNTY FCS AGENT



**UK** Cooperative  
Extension Service  
An equal opportunity organization



# Virtual LUNCH N LEARN

FEBRUARY 25

NOON

Join via Zoom:  
[bit.ly/3WjlUBb](https://bit.ly/3WjlUBb)

*Composition in  
Photography*

HOSTED BY: AMANDA DAME,  
HOPKINS COUNTY FCS AGENT



**UK** Cooperative  
Extension Service  
An equal opportunity organization



# Inspiring Grandchildren to become "Grand" Cooks

This lesson will give ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

**Monday, January 27, 2025, 10 a.m.**

at your local Extension Office

**or**

**Thursday, January 30, 2025,**

12:00 p.m. on Zoom



Contact your local  
extension office for  
more information &  
Zoom link.





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 2

Hopkins County Extension Office | 5 Cornwall Drive | Madisonville, KY | 42431 | (270) 821-3650

## THIS MONTH'S TOPIC:

### HELPING NEURODIVERGENT KIDS WITH FINANCIAL SKILLS

Learning how to handle money is vital for everyone, but it can be especially challenging for neurodivergent children, or kids whose brains work differently. About 15% to 20% of people are neurodivergent, which means they may have ADHD, autism, dyslexia, a specific learning disability, or a related diagnosis. Neurodivergent people have tons of strengths, but widely used teaching methods sometimes don't work well for them.

#### LEARNING MONEY SKILLS CAN BE HARD

Being good with money isn't just important for school, but also for life. Some parts of neurodiversity can make it harder to manage money. For example, ADHD can lead to impulsive spending or make it hard to read and grasp financial documents. Further, kids with specific learning disabilities may have trouble recognizing numbers or doing basic math. Children with dyslexia often find it harder to memorize information that complicates things like learning multiplication tables.

#### STRENGTHS OF NEURODIVERSE CHILDREN

The challenges of neurodiversity can sometimes be tough for kids and parents, but



it's important to remember that kids whose brains work differently have many strengths. For example, kids with ADHD can hyperfocus on things they are interested in. That lets them more fully invest in topics. Kids with dyslexia often have creative ways of looking at the world. They have great problem-solving skills and strong spatial-thinking abilities. They also tend to bounce back quickly when they face challenges. You should focus on your child's strengths, even when others tend to focus on their struggles.

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

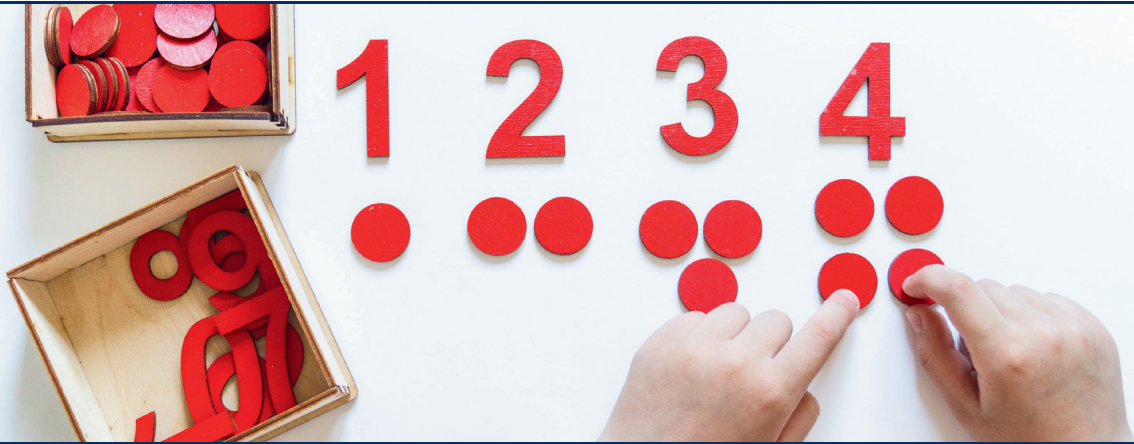
## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## CREATE OPPORTUNITIES TO TEACH



