

**A Guide to Low-Cost  
Curricula and Resources  
for  
Marriage and Relationship,  
Fatherhood and Parenting,  
and Financial Education**

U.S. Department of Health and Human Services  
Administration for Children and Families

Healthy Marriage and Responsible Fatherhood Initiatives

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*DRAFT*

## A Guide to Low-Cost Curricula and Resources for Marriage and Relationship, Fatherhood and Parenting, and Financial Education<sup>1</sup>

Are you looking for low-cost or free curricula to support efforts to strengthen relationships for singles, couples, parents or families? This guide will help you find Web-based and other resources including materials developed with federal funding that are available for public distribution. It is the second in a series of guides designed by Administration for Children and Families' (ACF) Healthy Marriage Initiative staff to support the implementation of valuable programs under the Healthy Marriage and Responsible Fatherhood Initiatives.

The guide offers an alphabetized list of curricula and resources in three areas: (1) Marriage and Relationship, (2) Fatherhood and Parenting, and (3) Financial Education. Although this is not an exhaustive compilation, we have included materials about financial literacy because many organizations have indicated a need for this type of information. "Curricula" refers to an organized set of ideas and activities that seek to meet specific learning objectives. These may include instructional booklets, lesson plans, discussion guides or an outline of topics and activities developed specifically for an educational activity. "Resources" are defined more broadly and include handouts, tip sheets and other supplementary materials for program implementation, marketing or general knowledge. The basic criterion for including a listing in the guide is based on whether the cost of instructor manual or teaching resource is \$250 or less. Many materials are free. Each listing includes the names of the author(s) or curriculum developers, a short description, contact information and cost.

In the introduction to the ACF Marriage Education Curriculum Guide (2007, available at [http://www.acf.hhs.gov/healthymarriage/doc/ACF\\_Curriculum\\_Assessment\\_Guide.doc](http://www.acf.hhs.gov/healthymarriage/doc/ACF_Curriculum_Assessment_Guide.doc)), we noted one of the most important decisions to be made is the choice of curriculum. There is a wide variety of marriage education curricula designed to educate different types of audiences or designed for specific delivery contexts or approaches. We realize that curriculum selection is a time-consuming process that can entail a significant financial investment by an organization for the purchase of materials and staff training. Whether you must rely totally on free or low-cost materials, wish to augment your offerings or want to gain some experience delivering marriage education services before making a major outlay of human or monetary resources, we encourage you to make informed choices. Once you identify potentially useful marriage education materials, we recommend that you use the ACF Marriage Education Curriculum Assessment Guide as part of your review and comparison process.

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<sup>1</sup> DRAFT for informational purposes only. Developed by ACF Marriage Education Curriculum Committee: Barbara Andrews, Bill Coffin, Karen Elliott, Josephine Hauer, Larry McDowell and Sandy Naatz. Please send questions or comments to: [bill.coffin@acf.hhs.gov](mailto:bill.coffin@acf.hhs.gov)

distribute the materials must compensate the organization that has the copyright to the materials. There are several complex exceptions to these rules which include circumstances under which others may use the materials without violating the copyright. Sometimes, the copyright laws permit limited use by another party. Furthermore, material that appears to be available for free use often indicates that you need to obtain the author's permission to use it. When in doubt, consult with the author or publisher.

If you are considering using materials that have been produced as part of a government grant, remember the grantee maintains a copyright on curricula and other materials it produces with federal funds. However, despite this fact, when material has been produced using ACF funding, ACF has a right to distribute and use the work for legitimate government purposes.

Even when others' materials are available for your free use, it is expected that you will properly credit the author's work. After all, give credit where credit is due; the author invested time, energy and intellectual effort to produce a useful product!

Thank you for your interest and your willingness to provide marriage, relationship and fatherhood education to the individuals and couples you serve. Since new materials are continually being developed, please share what you find, so that it can be shared with others. If you have any questions or wish to share information about other free or low-cost resources, please contact Bill Coffin, Special Assistant for Marriage Education at: [bill.coffin@acf.hhs.gov](mailto:bill.coffin@acf.hhs.gov) .

**Please note:** *The information contained in this guide is provided as a service to the reader. The resources listed are not all inclusive. Their mention should not be construed as implying, in any way, that the U.S. Department of Health and Human Services or the Administration for Children and Families (ACF) endorses or favors any organization, company, institution, person, activities, products or services. Similarly, an omission from this list does not indicate or suggest disapproval or censure. There may have been price changes since this information was compiled and the cost of any curricular resource is subject to change without notice. Grantees that are funded through ACF must refer to their ACF Program office for additional clarification and compliance with their grant when choosing a curriculum.*

## Marriage and Relationship Curricula

### **Adoptive Parents Content for PREP**

Developed by DePelchin Children's Center, Houston, TX. Additional slides and discussion developed for adoptive parents in the Prevention and Relationship Enhancement Program (PREP) day seminar format. Free  
Contact: Jenny Reid, DePelchin Children's Center, 4950 Memorial Drive, Houston, Texas 77007, (713) 558-3719, [jreid@depelchin.org](mailto:jreid@depelchin.org)

### **Adoptive Parents Content for PREP**

Developed by the Oklahoma Department of Human Services. Additional slides and discussion developed for adoptive parents in the Prevention and Relationship Enhancement Program (PREP) curriculum during a two day retreat. Free  
Contact: Karen A. Poteet, Programs Manager, Adoption Assistance and Post-Adoption Services, Children and Family Services Division, Oklahoma Department of Human Services  
Email: [Karen.Poteet@okdhs.org](mailto:Karen.Poteet@okdhs.org)

### **Association for Couples in Marriage Enrichment**

Developed by Harrell and Sally Morgan. ACME has published a collection of more than 150 marriage enrichment exercises gathered over twenty-five years. Bound in a loose leaf notebook for easy reproduction, these exercises can be used by individual couples, Marriage Enrichment groups, workshops, retreats, or classes to help couples talk to each other about important aspects of their relationships. \$30 +  
<http://www.bettermarriages.org/Learn/Exercises/tabid/67/Default.aspx>

### **Basic Family Communication**

Developed by Kansas State University Research and Extension faculty. Six-chapter curriculum includes the topics: Why Family Communication is Important, Take Time to Listen, How We Say It Makes a Difference, Impact of Unspoken Rules, Handling Tough Times, and Having Fun. Leader's Guide is available. Free  
<http://www.oznet.ksu.edu/library/famf2/s134e.pdf>

### **Basic Training for Couples and Singles**

Developed by Nisa Muhammad and Dr. Rosario Slack. *Basic Training for Couples and Singles* is a marriage education video-based curriculum for couples, facilitators and organizations. Program includes Instructor's Manual, DVD and workbook with eight sessions of skills-based exercises, homework and insights from real-life situations. Suitable for married or unmarried couples or individuals. Versions for men and women-only available. \$99-179  
[http://www.blackmarriage.org/Black\\_Marriage\\_Publications/Products.html](http://www.blackmarriage.org/Black_Marriage_Publications/Products.html)

### **Before You Tie the Knot**

Developed by University of Florida Extension. Lessons available online include: Can We Talk? Improving Couples' Communication, Couples Considering Parenthood, Blended Family, So You are Getting Married in Florida, Your Money Matters, and Conflict Management and Resolution--Can We Agree? Free  
<http://edis.ifas.ufl.edu/FY044>

## **BEING YOURSELF™** Experiencing Success in Relationships

Developed by Charlene Kamper. Ten-lesson program for middle school adolescents that focuses on skills for working successfully with others. It is especially helpful for young teens that are thinking about or just beginning to develop interest in interpersonal relationships.

<http://www.kampercurricula.org/>

\$99 Instructor  
\$8 Workbooks

## **Caring for My Family**

Developed by Michigan State University Extension faculty. The curriculum helps mothers and fathers of newborns learn about building healthy relationships through a series of interactive educational experiences. New parents will learn skills for parenting together and strengthening their family unit. The program consists of four modules; each contains four to ten 90-minute lessons. Lessons on specific topics can be selected and tailored for one-on-one or group education.

<http://www.fcs.msue.msu.edu/cfmf/outline.html>

Free

## **Celebrating Families**

Developed by the National Association of Children of Alcoholics. Five facilitator guides, CD/DVD of songs and handout masters. Information is not on Web site.

Contact: Steve Hornberger at: (301)468-0985

Email [celebratingfamilies@nacoa.org](mailto:celebratingfamilies@nacoa.org)

\$149

## **Connecting Families**

Developed by Penn State Cooperative Extension (author: Natalie M. Feryy, D.Ed). Curriculum includes a CD with PowerPoint slides for each session. Four sessions: Understanding the Couple Relationship, Challenges of Conflict, Working as a Team, and Planning for Success. Evaluation strategies included. Curriculum available online.

