

NEWSLETTER

DON'T GET CAUGHT IN THE COLD

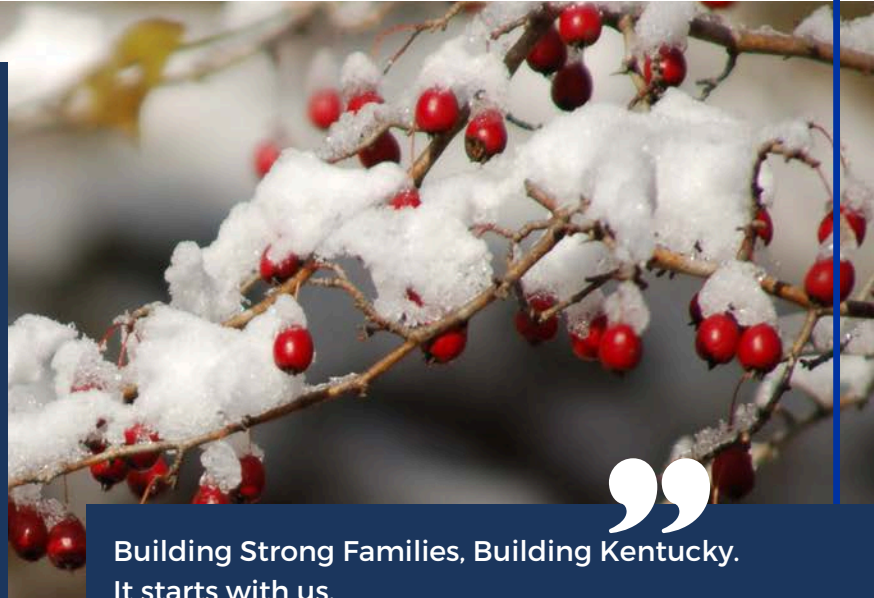
Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

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.

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.



Building Strong Families, Building Kentucky.
It starts with us.



HAPPY VALENTINES DAY

...to all the amazing members of our homemaker clubs! Your hard work, creativity, and camaraderie make our community so special. Let's celebrate the love and support we share while continuing to uplift one another. Wishing you all a day filled with joy and warmth!


Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences

TEAM TALK...MEET OUR TALENTED TEAM MEMBER ROBIN

Hello, everyone! My name is Robin Davis, and it's been an absolute joy to serve as your Family and Consumer Sciences (FCS) Program Assistant for the past four years. I'm married to my amazing husband, Kevin, and this year we're celebrating our 10th wedding anniversary—he's truly my rock (and the most patient man on Earth for putting up with my endless shenanigans)!

I grew up in Corbin but made the move to London about six years ago. Both places are near and dear to my heart, and I feel so fortunate to have built a life and found a wonderful community here.

When I'm not at work, you'll likely find me in the kitchen (because I simply can't stand the thought of anyone going hungry), escaping into a fantasy novel (where dragons and magical worlds await), or spending time with my family (usually trying to catch up to my nieces/nephews or my fur-child Chomp). I also have a bit of an obsession with organization—it's a running joke in the office that I'd make a great professional organizer. There's something so satisfying about turning chaos into order, and I genuinely love helping others bring calm to their spaces.

My journey started at Berea College, where I began studying Agriculture—a field that's always felt like home to me. One of my favorite parts of working in Extension is showing people how deeply agriculture touches every part of our lives, often in ways they've never considered. I especially enjoy explaining how Family and Consumer Sciences fits into the bigger picture—it's so rewarding to watch those lightbulb moments happen.

What I love most about my job is witnessing the spark of excitement when someone learns something new. Whether it's teaching a sourdough class, sharing the joy of crafting during our Crafting Calm series, or seeing families connect through our Storybook Walk, those moments of discovery and connection are what fuel my passion for this work. Thank you for letting me share a little piece of my story. I can't wait to see each of you during our programs and events!



JQS- JOIN US FOR AN AMAZING QUILT SEMINAR



Join Us for the JQS Quilt Seminar! 🌟 Get ready to unleash your creativity at the JQS Quilt Seminar happening from April 28th to May 1st at the Cave City Convention Center! This is an amazing opportunity for quilters of all levels to learn, connect, and be inspired. We're thrilled to feature renowned instructor Elisabeth DeMoo from Arizona, known for her innovative techniques and engaging teaching style. Plus, don't miss the chance to learn from local favorite Sherly Bowling, who brings her unique flair and extensive knowledge to the seminar. Enjoy workshops, demonstrations, and plenty of networking opportunities with fellow quilting enthusiasts. Whether you're looking to sharpen your skills or discover new ideas, there's something for everyone at this exciting event! Mark your calendars and prepare for a weekend full of creativity, inspiration, and fun in the beautiful Cave City. We can't wait to see you there! Secure your spot today and be part of this quilting celebration! For more information and registration details, visit our website or contact us directly. Happy quilting! 🧵🌟

HOMEMAKERS

"We are so much more than you think!"