### TIPS FOR TEACHING FINANCIAL SKILLS

Below are tips to teach financial skills to neurodivergent kids (and any child!):

- **Make it practical.** Connecting math problems to real life money situations makes learning more interesting and helps kids grasp math concepts. This can help your child have more examples to use in school, raise interest in math, and give them a safe space to practice their skills.
- **Use tools.** When helping your child with homework, use things like graphic organizers, step-by-step checklists, or have your child draw pictures to make sense of the problem. Some kids benefit from talking through their problem-solving steps out loud. Others find it stressful. So, check in with your child about what is working for them.
- **Create opportunities to teach.** Give your child an allowance and help them handle it. Talk about managing money for birthdays or holidays. These are easy ways to teach financial skills at home. You could also do a family stock market challenge, where everyone pretends to invest in stocks and follows their investment. The winner could get to choose a meal or pick a family activity.

- **Talk about risks and rewards.** It's important to talk about the risks and rewards of investing with older children. Kids with ADHD most often focus on possible rewards and tune out risks. You need to teach them to weigh both. An easy way to start is by opening a CD or money market account with your child. Walk them through comparing interest rates and penalties. Then talk about the pros and cons of not being able to use their money for different amounts of time. Making a chart to compare risks and rewards can help kids see the information.

Understanding the value of financial education for neurodivergent kids and supporting their learning at home is a vital part of helping them practice math skills and helping with future financial success.

### RESOURCES

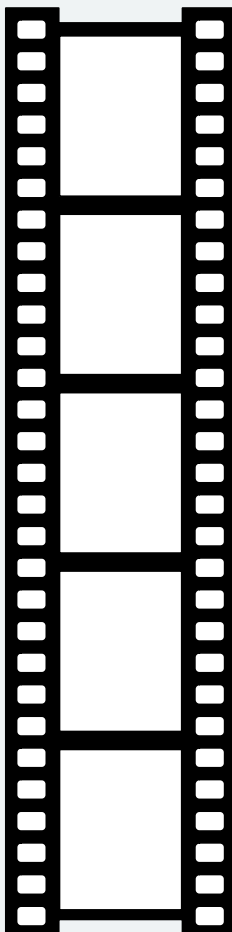
<https://dceg.cancer.gov/about/diversity-inclusion/inclusivity-minute/2022/neurodiversity>  
<https://nclid.org/join-the-movement/understand-the-issues/>  
<https://www.financialplanningassociation.org/article/journal/NOV21-inclusive-financial-well-being-empowerment-model-serving-independent-neurodivergent>



# BARN QUILT PAINTING CLASS      FEBRUARY 26, 2025

**Join us in bringing the new Extension Office to life with your creative touch!** Join us for a fantastic opportunity to make a difference in our community! We're thrilled to announce a Barn Quilt Painting Class at the Extension Office on February 26th! This is your chance to dive into a fun, artistic experience while contributing to a beautiful barn quilt square that will be proudly displayed in one of our meeting rooms! Don't miss out on this chance to showcase your talent and brighten our space. If you're excited to participate and paint your very own barn quilt square for the new Extension Office, **contact us at 270-821-3650 for more details.** Let's do something amazing together!

## A FEW EXAMPLES:



## COMPOSITION IN PHOTOGRAPHY

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography. Curriculum materials also include a facilitator's guide, PowerPoint slides, and an evaluation.