<http://extension.psu.edu/workforce/Materials/ConnectingFamiliesADULT.pdf>

Free

## **Connecting to My Future Family**

Developed by Penn State Cooperative Extension (author: Natalie M. Feryy, D.Ed). Curriculum, developed using the research base of Dr. John Gottman, is designed to provide teens with an understanding of the process that learning to love involves. Goals are to prepare adolescents with skills and information for successful relationship interaction. Six sessions provide information and skills to assist teens in understanding and improving their current and future interpersonal relationships. Full lesson plans with PowerPoint slides, role plays and activities. Evaluation strategies included.

<http://extension.psu.edu/workforce/Materials/ConnectingFamiliesYOUTH.pdf>

Free

## **Connections: Dating and Emotions**

Developed by the Dibble Institute for students in grades 8-12. Instructor's kit includes manual with seventeen 1-hour lesson plans divided into four units, transparency and handout masters, activity and game cards, and one student workbook. This curriculum can be used as a stand-alone program or incorporated into other curricula. Sample lesson can be downloaded. Spanish resources available.

<http://www.buildingrelationshipskills.org/>

\$225 Instructor  
\$65 for 10  
Workbooks

### **Couple Check-Up: Book and Inventory**

Developed by David Olson, Amy Olson-Sigg and Peter J. Larson of Life Innovations, *Couple Check-up* offers a book and online inventory for individuals or couples to use to assess their relationship's strengths and identify areas of disagreement or conflict to work on. Drawing on over 35 years of research and the responses of over 50,000 couples, The *Couple Checkup* explores issues such as communication, finances, sexuality, spirituality, and parenting. Compare results with other couples and learn principles for improving the relationship. Free Leader's Guide if using with a group of couples.  
[https://www.couplecheckup.com/webapp/premarital\\_checkup/inventory/template/CheckupSiteWrapper.vm](https://www.couplecheckup.com/webapp/premarital_checkup/inventory/template/CheckupSiteWrapper.vm)

\$18.95 each  
Volume  
discounts  
available

### **Couples Questions**

Developed by Heather del Villano. "Do-it-yourself" online tool in interactive workbook form for engaged or newly married couples. Course consists of eighteen "chapters" for discussion and reflection including: Money and Finance, Communication, Children, Sex Assumptions About Marriage, Dealing with Extended Family, and other topics. Approximately 20 hours required to complete basic course work. Price includes full online access for one year.  
<http://www.couplesquestions.com/>

\$39.99

### **Couple Talk-Enhancing Your Relationship**

Developed by Charlotte Shoup-Olsen, PhD, Kansas State University Research and Extension. Designed as a distance education personal study course of six lessons to give couples information on skills to strengthen their relationship. This program aims to help couples in committed relationships build skills to make their relationships stronger and more satisfying. <http://www.oznet.ksu.edu/ctalk/>

Free

### **Families and Divorce: A Program for Professionals Working With Families**

Developed by University of Missouri Extension, the *Families and Divorce* curriculum provides training for Missouri teachers and other professionals who work with children. The curriculum explores the effects of divorce on children under 12 years of age and how those working with children can support them through the process of a parental divorce. The CD-ROM curriculum includes facilitator manual, reproducible handouts, PowerPoint presentations, evaluation forms and a marketing brochure template.  
<http://extension.missouri.edu/explore/hesguide/humanrel/cd0051.htm>

Free - \$30

### **Empowering Couples: Building on Your Strengths**

Developed by David and Amy Olson of Life Innovations, *Empowering Couples* offers content that can be used by couples in-home or as a group to strengthen their relationship. Ten areas are covered including: communication, goals, strengths and stumbling blocks, dialogue, teamwork, problem-solving and visioning. Kit contains book, DVD (six segments demonstrating couples exercises) and two workbooks. Available in Spanish. Click on "Bookstore" and then "Empowering Couples" program link on left side:  
[https://www.couplecheckup.com/webapp/premarital\\_checkup/inventory/template/CheckupSiteWrapper.vm](https://www.couplecheckup.com/webapp/premarital_checkup/inventory/template/CheckupSiteWrapper.vm)

\$49.95  
\$140 Spanish  
Leader's  
Manual

### **Essential Disciplines for Teens**

Developed by Dr. Stephen Judah, *Essential Disciplines* equips young people with the practical understanding and skills necessary for personal and interpersonal success in life. Topics include: Character and Commitment, Communication, Conflict Resolution – Transform the negative, Continual Improvement, Purpose & Passion. Sample lesson available.  
[http://www.dibbleinstitute.org/ED\\_index.htm](http://www.dibbleinstitute.org/ED_index.htm)

\$225  
Instructor  
Manual

### **Exploring Relationships with Fragile Families**

Developed by the Center for Family, Workforce, and Community Development (now The Center for Urban Families) for the Louisiana Dept. of Social Services. Three curricula on one CD: Program for Mothers, Program for Fathers and Program for Couples with eight sessions each for low-income, often unmarried singles or couples. Infused with African proverbs, activities and culturally-sensitive language. Topics include: communication, conflict resolution, problem-solving, qualities of healthy/unhealthy relationships and self-development. These PDF (Portable Document Format) files can also be emailed. Contact: Larry McDowell, ACF Marriage Program Specialist  
[Larry.mcdowell@acf.hhs.gov](mailto:Larry.mcdowell@acf.hhs.gov)

Free

### **Family Treasures-Creating Strong Families**

Developed by University of Nebraska and John DeFrain, PhD. "Tried and true" lesson plans for six family strengths. DVD includes PowerPoint presentations and video clips of real families participating in activities featured in the *Family Treasures-Creating Strong Families* book.  
<https://middleloup.unl.edu> (click on "Families")

\$18 Paperback  
DVD \$30

### **Healthy Marriage Handbook**

Developed by National Extension Relationship and Marriage Enrichment Network. This colorful, 44-page resource is an educational "handbook" for a healthy marriage; useful in family and child programs and services, as well as premarital and marriage enrichment programs. Topics covered include: How You Think and What You Do, Managing Money, Remarriages and Stepfamilies, Issues that Hurt Relationships, and Domestic Violence.  
<http://www.nermen.org/programresources.php>

\$10 Guide

### **Healthy Relationship Skills for Youth**

Developed by the National Indian Women's Health Resource Center with funding from the Administration for Children and Families Administration for Native Americans. This curriculum, designed for 7<sup>th</sup>-12<sup>th</sup> grade Native American students, promotes healthier and safer dating and long-term relationships. It offers five 45-minute sessions on topics such as: relationships today, healthy choices (STDs, drugs and alcohol, unhealthy relationships), communication skills, romantic relationships, friendship and financial issues in relationships. Curriculum facilitation training is available at additional cost. Contact: Kimberley Chaffin - [Kimberley@niwhrc.org](mailto:Kimberley@niwhrc.org)  
<http://www.nathanhood.net/NIWHRC/index.htm>

\$150 for  
15 Participant  
manuals

### **Lasting Love**

Developed by Chris Gersten. This is an 8-hour, four-part course especially suited for low income couples. It teaches ten relationship rules and four skill sets: communication, anger management, fidelity and financial literacy. Contact: Chris Gersten at [Gerstenchris@aol.com](mailto:Gerstenchris@aol.com)  
<http://www.lastingloveskills.com/>

\$20 Instructor  
and Participant  
manual

### **Leading the Next Generations: Healthy Relationships Curriculum**

Developed by the Native Wellness Institute (NWI) with funding from the Administration for Children and Families/ Administration for Native Americans. This curriculum blends Native American ancestral teachings with content that supports healthy relationships with partners, families and communities. Eight chapters with 90 minutes of content on topics such as: historical trauma and wellness, gender differences, conflict resolution, healthy communication, better sex, and living in balance. Training for instructors is required (extra cost). NWI offers training several times per year and is available to provide training-of-trainers.

Contact: Pam James, (360) 898-7071.

<http://www.nativewellness.com/>

\$250 Instructor  
& Participant  
manuals

### **Learning Sobriety Together**

Developed by William Fals-Stewart, PhD. *Learning Sobriety Together: A Couple's Workbook* is designed for couples who are struggling with the impact of substance abuse and want to engage in change-driven behaviors that can help to improve relationship happiness and satisfaction, reduce substance-using behaviors, and improve overall individual and family functioning, health and interpersonal relationships.

[http://addictionandfamily.org/htm\\_pages/kits/treatment\\_providers.htm#lst](http://addictionandfamily.org/htm_pages/kits/treatment_providers.htm#lst)

Free

### **Love's Cradle Relationship Enhancement (RE)**

Developed by IDEALS (Institute for Development of Emotional and Life Skills) of Kentucky, Love's Cradle RE is a version of the Relationship Enhancement® Program developed for fragile families (i.e., low-income, unmarried parents with children). This program combines training in RE skills with issues common to unmarried parents with infants or young children. Topics included: trust, money, marriage and complex family relationships. For more information, see the *Love's Cradle* section on the Web site listed below.