Fundraiser Update:

We are thrilled to announce that we will continue with the ongoing fundraiser aimed at generating crucial support for scholarships that empower deserving students and homemakers. To learn more about our ongoing fundraiser, follow our progress, or to find out how you can contribute, please visit contact us at 606-864-4167.



✦ Customized Bakeware ✦

Add a personal touch to your baking with customizable bakeware. Perfect for gifts or to treat yourself, these pieces are not just functional but also heartfelt.

✦ Kitchen Supplies & Knives ✦

Offering high-quality kitchen tools that every home chef will love. From paring knives to mixing spoons, these products are durable and affordable!

Coming Soon: Beef Package Raffle Announcement!

Get ready for a chance to win a premium beef package valued at \$250! We're excited to offer this raffle, where you can enjoy delicious cuts of high-quality beef right from the comfort of your home. Don't miss out on this opportunity to stock your freezer with top-notch beef.

Mark your Calendars:

- **Laurel County Annual Homemaker Meeting -April 1st**
- **Cultural Art- April 1st**
- **KEHA State Meeting -May 6-8**

Homemaker Highlight: Goldie Blanton

Goldie Blanton embodies the spirit of creativity and dedication as a devoted homemaker and talented quilter. Nominated by Karen Westerfield for her remarkable contributions to both her family and community, Goldie has turned her passion for quilting into a beautiful form of expression and connection. With a needle in one hand and a vision in her heart, Goldie's quilts reflect not only her artistic talent but also her nurturing personality. Each piece she creates tells a story—whether it's a colorful patchwork that celebrates family milestones or a cozy blanket crafted for someone in need. Her work brings warmth and comfort, creating a sense of belonging for those who receive her quilts. Her sense of community has fostered lasting friendships and inspired many to explore their own creative pursuits. Beyond her quilting, Goldie is an active volunteer, using her skills to support local charities by donating quilts for fundraising events and shelters. Her compassion and commitment to helping others shine through in every stitch, making a tangible impact in her community. If you haven't already met Goldie, you can meet her at most every Laurel Silver Threads meet up. Thank you Goldie for being an inspiration to some many members!



Do you know someone that should be our next homemaker highlight?

Call or email Tina at 606-864-4167 Tina.Hefner@uky.edu

Homemaker Club Meetings

1st Mon - Threaded Dreams @ 3pm-7pm
1st Sat -Mountain Laurel Quilters @ 10am
2nd Mon -Laurel Silver Thread Quilters @9am
2nd Mon -Sublimity Meeting @ 11am
2nd Tues -Aces Meeting @ 5pm
2nd Fri -Macedonia Club Meeting @6pm
3rd Sun -Busy Needles @ 2pm
1st Mon - Yarn Spinners @3pm (3rd Sat @10am)

Homemaker Lesson:

February -Power- Up Your Vegetable Choices

Many of us have childhood memories of our parents telling us to eat our vegetables. Parents are right about many things, and eating vegetables is one of them. Vegetables provide vitamins and minerals needed for a healthy diet. They are low in calories, fat, and other unhealthy substances such as sodium and cholesterol. Vegetables also add color, texture, and flavor to our meals. Meals would be dull without vegetables.

<https://laurel.ca.uky.edu/>

Laurel County Cooperative Extension ● 200 County Extension Rd. ● London, KY ● 40741 ● 606-864-4167

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

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Disabilities
accommodated
with prior notification.

LAUREL COUNTY FAMILY & CONSUMER SCIENCES

Spring 2025

C.L.A.S.S. Course Catalog

March: Spring into Action!