Feb 24- 10:00 AM in person at  
Madisonville Community College's Brown Badgett  
Center- Room 270

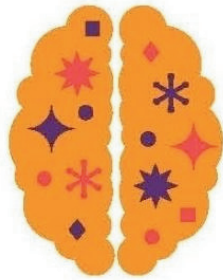
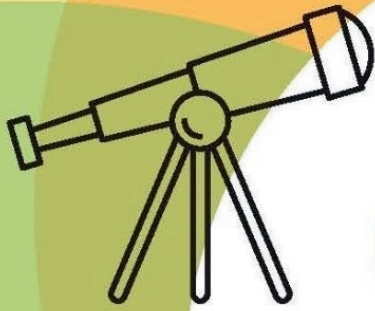
Feb 25- 10:00 PM- [Zoom](#)

Feb 25- 12:00 PM- [Zoom](#)

KENTUCKY    
COOPERATIVE EXTENSION

An equal opportunity organization





# WITS WORKOUT

An engaging, interactive,  
and educational  
brain health program

## Dates:

February 7 and February 13

March 13 and March 24

April 10 and April 24

**Time:** 10:00am

## **Location:**

Hopkins Co. Extension Office  
**Call to sign up 270-821-3650**



COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

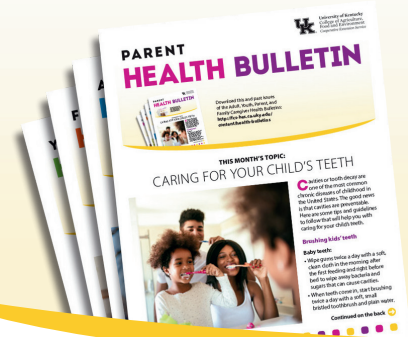
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# PARENT

# HEALTH BULLETIN



**FEBRUARY 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Hopkins County  
Extension Office  
75 Cornwall Drive  
Madisonville, KY  
42431  
(270) 821-3650

## THIS MONTH'S TOPIC

# SUPPORTING SELF-LOVE THROUGH A POSITIVE BODY IMAGE



**F**ebruary may get you thinking about hearts or love. Love for children, family, friends, someone special, or even yourself. What are some ways you show children you love yourself? A positive body image is one piece of self-love. Body image is the way you think and feel about your body. When children have a positive body image, they have greater confidence, self-esteem, and overall well-being. Body image is affected by social media, pop culture, friends, and family. Body image changes over time, and your child will need support as they grow and change. Children can have a negative body image at any age. But adolescence is the time of highest risk for developing a negative body image.

Continued on the next page 



**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506







An important first step is to reflect on your body image.

Do you talk in a positive or negative way about your body?

The way you feel and talk about your body, or other people's bodies,

will affect how your child feels and talks about their body.

➔ **Continued from the previous page**

You are an important resource to support your child. Regardless of the age of your child, these tips can help your child, and you, develop a more positive body image.

- **Be a positive role model.** An important first step is to reflect on your body image. Do you talk in a positive or negative way about your body? The way you feel and talk about your body, or other people's bodies, will affect how your child feels and talks about their body. Also consider the eating and physical activity habits you model. Eating nutritious foods and doing physical activity set a positive example for children about how to care for their body.
- **Talk about health and habits instead of weight.** Skip talking about diets or losing weight. Instead, focus on how eating nutritious foods provides energy to play, learn, and grow. Encourage your child to be active in ways they enjoy. Discuss how they feel after eating tasty, nutritious foods or after physical activity. Help them link the benefits of food and activity to what their body can do and how they feel, not its size.
- **Honor bodies as they are.** Bodies come in all shapes, sizes, and colors. Talk in a way that celebrates differences. Focus on what bodies are capable of rather than how they look. Rather than

praising your child for how they look, provide praise about character traits like work ethic, courage, or humor. Teach your child a person's value is not linked to their body size or appearance.

- **Teach children to be critical consumers of media.** The media often portrays edited or unrealistic images that can lead to harmful comparisons. Discuss images and messages your child sees online. Manage settings and help your child unfollow accounts that say harmful things about body size or extreme diet or activity behaviors.
- **Encourage your child to talk with a trusted adult.** Preparing children for the changes they will experience as they grow and develop can help them understand and adjust to changes. Let children know you are available to talk about feelings, changes, or concerns with their body, or they can talk to another trusted adult.

**REFERENCE:**

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

**PARENT  
HEALTH BULLETIN**

**Written by:** Courtney Luecking, PhD, MPH, RDN  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** Adobe Stock