<http://www.skillswork.org/index.php/mml-curriculum/introduction>

\$32 Instructor  
\$10 Participant

### **LoveSmart DVD**

Developed by the Center for Educational Media and Free Teens USA. This DVD offers a contemporary introduction to key issues concerning teen sexuality and relationships. Interviews with diverse urban and suburban teens are mixed with rap. Topics include: relationship choices and consequences, emotional impact of sex, young fatherhood and advice for teen parents. Includes teacher's guide.

<http://www.freeteensusa.org/publications.html>

\$52

### **Marriage Garden**

Developed by the University of Arkansas Department of Agriculture. The *Marriage Garden* is designed to help participants cultivate a healthy marriage. Curriculum includes six lessons on topics of commitment, personal growth, communication, compassion, dealing with differences, serving others, and celebrating strengths as a couple. Lessons designed to be used as personal, couple or group study; in mentoring; or as resource for talks or presentations.

[http://www.arfamilies.org/family\\_life/marriage/](http://www.arfamilies.org/family_life/marriage/)

Free download  
or  
\$4 for printed  
set 6 lessons

### **Marriage Course and Marriage Prep Course**

Developed by Alpha Resources. This kit, for both courses, contains a leader's training DVD, presentation DVD, two books, two leader's guides, twelve guest manuals, invitations pack and speaker's notes. Topics include: commitment, appreciating differences, communication, conflict, sex, family relationships, friendship, goals and dreams.

[http://www.alpharesources.org/The\\_Marriage\\_Course\\_Kit\\_W\\_DV\\_P785.cfm](http://www.alpharesources.org/The_Marriage_Course_Kit_W_DV_P785.cfm)

[http://www.alpharesources.org/The\\_Marriage\\_Preparation\\_Course\\_Kit\\_W\\_DVDs\\_P786C47.cfm](http://www.alpharesources.org/The_Marriage_Preparation_Course_Kit_W_DVDs_P786C47.cfm)

\$199 Kit  
Items also  
priced  
separately

### **Marriage Mentoring Training**

Developed by Les and Leslie Parrot. This complete kit offers training in marriage mentoring for small groups. Includes facilitator guide and ten copies of workbooks for couples. Other videos and training DVDs available.

<http://www.realrelationships1.com/store/195.html>

\$179 Bundle  
Also priced  
separately

### **Marriage Moments**

Developed by Alan Hawkins, PhD, Brigham Young University. Two courses: *Strengthening Your Marriage As You Become Parents* and *Strengthening Your Marriage As You Adjust to Parenthood*. Programs consist of lessons with readings, activities, video clips and parenting resources.

<http://www.marriagemoments.org/>

\$3 Booklets  
\$6 Video

### **Married and Loving It!**

Developed by Barbara Petty, PhD, University of Idaho Extension, and Terry Petty, her husband and a pastor. Program includes mentoring and teaches out-of-the-box curricula. The aim is to teach relationship-building skills through a five-class series (i.e., includes Communication, Finances: Freedom or Fiasco, Madly in Love, Conflict Resolution and Marriage: A Daily Affair).

<http://www.marriedandlovingit.org/index.php>

\$85

### **Mastering the Mysteries of Love (RE)**

Developed by IDEALS of Kentucky, this 16-hour program is for couples at any stage of development. Curriculum teaches ten Relationship Enhancement skills, strategies to build affection and problem solving. The ten skills are: Showing Understanding, Expression, Discussion, Coaching, Conflict Management, Problem Solving, Self-Change, Helping Others Change, Generalization, and Maintenance. Program combines experiential and skills training methods. Instructor training is required.

Contact info: Mary Ortwein, 502-227-0055; [mary@skillswork.org](mailto:mary@skillswork.org)

<http://www.skillswork.org/index.php/mml-curriculum/introduction>

\$32 Instructor  
\$10 Participant

### **One, Two....I Do – On the Road to a Great Marriage**

Developed by Charlene Kamper. Relationship program for faith-based high school age youth. Each guide includes eight lessons with topics covering major issues for successful relationship and marriage from a faith-based perspective.

<http://www.onetwoido.org/>

\$50 Instructor  
plus Guides

### **Power of Two Games**

Developed by Susan Heitler, PhD. Interactive Internet games teach communication and conflict resolution skills.

<http://www.poweroftwo.org/>

\$19.95

## Promoting Child Welfare: Training Professionals to Support Healthy Marriages, Relationships and Families

The following five curricula were developed through the Administration for Children and Families (ACF) Children's Bureau (CB) five-year grant program entitled, Promoting Child Welfare: Training Professionals to Support Healthy Marriages, Relationships, and Families. The purpose of these grants was to develop curricula and programs to train students and/or professionals about relationship and marriage education who are working in agencies providing services to families at risk of or receiving services related to the abuse and neglect of children.

### Building Couple Teams

Developed by the University of Louisville Kent School of Social Work for child welfare professionals and social work students and funded by the Administration for Children and Families. Provides specific training strategies for staff to help couples maintain low-conflict, caring relationships. Instructor manuals include: (1) Why marriage matters to child welfare, (2) Couple skills and communication, (3) Diverse family configurations-divorced, blended families and dating couples, (4) Couple issues in foster care and adoption, (5) Domestic violence, and (6) Couple case work skills. Additional online modules include: how to reach culturally diverse couples or those with mental health, substance abuse or domestic violence issues. Also, father involvement; solution-based casework and review of the research on building loving and secure couple relationships. Manuals, DVDs and other resources available.

<http://cwte.louisville.edu/families/start/index.html>

Free

### Building the Foundation

Developed by the Forest Institute of Professional Psychology and funded by the Administration for Children and Families Children's Bureau Child Welfare Training Grant. This curriculum is designed for professionals (e.g., child welfare workers, Head Start advocates, students of social work or marriage and family therapy) as well as community leaders to learn about the benefits of healthy marriage and family formation for child well-being. Eleven online modules with instructor notes, PowerPoint presentations and handouts include: Fragile Families, Stepfamily Dynamics, Substance Abuse and Intimate Relationships, Grandparents Raising Grandchildren, Immigrant Concerns, Father Involvement, Premarital and Marital Education, Relationship Education for Singles, Domestic Violence, Handling the Challenge of Infidelity, and Healthy Marriage and Community.

<http://cwtg.ozarksmarriagematters.org/content-modules/>

Free

### Expanding the Family Circle

Developed by SUNY Albany School of Social Welfare with an ACF Child Welfare training grant, this 16-hour curriculum is designed to train caseworkers in a family-centered framework. Designed in collaboration with New York State to reflect child welfare objectives, the training seeks to improve cultural competency in working with diverse families. Develops strategies for including couples and fathers, extended kin, non-resident parents and the community as resources to support safety and permanency for children. Instructor and participant handbooks, interactive exercises and readings are included. Contact: Catherine Lawrence - [CLawrence@albany.edu](mailto:CLawrence@albany.edu); (518) 437-3692

Free

### **Healthy Marriage and Family Formation Curricula**

Developed by the Butler Institute for Families, University of Denver Graduate School of Social Work. Five separate curricula to train child welfare staff and community partners are available. The training modules and curricula include: Fatherhood in Child Welfare (8 hours), Healthy Relationships for Youth in Foster Care (4 hours), Working with Families Experiencing Domestic Violence (8 hours), Working with Incarcerated Parents (4 hours) and Foundations of Family Formation (12 hours).

Contact: Linda Metsger at [lmetsger@du.edu](mailto:lmetsger@du.edu)

[http://www.thebutlerinstitute.org/projects\\_marriage.cfm#obtain\\_training](http://www.thebutlerinstitute.org/projects_marriage.cfm#obtain_training)

Free

### **Healthy Marriages, Relationships, and Families: Intervention, Research and Policy Course**

Developed by Syracuse University, College of Human Services and Health Professions, School of Social Work, Syracuse, NY. This master's-level curriculum is designed to train future professionals in the support of healthy marriages, relationships, and families. The project focused particularly on the identification and development of policy and practice interventions appropriate for racially, ethnically, and economically diverse populations who are a part of the child welfare system. "For the Sake of Children" Training seminar in marriage, relationship and family interventions was developed. Brochure and CD for human service practitioners is available.