Spring Cleaning Your Pantry and Meal Prep

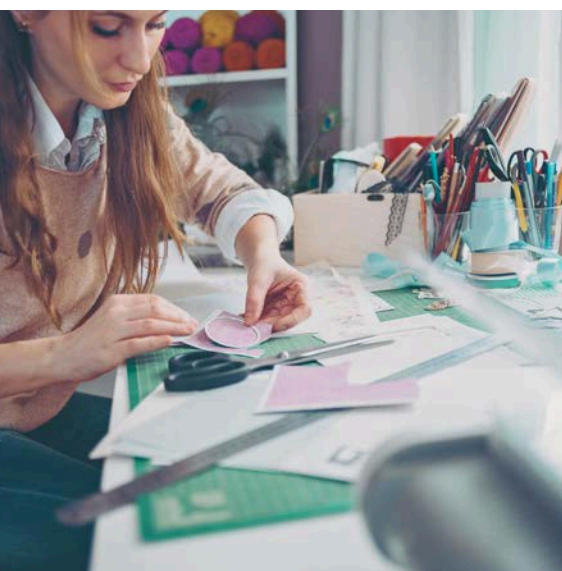
Date(s): March 4th (Tuesday)

Time(s): 1pm -or- 6pm

Cost: Free

Instructor: Robin Davis

Revitalize your kitchen and make mealtime a breeze! In this interactive class, you'll learn how to organize your pantry, identify items to keep or toss, and plan meals that save time and reduce waste. Whether you're looking to streamline your cooking routine or make the most of your groceries, this workshop will leave you feeling refreshed and ready for spring!



Made by You

Date(s): March 6th , April 10th, and May 8th

Time(s): 2pm to 8pm

Cost: Free

Instructors: Robin Davis

Bring your creativity to life in this open workshop! Whether you're quilting, sewing, crafting, or working on another project, the Extension Office provides the space, tools, and support to help you complete your masterpiece. Enjoy the freedom to work at your own pace, and if you need assistance, our staff is here to help. Let's make something amazing together!



Bingocize

Date(s): Every Monday and Wednesday, from 3/10 to 5/21

Time(s): 1pm to 2pm

Cost: Free

Instructors: Lora Davidson, Robin Davis

Stay active, learn valuable tips, and have fun with Bingocize! This engaging 10-week series combines nutrition education, fall prevention strategies, and physical activity—all while playing Bingo! Whether you're looking to improve your health, stay steady on your feet, or simply enjoy a fun, social experience, Bingocize is the perfect fit.



Crochet Basics

Date(s): March 4th (Tuesday)

Time(s): 6pm to 8pm

Cost: Free

Instructor: Melissa Blankenship and Kaylee Garlen

Ready to learn the art of crochet? In this beginner-friendly class, you'll master the essential stitches, learn how to read patterns, and start your first project. Whether you're looking to create handmade gifts, cozy accessories, or simply pick up a relaxing new hobby, this class is the perfect place to start. No experience needed—just bring your choice of cotton yarn, a H or G crochet hook, your enthusiasm!

Ages: 16+



Cook Together, Eat Together

Date(s): Thursdays from 3/13 to 4/17

Time(s): 6pm

Cost: Free

Instructor: Lora Davidson, Robin Davis

Strengthen your family bonds while creating delicious, nutritious meals! This 6-week workshop is designed to help families come together during mealtime with simple, healthy recipes. The first and last sessions will be in-person at the Extension Office, while the middle four will be hosted on Zoom, giving you the chance to practice these skills at home. Plus, we provide all the ingredients you need each week—just bring your appetite and enthusiasm!



Sewing for Beginners: Throw Pillow Cover

Date(s): March 18th (Tuesday)

Time(s): 6pm to 8pm

Cost: \$45

Instructor: Sheryl Bowling

Discover the joy of sewing in this beginner-friendly class! Learn the basics of machine sewing as you create your very own 9-block throw pillow cover. Perfect for those with little to no experience, this workshop will guide you step-by-step through the process, leaving you with both new skills and a custom-made pillow to take home.

Ages: 16+



Laugh & Learn

Date(s): March 20th, April 15th, and May 22nd

Time(s): 11am to 12pm

Cost: Free

Instructor: Lora Davidson, Robin Davis

Let the fun begin with Laugh & Learn! This engaging program is designed for young children (ages 3 to 5) to develop new skills while enhancing their cognitive and physical abilities through exciting, hands-on activities. Each session features storybook-themed adventures, delicious snacks, and a creative craft, making learning a joyful experience for all.



Crafting Calm: Personalized Tote

Date(s): March 20th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$5 (FREE for Laurel County Homemakers)

Instructor: Robin Davis

Find your inner peace through creativity with Crafting Calm. This monthly program is designed to help you manage stress and mental health challenges by immersing yourself in relaxing, hands-on crafting activities. Discover the therapeutic benefits of creating, connect with others, and leave each session feeling refreshed and recharged.

All materials provided.

Ages: 16+



Time Management

Date(s): March 25th (Tuesday)

Time(s): 6pm

Cost: Free

Instructor: Robin Davis

Take control of your day with this practical workshop on time management! Learn strategies to prevent stress and burnout while making the most of your time. We'll explore how to incorporate planners—whether physical or digital—into your routine, helping you stay organized and achieve your goals with ease.

Ages: 16+



Homemade Bread: Focaccia

Date(s): March 27th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$5 (Free for Laurel County Homemakers!)

Instructor: Robin Davis

Master the art of baking focaccia bread in this hands-on class! Learn the step-by-step process to create this delicious Italian favorite, from mixing and kneading the dough to adding flavorful toppings. Perfect for beginners and seasoned bakers alike, this class will leave you with a new skill and a fresh-baked loaf to enjoy at home.

All materials provided.

Ages: 16+

Other March Important Dates:

- Emma Lou Cissell Homemaker Scholarship Opens - March 3rd
- Laurel County Homemaker Advisory Council Meeting - March 10th
- Gear Up Interview Event - March 11th
- Interagency Council - March 13th at 10am
- WTA Homemaker Council Meeting - March 18th

C.L.A.S.S. Course Catalog

April: Heritage Skills & Sustainability

Spring 2025



Quilt Basics: Table Runner

Date(s): April 3rd (Thursday)
Time(s): 1pm to 8pm
Cost: \$25
Instructor: Sheryl Bowling

Join us for a fun and flexible quilting experience! In this class, you'll learn the basics of quilting while making a beautiful table runner. The class will be open from 1pm to 8pm, with instruction restarting every two hours—so you can join at the time that fits your schedule! If you stay for the full session, you'll leave with a completed table runner to add to your home décor.

Students will need to bring one layer cake of fabric.

Sewing Machines available upon request.

Ages: 16+



Homemade Cleaning Products

Date(s): April 8th (Tuesday)
Time(s): 1pm - or - 6pm
Cost: Free
Instructor: Robin Davis

Say goodbye to harsh chemicals and learn how to make your own natural, effective cleaning products at home! In this class, you'll discover easy-to-follow recipes using simple ingredients that are safe for your family and the environment. From all-purpose cleaners to bathroom sprays, you'll leave with the knowledge and products to start a cleaner, greener lifestyle.



Emelia Quilt

Date(s): April 12th (Saturday)
Time(s): 10am to 4pm
Cost: \$35
Instructor: Sheryl Bowling

Create a stunning 76"x76" quilt top using the Emelia pattern in this hands-on class! With just 9 blocks and a simple Half-Square Triangle (HST) method, this quilt is a perfect project for both beginners and seasoned quilters. Plus, it's Layer-Cake friendly, making it easier than ever to get started. Join us for step-by-step assistance and leave with your very own beautiful quilt top!

Sewing Machines available upon request.

Ages: 16+



Sourdough Starters

Date(s): April 15th (Tuesday)
Time(s): 6pm
Cost: Free
Instructor: Robin Davis

Ready to bake your own delicious sourdough bread? In this class, you'll learn everything you need to start your sourdough journey—from understanding the science behind the starter to nurturing it for perfect bread. You'll leave with your very own starter, ready to bake fresh, tangy loaves at home!



Crafting Calm: Pressed Flower Candle

Date(s): April 17th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$5

Instructor: Robin Davis

Find your inner peace through creativity with Crafting Calm. This monthly program is designed to help you manage stress and mental health challenges by immersing yourself in relaxing, hands-on crafting activities. Discover the therapeutic benefits of creating, connect with others, and leave each session feeling refreshed and recharged.

All materials provided.

Ages: 16+



Spring Cleaning

Date(s): April 22nd (Tuesday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

Spring is the perfect time for a fresh start, and in this class, we'll guide you through the process of tackling your home cleaning with a methodical approach. Learn practical tips for decluttering, deep cleaning, and organizing each room to help you refresh your space. Whether you're a first-timer or a seasoned pro, you'll leave with strategies to make spring cleaning easier and more efficient!



Spring Salads

Date(s): April 24th (Thursday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

Celebrate the season with fresh, vibrant flavors in this hands-on class focused on creating delicious spring salads! From crisp greens to colorful veggies, you'll have the opportunity to make and taste a variety of salads that are perfect for any meal. Join us to learn new salad combinations, dressings, and tips to keep your meals light and healthy as we embrace the spring season!