Contact: [pcw-hmff@syr.edu](mailto:pcw-hmff@syr.edu)

<http://www.thrivingcouplesthivingkids.syr.edu/>

Free

### **Real Deal DVD**

Developed by the Center for Educational Media and Free Teens USA. *The Real Deal on Love, Relationships and Marriage* three video/DVD series is a tool to help educators initiate discussions about healthy vs. abusive relationships, stages of intimacy, and the documented benefits of marriage. Especially designed for teens, unmarried singles, as well as couples. Interviews with teens and marriage experts. Five-page discussion guide included.

<http://www.freeteensusa.org/realdeal.html>

\$52

### **Relationship Enhancement for Refugees and Immigrants**

Developed by IDEALS of Kentucky and the United States Committee for Refugees and Immigrants and funded by an ACF grant. This program adapts the information and skills of the Relationship Enhancement program. An easy-to-understand booklet offers adaptable 8-hour curriculum for new arrivals in the United States. It focuses on maintaining strong family ties, understanding each other, managing conflict, and solving problems. A third part of the program teaches problem-solving around money issues.

Contact: Mary Ortwein at [mary@skillswork.org](mailto:mary@skillswork.org)

<http://www.skillswork.org/index.php/mml-curriculum/introduction>

Free

### **Smart Steps for Couples in Stepfamilies**

Developed by Francesca Adler-Baeder, PhD, CFLE, Alabama Cooperative Extension System, Auburn University. Six-session research-based educational curriculum designed for remarried or partnering couples and their children. It focuses on building couple and family strengths while addressing the unique needs and issues that face couples in stepfamilies. Curriculum includes leader's guides for adult and child programs, handout masters, resource list, two videos, and CD containing all PowerPoint slides, handouts and evaluation questionnaire.

<http://www.stepfamilies.info/SmartSteps.php>

\$199

### **Stepping Stones for Stepfamilies**

Developed by Charlotte Shoup Olsen and adapted for use in Florida by Millie Ferrer. A program to assist persons and communities in creating successful stepfamily living. It is designed specifically for parents with children under the age of 18. Resources include a home study course, videotape, audiocassette, fact sheets, and teaching materials. To review the materials, visit the [Stepping Stones](http://www.oznet.ksu.edu/library/famlf2/mf2232.pdf) Web site.  
<http://www.oznet.ksu.edu/library/famlf2/mf2232.pdf>

Free

### **Survive Strive Thrive: Keys to Healthy Family Living**

Developed by the University of Nebraska-Lincoln Extension. Fifteen-unit curriculum that takes teens and adults from day-to-day “surviving” to “thriving”. Titles include: Goal-Setting, Making Good Decisions, Self-Esteem, Coping Skills, Anger/Conflict Management, Stress Management, Building Healthy Relationships, Developing Good Character, Communication Skills, Time Management, Child Development, Strong Families, Positive Parenting, Money Management, and Creating a Healthy Home.  
<https://middleloup.unl.edu>

CD 12-\$60

### **Ten Weeks to a Better Marriage Relationship**

Developed by Sheri and Bob Stritof. This is a ten-week free online course for couples who want to have a better marriage relationship. Course content can be delivered via weekly emails, newsletter format or online. Readings, discussion questions, surveys and exercises are included for each of the following topics: expectations, fighting fairly, listening skills, financial concerns, conflicting chores, sexuality, cinema therapy and couple harmony. Includes links to various resources on each topic.  
<http://marriage.about.com/c/ec/1.htm>

Free

### **The First Dance: Wedding Stress Coaching & Couple Checkup**

Developed by William Doherty, PhD and Elizabeth Doherty Thomas. Self-study resources include couple relationships and family dynamics to help couples navigate through the minefield of wedding planning. *Take Back Your Wedding* is a book that addresses true-to-life issues that couples deal with during the planning process.  
<http://www.thefirstdance.com/>  
<http://www.weddingstresscoaching.com/>

\$10 DVD  
\$13 book  
\$30 survey

### **The 7 Stages of Marriage: A Marriage Education Resource Guide**

Developed by Rita M. DeMaria, PhD, LMFT, LSW. *The Marriage Education Resource Guide, Teach Out of the Box Kit* (TOOB), has been designed to provide the information needed to present a stand-alone workshop. The basic workshop format is for 1½ - 2 hours. Extensions of the basic workshop are easy to add by providing couples with additional exercises for their stages. An extended workshop could include up to four sessions. *The 7 Stages of Marriage* workshop can also be adapted for couples' retreats.  
<http://www.marriagedoctor.com/training-7stages.htm>

\$89 resource  
guide (price  
includes book)  
\$15 workbook

### **The Third Option**

Developed by Patricia Crane Ennis, MSW. The Third Option is an on-going group program to build better marriages that combines skill-building workshops with sharing from mentor couples and a support group component. It is designed for all married couples and can be used both as marriage enrichment or crisis intervention. For hurting couples, who see only two options (painful endurance or divorce), the third option means reconciliation. Christian and secular versions and Spanish worksheets available. Contact: [pat@thethirdoption.com](mailto:pat@thethirdoption.com)  
<http://www.thethirdoption.com> \$200

### **THRIVE: The Collaborative Marriage Sphere**

Developed by Drs. Sherod and Phyllis Miller of Interpersonal Communications Programs, Inc. THRIVE is an online relationship awareness tool that provides a comprehensive picture - strengths and challenges - of a couple's relationship on a single page. This resource is sixty-seven questions that take about 20 minutes to complete.  
<http://www.thrivesphere.com/> \$25/couple  
Discounts for multiple tools

### **Together We Can: Creating a Healthy Future for Our Family**

Developed by Michigan State University Extension with funding from the Administration for Children and Families Office of Child Support Enforcement. This twenty-four 60-minute lesson curriculum seeks to improve co-parenting relationships. Lessons include: positive co-parenting relationships, stress and conflict management strategies, parents' involvement, money management and healthy decisions about romantic and couple relationships.  
<http://www.togetherwecan.fcs.msue.msu.edu/> Free

### **Why Buy the Cow (when you can get the milk for free!): Facts and myths about cohabitation**

Developed by the Dibble Institute and based on the report "Should We Live Together?" from the National Marriage Project at Rutgers University. This is a mini-course for students in grades 9-12. Teens learn about the myths of cohabitation and the reasons why couples decide to live together, research on the impact of cohabitation on marriage and children, and tips for building positive relationships. Includes lesson plans, PowerPoint presentations, activities, questions and review materials, copier-ready student materials and the Rutgers University research report, "Should We Live Together?"  
[http://www.dibbleinstitute.org/why\\_buy\\_cow.html](http://www.dibbleinstitute.org/why_buy_cow.html) Instructor's Kit  
\$54.95

### **World Class Marriage Online**

Developed by the Marriage Education Institute. A six-week online instructor-guided course that teaches practical and proven skills for individuals and couples to improve marriages and relationships. Program includes weekly assignments, interaction with classmates via discussion boards and personalized responses with instructor via email.  
<http://www.marriageed.org/> \$249

### **10 Great Dates**

Developed by David and Claudia Arp. *10 Great Dates* is a teach-right-out-of-the-box marriage education DVD program that combines fun dates with marriage education skills. Individual participant book is available in English and Spanish. Several variations of the basic course have been developed including African American, Korean, Spanish and military. DVD includes ten video date launches.  
<http://www.marriagealive.com/> \$39.99 Guide  
\$10.99  
Workbooks

## Marriage and Relationship Resources

### **Administration for Children and Families Healthy Marriage Initiative**

Developed by the Department of Health and Human Services/Administration for Children and Families. Web site offers current information on mission, goals and projects funded by federal sources as part of the Healthy Marriage Initiative. Research briefs, past and current funding opportunities, curriculum resource guides and information on culturally competent strategies are available online. Includes links to the African American Healthy Marriage Initiative (AAHMI), the Asian and Pacific Islander Healthy Marriage and Family Strengthening Initiative (APIHMFSI), the Hispanic Healthy Marriage Initiative (HHMI) and the Native American Healthy Marriage Initiative (NAHMI).

Free

<http://www.acf.hhs.gov/healthymarriage>

### **African American Healthy Marriage Initiative (AAHMI)**

Developed by the Administration for Children and Families. This Web site offers resources to support the African American Healthy Marriage Initiative (AAHMI), a component of the ACF Healthy Marriage Initiative. AAHMI more specifically promotes a culturally competent strategy for fostering healthy marriage and responsible fatherhood, improving child well-being, and strengthening families within the African American Community. This site includes access to fact sheets, statistics, research, reports, newsletters and events.

[http://www.acf.hhs.gov/healthymarriage/aa\\_hmi/AAHMI.html](http://www.acf.hhs.gov/healthymarriage/aa_hmi/AAHMI.html)

### **African American Healthy Marriage Initiative (AAHMI)**

Supported by funding from the Administration for Children and Families Healthy Marriage Initiative. This Web site offers resources targeted to promoting healthy marriage and relationships to African Americans. Provides proceedings from the annual research to practice conferences including PowerPoint presentations, session summaries and notes from expert presenters. Also includes media kit resources, summaries of past forums and events, upcoming events, PDF copies of the AAHMI Newsletter and map database identifying locations of currently ACF-funded marriage and fatherhood projects.