Ages: 16+

Other April Important Dates:

Laurel County Homemaker Annual Meeting - April 1st

Laurel County Cultural Arts - April 1st

Emma Lou Cissell Homemaker Scholarship Deadline - April 11th

Jabez Quilt Seminar - April 28th through May 1st

C.L.A.S.S. Course Catalog

May: Nourish your mind, body, and soul!

Spring 2025



Slow Cooker Meals for the Warm Months

Date(s): May 6th (Tuesday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

Keep your kitchen cool while making delicious meals with the help of your slow cooker! In this class, we'll explore easy, flavorful recipes that are perfect for the warmer months. You'll learn how to use your slow cooker to create dishes that are both refreshing and satisfying, without heating up the house. Say goodbye to slaving over a hot stove and hello to easy, hands-off meals!



Walking Wednesdays

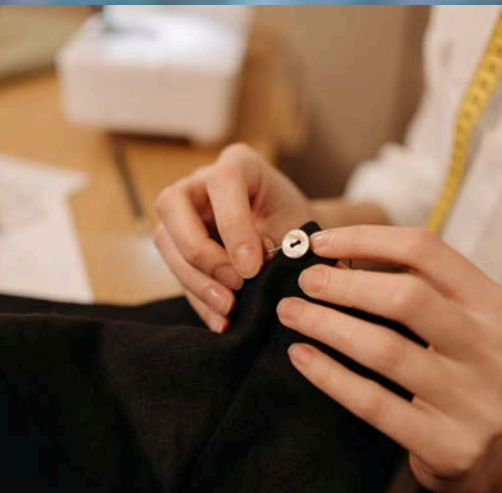
Date(s): Wednesdays starting on May 7th

Time(s): Fits into your schedule!

Cost: Free

Instructor: Robin Davis

Get moving and track your progress as you "Walk across Kentucky"! In this program, you'll report your physical activity for the week and pick up a fun grab-bag at the Laurel County Extension Office. This program is designed to help keep you accountable while promoting physical health in a fun and motivating way. Come by anytime from 10am to 8pm each Wednesday to get your grab-bag and stay on track with your fitness goals!



Clothing Repair: Basics

Date(s): May 13th (Tuesday)

Time(s): 6pm to 8pm

Cost: \$10

Instructor: Sheryl Bowling

In this hands-on class, you'll learn how to tackle common clothing repairs, including sewing on buttons and fixing zippers. Whether it's a favorite shirt or a pair of jeans, we'll teach you the skills to extend the life of your clothes and save money on replacements. Join us for practical tips and techniques to keep your wardrobe in top shape!

Students should bring 1-2 clothing items with missing buttons, hems out, or ripped seams.

Ages: 16+



Cook Together, Eat Together

Date(s): Every Tuesday from 5/13 to 6/17

Time(s): 6pm

Cost: Free

Instructor: Lora Davidson

Strengthen your family bonds while creating delicious, nutritious meals! This 6-week workshop is designed to help families come together during mealtime with simple, healthy recipes. The first and last sessions will be in-person at the Extension Office, while the middle four will be hosted on Zoom, giving you the chance to practice these skills at home. Plus, we provide all the ingredients you need each week—just bring your appetite and enthusiasm!



Crafting Calm: Punch Needle Embroidery

Date(s): May 15th (Thursday)

Time(s): 1pm - or - 6pm

Cost: \$10

Instructor: Robin Davis

Find your inner peace through creativity with Crafting Calm. This monthly program is designed to help you manage stress and mental health challenges by immersing yourself in relaxing, hands-on crafting activities. Discover the therapeutic benefits of creating, connect with others, and leave each session feeling refreshed and recharged.

All materials provided

Ages: 16+



Managing Family Resources

Date(s): May 20th (Tuesday)

Time(s): 1pm - or - 6pm

Cost: Free

Instructor: Robin Davis

This class is designed to help families effectively manage their resources, including time, money, and energy. You'll learn practical strategies for budgeting, meal planning, and organizing family routines to reduce stress and increase efficiency. Whether you're looking to save money or create a more balanced family life, this workshop will provide tools to help you thrive.



Sourdough Breads

Date(s): May 22nd (Thursday)

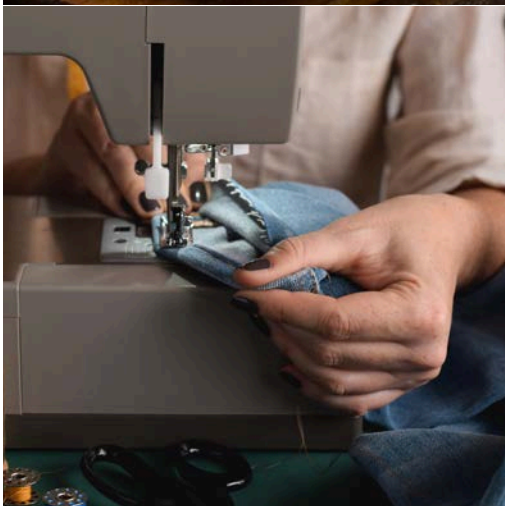
Time(s): 6pm

Cost: \$5 (Free for Laurel County Homemakers)

Instructor: Robin Davis

Get your hands into the dough and learn the art of making sourdough bread from scratch! In this class, participants will bring their own active sourdough starter and get hands-on experience creating multiple types of sourdough bread. You'll leave with ready-to-bake bread and the knowledge to bake a variety of breads at home, all using your starter.

Ages: 16+



Clothing Repair: Advanced

Date(s): May 27th (Tuesday)

Time(s): 6pm to 8pm

Cost: \$15

Instructor: Sheryl Bowling

In this advanced class, you'll take your sewing skills to the next level by learning the art of hemming. Whether you need to shorten pants, skirts, or other garments, this class will teach you the techniques for perfecting hems and ensuring a clean, professional finish. Join us for hands-on experience and helpful tips that will make hemming a breeze!

Sewing Machines available upon request.

Ages: 16+



Storybook Walk

Date(s): May 30th (Friday)

Time(s): 10am to 2pm

Cost: Free

Join us for a fun and interactive experience where families can walk along a beautiful path while reading the highlighted storybook. As you stroll, make stops at tables and booths hosted by local community partners offering helpful resources and materials. Plus, enjoy some delicious food while exploring the park and fostering a love of reading in your family!

*First 100 children will receive their own copy of the storybook. First come, first served basis.

*More information to be released in April 2025. Keep an eye on our newsletter for more information!

Other May Important Dates:

Laurel County Cultural Arts (blue ribbons at Area level) due to office - May 2nd

Needlework Workshops (Clay County) - May 15th

Laurel County Extension Office Closed - May 26th (Memorial Day)

Cooperative Extension Service

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

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

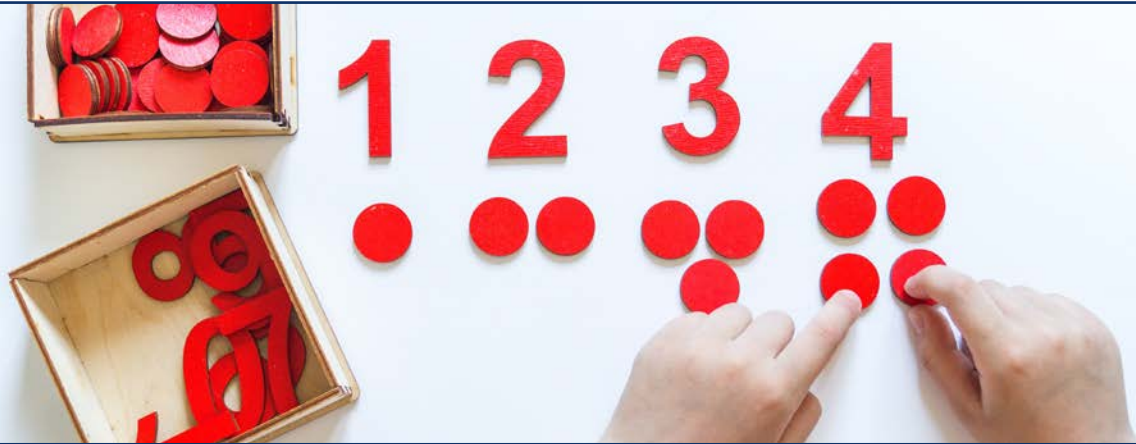
The challenges of neurodiversity can sometimes be tough for kids and parents, but



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.



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://nclld.org/join-the-movement/understand-the-issues/>

<https://www.financialplanningassociation.org/article/journal/NOV21-inclusive-financial-well-being-empowerment-model-serving-independent-neurodivergent>

Written by: Whitney Holmes, M.Ed. - Associate Director of Learning Services, University of Kentucky Athletics
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Click [HERE](#) to check out our monthly recipe.

Click [HERE](#) to check out our Homemaker Leader Lesson.

Click [HERE](#) to register for a class!



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