<http://www.aahmi.net/>

### **Asian and Pacific Islander Healthy Marriage and Family Strengthening Initiative (APIHMFSI)**

Developed by the Administration for Children and Families (ACF). This Web site offers resources in support of the Asian and Pacific Islander Healthy Marriage and Family Strengthening Initiative (APIHMFSI) launched by ACF. APIHMFSI seeks to address the cultural, linguistic, demographic and socio-economic needs of families in the Asian and Pacific Islander community. Includes links to additional information and a Community of Practice.

<http://www.acf.hhs.gov/healthymarriage/about/asianandpacific.html>

### **Hispanic Healthy Marriage Initiative (HHMI)**

Developed by the Administration for Children and Families (ACF). This Web site offers resources targeted to promoting the goal of the HHMI: to address the unique cultural, linguistic, demographic and socio-economic needs of children and families in Hispanic communities. Site includes fact sheets, statistics, and resources for researchers, evaluators, program directors, program directors and service providers.

[http://www.acf.hhs.gov/healthymarriage/about/hispanic\\_hm\\_initiative.508.html](http://www.acf.hhs.gov/healthymarriage/about/hispanic_hm_initiative.508.html)

### **Hispanic Healthy Marriage Curriculum Modules**

The Hispanic Healthy Marriage Initiative (HHMI), in partnership with the Annie E. Casey Foundation, is in the final stages of developing several curriculum modules which can be utilized as supplements to healthy marriage and other family strengthening curricula already in use with Hispanic populations. The modules address some of the unique experiences of Hispanic families and examine how culture 1) shapes beliefs and expectations around marriage and family, 2) influences expectations about roles as men and women, and 3) impacts how couples and families communicate. The HHMI curriculum modules will be released in mid-to-late 2009 and will be available, free of charge, through the HHMI website. Contact: Leah Rubio at [Leah.Rubio@publicstrategies.com](mailto:Leah.Rubio@publicstrategies.com).

### **Native American Healthy Marriage Initiative (NAHMI)**

Developed by the Administration for Children and Families Healthy Marriage Initiative, these targeted grants and resources seek to support projects that include approaches to removing barriers to form and sustain healthy marriages and strengthen families in Native communities. The Native American Healthy Marriage Initiative (NAHMI) promotes culturally competent strategies to strengthen Native American families and communities by fostering healthy marriages, responsible fatherhood and child well-being. The NAHMI includes three components: Education and Communication, The Creation and Enhancement of Collaborations and Partnerships, and Identifying Resources.

<http://www.acf.hhs.gov/programs/ana/programs/NAHMI/Index.html>

### **Cultivating Healthy Couple and Marital Relationships: A Guide to Effective Programming**

Developed by National Extension Relationship and Marriage Enrichment Network. This eighty-page guide offers research-based information on implementing and evaluating relationship and marriage education programs for diverse audiences.

<http://www.nermen.org/programresources.php>

\$10  
Guide

### **Extension, Cooperative Extension Search**

Developed by the Cooperative Extension Service. This Web-based tool allows you to search the resources provided by over 750 Cooperative Extension Sites. Insert search words such as, marriage, fatherhood, parenting to retrieve links to articles, curricula and other information.

<http://search.extension.org>

Free

### **Families Talk about Marriage**

Developed by James Sayre, MD and produced by Rose Films. This video series highlights parents speaking openly about their experiences building their families. Parents describe how they relate to their children in ways that reflect kindness, love and consideration, even in the harshest of urban environments. Public performance rights and a discussion guide are included with each video. Spanish version available.

<http://www.activeparenting.com/xftam.htm>

\$69.95

### **Healthy Marriage Tips**

Developed by The National Healthy Marriage Institute LLC, a non-partisan organization dedicated to developing products and resources to strengthen marriages and families. Available resources include fifteen pamphlets for self-study.

Examples topics include: Affection, Appreciation, Avoiding an Affair at Work, Forgiveness and Money.

<http://www.healthymarriagetips.com/>

Free - \$20

## **Marriage Magazine**

Originally developed out of Marriage Encounter seminars, (now an independent and unaffiliated publication). This resource provides advice, resources and information to build better marriages in an easy-to-read magazine format. \$19.95 per yr.  
<http://www.marriagemagazine.org/>

## **National Healthy Marriage Resource Center**

Developed with support from the Administration for Children and Families' Office of Family Assistance, Annie E. Casey Foundation, Johnson Foundation, Kohler Foundation, the WinShape Foundation and others. The NHMRC is a resource that offers a comprehensive Web-based clearinghouse designed as a "first-stop shop" for information on healthy marriages including a searchable database, library, tools, tip sheets, research briefs and information on how to start your own community initiative. Free  
<http://www.healthymarriageinfo.org/>

### **Two of Us.org website, blog, forums**

Developed by the NHMRC, this site seeks to directly engage singles, couples and parents in dialogue about the complexity of healthy marriages and provide tools and tips for making relationships work during challenging times. The site reaches out to young adults because they are the group most likely to be considering marriage for the first time and are most likely to access an online resource. Site offers blogs, forums, practical information and an email service to receive monthly tips on relationships, marriage, family, and more.  
<http://www.twoofus.org/index.aspx>

## **National Stepfamily Resource Center**

Developed and overseen by Francesca Adler-Baeder, PhD, and Director of the Center for Children, Youth and Families at Auburn University. The National Stepfamily Resource Center serves as a clearinghouse of information, linking family science research on stepfamilies and best practices in work with couples and children in stepfamilies. The National Stepfamily Resource Center (NSRC) is a division of Auburn University's Center for Children, Youth, and Families (CCYF). Free - \$199  
<http://www.stepfamilies.info/>

## **Real Relationships**

Developed by Drs. Les and Leslie Parrott. Web site offers free videos-on-demand to answer frequently asked questions on a variety of topics for married and pre-marital couples. Representative topics include communications, conflict resolution, finances, in-laws, sex and health. No-cost downloads for couples and mentors. Low-cost resources including booklets, workbooks and audio book on marriage and marriage mentoring are available. \$4 - \$9 Booklets \$19.99 CD  
<http://www.realrelationships.com/>

## **Relationship Coaching Network**

Developed by David Steele, founder of Relationship Coaching Institute. Free monthly seminars and articles are available. Free and up  
Dr. Gary Brainerd, PhD hosts the "Couple's Workstation" where couples can work online. Relationship coaches are available for individuals and couples for a fee.  
<http://relationshipcoachinginstitute.com/resources.htm>

## Fatherhood and Parenting Curricula

### 24/7 Dad Interactive

Developed by the National Fatherhood Initiative. The new 24/7 Dad™ Interactive CD-ROM is an exciting and innovative version of NFI's 24/7 Dad™ curriculum designed to take dads on a personal journey to help them learn more about their parenting style and improve their relationships. On-screen narrators take dads through exercises and information in twelve sections. For the busy dad who doesn't have the time to attend group sessions. Web site includes free demonstration highlighting features of the program.

<http://www.fatherhood.org/247Interactive.asp>

\$14.95

### Being a Better Dad

Developed by John Curtis, PhD. Two online courses focus on developing parenting skills for fathers who are separated from their children for various reasons. Subject matter includes virtual visitation and long distance parenting. Virtual visitation class is four sessions. Online sessions, recordings of all sessions, CDs and written transcripts that can be made available in Spanish.

<http://www.beingbetterdad.com/>

\$9/95 & up

### Boyz 2 Dads

Developed by the National Fatherhood Initiative, *Boyz 2 Dads* is an interactive CD designed to help teen and preteen boys learn about consequences and decision making in relationships. Video-game format with resource section for moms, dads and mentors.

<http://www.fatherhood.org/boyz2dads/index.asp>

\$14.95

\$99 for up to  
30 users

### Caring Dads

Developed by Drs. Katreena Scott and Claire Crooks as well as Tim Kelly and Karen Francis. *Caring Dads* is an intervention program designed for men who have abused or neglected their children or exposed them to abuse of their mothers. The intervention component of the Caring Dads program is a 17-week group program that usually runs for 2 hours, one night a week. Facilitator's manual and client workbook available. Topics include: importance of fatherhood and parenting, impact of abuse and neglect on children, child-centered fathering, personal responsibility, rebuilding trust and planning for the future.

<http://www.caringdadsprogram.com/>

\$34.95

### Dadventures

Developed by The National Fatherhood Initiative. *Dadventures* contains twelve sessions taking kids and dads through a series of activities for teachers and community organizations. *Dadventures*™ includes: one Activities Guide, *101 Secrets A Good Dad Knows* book and posters.

<http://www.fatherhood.org/dadventures/>

\$89 DVD

### **Dads Make a Difference**

Developed by a collaboration of Minnesota educators, extension specialists and teens in 2006. The *Dads Make a Difference*<sup>™</sup> (DMAD) middle school curriculum is a positive youth development, pregnancy prevention, paternity education program in which male and female high school teens trained as peer educators teach middle school-age youth about the importance of fathers in children's lives, the responsibilities of parenthood, and making responsible choices about risky behavior. Training is required and limited scholarships available for teen educators.

<http://www.dadsmakeadifference.org/Middlemcurr.html>

\$100 includes curriculum and training (adults)  
\$75 for teens

### **Great Beginnings for Families**

Developed by Iowa State University, University Extension. Series of five 60-90 minute workshops for parents of infants, toddlers, and preschool age children. Topics include: Everyday Growing and Learning, Guidance and Discipline, Play and Encouragement, Getting Along and Building Family Strengths.

[http://www.extension.iastate.edu/homefamily/parenting/great\\_beginnings.htm](http://www.extension.iastate.edu/homefamily/parenting/great_beginnings.htm)

Free

### **Parenting Programs**

Developed by University of Minnesota Extension. Fact sheets, booklets, parent guides and complete curricula are available on a range of parenting and family relationship topics addressing the needs of children with emphasis on adolescent children. Parenting guide in English, Hmong, Somali, and Spanish.

<http://www.parenting.umn.edu/>

Free & Up

### **Parenting Wisely Online**

Developed by FamilyWorks, Inc. *Parenting Wisely Online* offers a subscription service to bring a parenting skills program to agencies, parents and professionals working with youth. Teaches skills proven to lessen drug and alcohol abuse in youth, school and homework problems, delinquency and other problem behaviors, family conflict, and more. Online edition for teens has video clips of common areas of conflict with parents, peers and siblings.

<http://www.familyworksinc.com/parentingwisely/index.php>

\$35-225 for various subscription lengths up to 10 users

### **Parenting and Paternity Awareness Curriculum**

Developed by the Office of Texas Attorney General in 2003. This program is a public education project for youth. Content promotes responsible parenthood, basic understanding of paternity and child support laws and the formation of stable families. Each of the fourteen 1-hr. sessions that includes video segment and lesson with group activities, handouts and workbook exercises. Topics include: Rights and Responsibilities of Parenthood, Establishing Paternity, Realities of Parenting, Your Future as a Parent and Relationship Violence Prevention. Training available in Texas.

Contact: Michael Hayes, Director of Family Strengthening Initiatives [Michael.hayes@cs.oag.state.tx.us](mailto:Michael.hayes@cs.oag.state.tx.us)  
(512) 460-6218

Free PDF files curriculum (cost of instructor training not included)

### **Programs for Divorcing Parents: A Service Provider's Guide**

Developed by Center for Divorce Education. *Programs for Divorcing Parents: A Service Provider's Guide* is a basic "how-to" guide to deliver parenting programs; includes video and instructor's manual. *Children of Divorce: Improving Parenting Plan Decisions* is a 5-hour video-based program for family or juvenile and divorce court judges. It includes video and 240-page manual containing learning objectives, exercises and readings.

<http://www.divorce-education.com/>

Free

### **Raising Courageous Kids: Eight Steps to Practical Heroism**

Developed by Charles A. Smith, PhD, Kansas State University Research and Extension. Online character-building course and resources for parents and parent educators. Free  
<http://www.k-state.edu/wwparent/programs/courage/>

### **Strengthening Families Program for Parents and Youth 10-14**

Developed by Iowa State University, University Extension. Curriculum is designed to prevent teen substance abuse and other behavior problems, strengthen parenting skills, and build family strengths. Seven sessions for parents, youth and families using realistic videos, role-playing, discussions, learning games and family projects. Free  
<http://www.extension.iastate.edu/homefamily/strengthening.htm>

### **The R Factor: Building Resiliency in Young Adults**

Developed by *Dads Make Difference* educators to bring greater awareness to high school students on the issues of paternity and father involvement. This research-based curriculum immerses students in case studies, social issues and skills for self-improvement. Flexible curriculum includes eight to ten sessions with activities and teacher resources. \$79 curriculum only  
<http://www.dadsmakeadifference.org/HighSchoolCurriculum.html> \$150 with training

### **When Duct Tape Won't Work**

Developed by the National Fatherhood Initiative based on the *Doctor Dad* program. This interactive CD informs dads on issues surrounding child safety and care. The self-paced format prepares dads for the delivery room and child care. Topics include: Fevers and the Common Cold, Doctor Visits, Injuries, Immunization, and How to Calm a Crying Child. \$14.95  
<http://www.fatherhood.org/whenducttapewontwork/index.asp>

### **Wonder Wise Parenting**

This Web site houses a collection of comprehensive programs, online courses, public radio commentaries and family activity ideas for parents. Developed by Charles A. Smith, PhD, Kansas State University Research and Extension. Includes: *Dear Neighbors*, *Ring of Valor*, *Nurturing Conscience in Children*, *Caring about Moms and Dads*, *The Devotion Ceremony*, *Fireworks: Anger Management*, and *Basic Parenting*. Resources for program implementation, stories and games included. Free  
<http://www.ksu.edu/wwparent/programs/index.htm>

### **Young Fathers**

Developed by Working Ventures. This package features the *Young Fathers* documentary depicting the lives of two young fathers and their relationships with their children. The DVD explores the challenges of early parenthood, co-parenting relationships, and child support and marriage issues. CD with discussion guide and seven lesson plans included. \$59.95  
[http://www.ppv.org/ppv/initiative.asp?section\\_id=0&initiative\\_id=8](http://www.ppv.org/ppv/initiative.asp?section_id=0&initiative_id=8)

## Fatherhood and Parenting Resources

### Better Kid Care

Developed by Penn State University. Site provides distance education for professional development opportunities and educational information on caring for children. Online broadcasts for child care providers and parents. E-newsletter and resources in Spanish are also available. See Web site for topics, satellite education and scheduling. \$30

<http://www.betterkidcare.psu.edu/>

### Deployed Fathers and Families Guide

Developed by the National Fatherhood Initiative, this guidebook offers helpful tips, charts and activities to support military fathers and their families as they prepare for and successfully navigate deployment. Pre-deployment and deployment strategies are included with tips to prepare families for the challenges of deployment and sustain them through the deployment period. \$4.95

<http://www.fatherhood.org/dffguide/>

### eXtension Just in Time Parenting (JITP)

These resources are offered through the Cooperative Extension System. *eXtension Just in Time Parenting* (JITP) is an outreach innovation that brings quality, research-based information to families at the time it can be most useful and make the biggest difference in their lives. The *eXtension Just in Time Parenting* Web site includes age-paced newsletters that can be downloaded and printed, facts sheets, Frequently Asked Questions (FAQs), access to experts across the country and notices about local Extension programs. Although the JITP materials currently focus on infants, the information will extend from pregnancy through parenting in the teen years. Free

[http://www.extension.org/pages/Just\\_in\\_Time\\_Parenting\\_Community\\_Page](http://www.extension.org/pages/Just_in_Time_Parenting_Community_Page)

### Family First (also All Pro Dads, iMom and Family Minute)

This resource helps to strengthen the family by promoting healthy marriages and relationships. Programs include: Free

**All Pro Dad** is an innovative program designed to help men to be better fathers. Program features *All Pro Dad's* fifty NFL spokesmen, multiple NFL seminars, 850 "All Pro Dad's Days" and "Play of the Day" daily emails reach almost 40,000 fathers each day and are designed to inspire and equip fathers to be actively involved in their children's lives.

**The Family Minute** with Mark Merrill is Family First's daily radio feature that reaches 6,000,000 listeners each week and offers practical, everyday advice on marriage, parenting and family relationships. The broadcast covers over 157 stations in 34 states, as well as SIRIUS and XM Satellite Radio, and American Forces Network. Everyday the free *Family Minute* email is sent to nearly 75,000 subscribers.

**iMOM** is the complement to the organization's popular *All Pro Dad* program. *iMOM's* focus is to equip mothers with information, ideas and encouragement to positively impact their children.

<http://www.familyfirst.net/about/index.php>

### **Fathers Reading Every Day (FRED)**

Developed by the Texas AgriLife Extension Service. Program designed to encourage fathers, grandfathers and other positive male role models to read to their children daily. Includes reading log, reading list and tips. Free  
<http://fcs.tamu.edu/families/parenting/fathering/fred/index.php>

### **Me and My Dad, Strengthening Relationships between Dad and Kids**

Developed by Iowa State University, University Extension. Online program with the following topics: Joys and Challenges, Ages and Stages, Let's Play, and Dads at a Distance. Free  
<http://www.extension.iastate.edu/dads/>

### **National Center for Fathering**

Developed by Dr. Ken Canfield. National Extension Parenting is a nonprofit, scientific and education organization. This site provides access to practical, research-based training and resources that equip men in virtually every fathering situation to be the involved fathers their children need. The Center reaches more than one million dads annually through seminars, small-group training, radio program, and weekly emails. Includes a recommended booklist, free podcasts, articles and other resources. Free  
<http://www.fathers.com/>

### **National Extension Parenting Educators' Framework (NEPEF)**

Developed by Charles A. Smith, Dorothea Cudaback, H. Wallace Goddard, and Judith A. Meyers-Walls in collaboration with extension professionals. NEPEF discusses concepts for providing education to parents including care for self, understand, guide, nurture, motivate and advocate. Free  
[http://cyfernet.org/ncsu\\_fcs/NEPEF](http://cyfernet.org/ncsu_fcs/NEPEF)

### **National Responsible Fatherhood Clearinghouse**

The National Responsible Fatherhood Clearinghouse (NRFC) supports the [Administration for Children and Families' Office of Family Assistance's \(OFA\)](#) efforts to promote and support Responsible Fatherhood and Healthy Marriage. The NRFC holds policy information, priorities, trends, research findings and emerging lessons and helps connect knowledge to practice. NRFC provides access to print and electronic publications, timely information on fatherhood issues, and targeted resources that support Responsible Fatherhood and Healthy Marriage grantees. NRFC also provides information on program development, training, statistics, curricula, library, resources, events, etc. Free  
<http://www.fatherhood.gov/index.cfm>

### **Native American Fatherhood & Families Association (NAFFA)**

Developed by NAFFA, a non-profit organization that provides leadership through training, information, technical assistance, and support to Native American tribal and non-tribal agencies and urban organizations. NAFFA assists with planning, development, implementation, evaluation, and policies to ensure successful and effective Fatherhood programs. NAFFA trains program personnel to implement and teach an effective Fatherhood program. Free  
<http://www.nativeamericanfathers.org/>

## **Parenting**

These resources are offered through the Cooperative Extension System. This site includes a changing selection of featured articles and activities on a wide-range of topics associated with child development and parenting skills.

<http://www.extension.org/parenting>

Free

## **Parenting Education Resources**

Developed by University of Minnesota. Includes booklets and a new resource, *Parenting for School Success*, and easy-to-use tools for parents and schools to work together to help support learning from kindergarten through twelfth grade.

<http://www.parenting.umn.edu/programs/parenteducation/index.htm>

Free

## **Parenting Programs for Parents and Parent Educators**

Developed and presented by North Carolina State University, A & T State University, Cooperative Extension. Podcasts on various topics including: Knowing Yourself, Knowing Your Child; Self-centered Children, Guiding Your Teenager; Responding to Children's Emotions.

<http://www.ces.ncsu.edu/depts/fcs/parenting.html>

Free

## Financial Education Curricula

### **America Saves**

Developed by the partnership between the land grant/Cooperative Extension System and American Saves. Program informs and encourages the reader to save in different ways. Free  
[http://www.csrees.usda.gov/nea/economics/fsll/edu\\_toolkit.html](http://www.csrees.usda.gov/nea/economics/fsll/edu_toolkit.html)

### **Building Native Communities: Financial Skills for Families**

Developed by the First Nations Developmental Institute and the Fannie Mae Foundation to assist Native people in managing their resources. Six-section curriculum includes: Building a Healthy Economy, Spending Plan, Working with Checking and Savings Accounts, Understanding Credit and Your Credit Report, and Accessing Credit. Free  
<http://firstnations.org/Publications/BNCParticipantWorkbook.pdf>

### **Credit Smart**

CreditSmart, a multilingual financial education curriculum designed by Freddie Mac to help build and maintain better credit, make sound financial decisions, and understand the steps to sustainable homeownership. CreditSmart teaches money management skills and how to avoid costly mistakes. Available in English, Spanish, Chinese, Korean, and Vietnamese (CreditSmart Asian). Free  
<http://www.freddiemac.com/creditsmart/>  
<http://www.freddiemac.com/creditsmart/curriculum/>

### **Grandma's Yellow Pie Plate**

Developed by University of Minnesota Extension faculty. The subject is passing down non-titled property. Free  
<http://www.yellowpieplate.umn.edu/indexB.html>

### **Growing Your Money**

Developed by the Fannie Mae Foundation. Leader's guide, participant's handbook and instructor resources included. Free  
Lessons include: Developing a Spending Plan, Working with Checking and Savings Accounts, Understanding Credit and Your Credit Reports, and Getting a Loan.  
[www.fanniemaefoundation.org/publications/Growing\\_Your\\_Money.html](http://www.fanniemaefoundation.org/publications/Growing_Your_Money.html)

### **High School Financial Planning Program (H\$FPP)**

Developed by the National Endowment for Financial Education. The H\$FPP is a 16-hour program with seven units: Your Financial Plan: Where It All Begins, Budgeting: Making the Most of Your Money, Investing: Making Money Work for You, Good Debt, Bad Debt: Using Credit Wisely, Your Money: Keeping It Safe and Secure, Insurance: Protecting What You Have, and Your Career: Doing What Matters Most. Student and Instructor's guide, CD and visuals. Free  
<http://hsfpp.nefe.org>

### **Homebuyer Education: A place of your own**

Developed by Iowa State University Extension faculty. Online homebuyer education course includes the topics of preparing for home ownership, shopping for a home, getting a mortgage, closing the loan, and being a home owner. Free  
[http://www.extension.iastate.edu/finances/personal/productdecision/homebuyer\\_ed.htm](http://www.extension.iastate.edu/finances/personal/productdecision/homebuyer_ed.htm)

## Investing in Your Future

Developed by Rutgers Cooperative Extension faculty nationwide. Basic online investing course is a home study course with eleven units designed for beginning investors with small dollar amounts to invest at any one time.

[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

Free

## Money Habitudes

*Money Habitudes* is an activity to get people talking about their habits and attitudes related to money. It is based on the use of a novel deck of playing cards that can be used as a separate activity with individuals, couples and youth or added to any relationship/ marriage education program as a separate activity.

<http://www.moneyhabitudes.com>

\$14.95  
volume  
discounts  
available  
\$149 DVD

## Money Smart

Developed by the Federal Deposit Insurance Corporation. Ten-module adult financial education program available online or CD-ROM. Train-the-trainer and individual educational materials available. *Money Smart* offers two versions: instructor-led and computer-based. Both consist of ten modules that include introduction to bank services and credit, personal money management, consumer rights, checking accounts, saving, loans, saving and buying a home. Spanish and English available online.

<http://www.fdic.gov/consumers/consumer/moneysmart/overview.html>

<http://www.mymoney.gov/>

Free

## Smart Money for Young Adults

Developed by the Federal Deposit Insurance Corporation. Curriculum helps youth ages 12-20 learn the basics of handling their money and finances and establishing positive relationships with financial institutions. The eight modules are: Bank On It, Check It Out, Setting Financial Goals, Pay Yourself First, Borrowing Basics, Paying for College and Cars, Charge It Right, and A Roof Over Your Head.

<http://www.fdic.gov/consumers/consumer/moneysmart/young.html>

Free

## Take the Road to Financial Security in Later Life

Developed by University of Minnesota Extension. This is a self-paced online self-study curriculum to increase knowledge of financial security in later life. Helps consumers assess preparations for financial security and create an action plan to meet their personal needs and goals.

[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

Free

## Taking Control of Your Money

Taking control of Your Money. Developed by Utah State University Extension. This is an online course in basic money management that uses a seven-step process to help the consumer to examine spending habits, take steps to reduce debt, build your savings and reach goals.

<http://www.extension.iastate.edu/finances/personal/money/webcourse.htm?WBCMODE>

Free

**PowerPay**© Developed by Utah State University Extension and WebAIM.org. PowerPay© is a computer analysis and debt management program that helps the debtor to become a saver. Refer to entry under "Power Pay" <https://powerpay.org/>

### **Thinking Over an Early Retirement Offer**

Developed by Iowa State University Cooperative Extension. Program offers information to help individuals make decisions about retirement. Free

[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

### **University of Alaska Cooperative Extension Service**

Developed by University of Alaska Cooperative Extension Service faculty. Series of publications on money management, tax issues for volunteers, etc. Free

<http://www.uaf.edu/ces/publications/fhepubs.html#frm>

### **Utah State University Extension Online Financial Education**

Developed by Utah State University Extension faculty. Resources aim to help debtors become savers. Topics include bankruptcy, home buyer, budgeting, debt management, etc. Lesson materials, calculators and an education center with presentations, articles and fact sheets are available online. Free

<http://www.extension.usu.edu/bankruptcy>

<http://powerpay.org/education/> or //extension.usu.edu/publications

### **Wi\$e Up**

Developed by the [U.S. Department of Labor Women's Bureau](#) in support of the Department of Labor's Strengthening the Family Initiative. Wi\$e Up is a financial education project targeted to Generation X and Y women. The program is an eight-module online curriculum which can also be delivered in a classroom setting. The online program has an "Ask the Experts" feature, which permits questions to be sent to volunteers with financial expertise. A series of bimonthly 1-hour teleconference calls featuring timely topics is also available live and through an online archive. Free

<http://wiseupwomen.tamu.edu/>

<http://wiseupwomen.tamu.edu/>

## Financial Education Resources

### **Building Assets Building Stronger Families**

Developed by the Administration for Children and Families/Office of Community Services as part of the federal Assets for Independence asset building program. This site includes a financial literacy curriculum containing eight chapters that focus on core skills and activities for families and couples. Also available is a Resource Book designed for Individual Development Account (IDA) financial education practitioners working with IDA savers who share their financial lives with a partner or family. The Resource Book has materials on “family and marriage strengthening” and “asset building” that practitioners can use with IDA savers to enhance communication skills about money and to work with their partners, families, and communities to achieve their financial goals.

[http://www.acf.hhs.gov/programs/ocs/afi/buildingassets/babsf\\_curr\\_intro.htm](http://www.acf.hhs.gov/programs/ocs/afi/buildingassets/babsf_curr_intro.htm)

Free

### **Center for the Study of Financial Access for Immigrants**

Developed by the Federal Reserve Bank of Chicago. The Center for the Study of Financial Access for Immigrants strives to remove barriers to participation in the U.S. financial services market and mainstream financial institutions that can help them save money, buy homes, access credit, start businesses and otherwise build wealth. The online site provides information about research, events and resource organizations.

[http://chicagofed.org/community\\_development/center\\_for\\_the\\_study\\_of\\_financial\\_access\\_for\\_immigrants.cfm](http://chicagofed.org/community_development/center_for_the_study_of_financial_access_for_immigrants.cfm)

Free

### **Centsible Parenting**

Developed by Iowa State University Extension faculty. Nine-issue newsletter series for parents of first, third or fifth graders to use when discussing money. Each issue focuses on teaching money management concepts to children.

<http://www.extension.iastate.edu/homefamily/parenting/centsible.htm>

Free

### **Cooperative Extension National Educational Web Site**

Developed by Extension faculty nationwide. Comprehensive information on various topics for personal finance and local extension staff is available at this site. Articles and tools can also be downloaded.

<http://www.extension.org/personal+finance>

Free

### **Cooperative Extension National Web Site**

Developed by Extension faculty nationwide. List of financial resources and educational materials is available in English and Spanish.

<http://www.csrees.usda.gov/financialsecurity.cfm>

Free

### **Estate Planning**

Developed by Montana Cooperative Extension. Group of publications designed to cover many of the different aspects of estate planning.

[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

Free - \$10

### **Financial Education Clearinghouse**

Developed by American Express and the National Endowment for Financial Education. The Financial Education Clearinghouse supports the delivery of community-level financial literacy programs to teach and motivate the newly employed, young workers, individuals moving from welfare to work, and immigrants to make changes in financial behaviors that will lead to economic independence. Free

<http://www.nefe.org/tabid/89/Default.aspx>  
<http://www.nefe.org/>

### **Financial Education Research Center**

Site maintained by [Consumer & Economic Development Research & Information Center](#) includes online resources for researchers, educators, program directors and others interested in financial literacy and consumer education. Also included is a list of national financial education programs with contact information, and description of the products and services. Free

[http://chicagofed.org/cedric/financial\\_education\\_research\\_center.cfm](http://chicagofed.org/cedric/financial_education_research_center.cfm)

### **Financial Fitness Quiz**

Developed by Rutgers Cooperative Extension faculty. Take the quiz to get an idea of how well you've managed your money. Choose the answers that best describe your current financial management practices. Free

[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

### **Financial Resources**

Developed by Cooperative Extension, National Network for Child Care, The Child Care Partnership Project, Brooks & Brooks Foundation, Inc. and Credit Union National Association, Inc. Site lists various resources to teach financial responsibility for early childhood, school age, parent/family, teens and community. Free

[http://cyfernet.ces.ncsu.edu/cyfres/browse\\_3.php](http://cyfernet.ces.ncsu.edu/cyfres/browse_3.php)

### **Financing Long-Term Care: A resource center for families**

Developed by Extension faculty nationwide. Web site offers unbiased, proven information with no financial products to sell. Examples of resources include: interactive planning and assessment tools, fact sheets, myths and facts, conversation starters, and online self-study. Free

[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

### **Managing Your Marriage**

Developed by Utah State University Extension faculty. Section of the *Utah Marriage Handbook* deals with marital finances (pp.19-22). Free

<http://www.extension.usu.edu/> (Go to "publications")

### **Money Choices: Practical Money Skills . . . For Life**

Sponsored by Visa USA, Inc. An online program of self-paced courses to help individuals learn skills needed for smart money management and maintenance of financial health. Consumers who are referred to the program by creditors will have records of course completion forwarded to creditors. The five courses with four lessons each are: Financial Basics, Your Financial Situation, Setting Goals, Building Financial Skills, and Tips and Resources. Free

<http://www.moneychoices.com>

### **Planet Orange Teacher's Research Center**

Developed by ING Direct. Orange Plant Teacher's Resource Center (TRC) provides free classroom resources for teachers of youth. Topics include basics of earning, spending, saving and investing. Free  
[http://www.orangekids.com/TRC\\_Login.asp](http://www.orangekids.com/TRC_Login.asp)

### **Planning for a Secure Retirement by Purdue Extension**

Developed by Purdue Extension faculty. Designed to help consumers gather information needed for retirement planning. Free  
[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

### **Planning to Stay Ahead**

Developed by Iowa State University Extension faculty. Publication is available for self-study on spending plan development, paying bills, getting credit, rent-to-own, EIC and getting help. Free  
<http://www.extension.iastate.edu/Publications/PM1924.pdf>

### **Power Pay by Utah University Extension**

Developed by Utah State University Extension faculty. Easy-to-use educational tool that allows consumer to see the impact of power payments on individualized consumer debt situations. Power Pay demonstrates that once debt has been paid off, monies can be applied to another, thus increasing the payment made on the second debt. Free  
<http://extension.usu.edu/bankruptcy/hm/resources/debtmanagement/powerpay/>

### **Retirement: Secure Your Dreams**

Developed by Iowa State University Cooperative Extension. Program helps the consumer define retirement plans through publications and weekly *MoneyTips*. Free  
[http://www.csrees.usda.gov/nea/economics/fsll/cons\\_tools.html](http://www.csrees.usda.gov/nea/economics/fsll/cons_tools.html)

### **Start Smart: Money Management for Teens**

Developed by the Federal Deposit Insurance Corporation. Special guide helps teens learn to save and manage money. Free  
<http://www.fdic.gov/consumers/consumer/news/cnsum06/>

### **University of Alaska Cooperative Extension Service**

Developed by the University of Alaska Cooperative Extension Service faculty. A series of publications on money management are available for self-teaching. Free  
<http://www.uaf.edu/ces/publications/fhepubs.html#frm>

### **University of Nebraska-Lincoln Financial Publications**

Developed by University of Nebraska Cooperative Extension. Database includes multiple publications on a variety of financial topics. Examples include: *Preparing Your Graduate for Life After High School: Credit Card Options for Young Adults, Solving Financial Problems, Starting on the Road to Financial Security, Setting Financial Goals, Budgeting Systems When There are Two Earners in the Household, Who Gives Credit and How Do They Decide, Creating a Strong Family: Positive Communication – Wants Never End, The Four Financial Phases of Retirement*. Free  
<http://www.ianrpubs.unl.edu/epublic/pages/index.jsp>

### **Utah State University Extension Online Financial Education**

Developed by Utah State University Extension faculty. Resources including topics of bankruptcy, home buyer, Power Pay Education Center, budgeting, debt management, etc. are available to the public. Free

<http://extension.usu.edu/bankruptcy>

<http://powerpay.org/education/> or <http://extension.usu.edu/htm/publications>

### **Who Will Get Grandpa's Farm?**

Developed by Extension faculty. This program presents three strategies for having a discussion about farm transfer: direct control, indirect control and no control. Free

<http://www.ces.purdue.edu/farmtransfer/>