

Child, Family, and Consumer Studies

CHILD DEVELOPMENT AND FAMILY RELATIONS OPTION

Create enriching environments and programs to support the developmental needs of children and families.

THIS MAJOR IS A GOOD FIT IF YOU CAN SEE YOURSELF:

BEING FASCINATED with how children learn and change

EXPLORING RELATIONSHIPS among family, friends, and community

TAKING A HANDS-ON APPROACH to improving quality of life for others

In this option, you will learn to provide stimulating learning environments and enriching activities for individuals and families. Study current research and strategies to create developmentally appropriate experiences that will help children grow. Understand parenting strategies and ways to enhance the parent-child relationship. Learn how to help parents build a safe and healthy home life for children. Depending on your career goals, you could learn specialized skills to address the needs of families experiencing domestic violence, substance abuse, illness, death, or mental health issues.

INSIDE THE CLASSROOM

In class, learn the processes by which individuals become adept at using language, thinking, feeling, and relating to others. Study the fundamentals of human development and relationships. Learn scientific methods for assessing and supporting human growth then apply them during field placements. In the on-campus Child Development Laboratory, observe and document children playing and interacting, create stimulating learning environments, and meet with parents to discuss their children's progress. Study nutrition, explore work-family balance, and create household budgets.

OUTSIDE THE CLASSROOM

INTERN. Get practical experiences like these: **HOSPITAL** Advise new parents on resources and support services . . . **COMMUNITY ACTION AGENCY** Assist families with housing and financial planning . . . **BOYS AND GIRLS CLUB** Plan an afterschool program for middle and high school students . . . **SENIOR CENTER** Coordinate physical and social activities for the elderly.

STUDY ABROAD. Deepen your understanding of your major—and the world—in countries like these: **TANZANIA** Mentor children in an orphanage . . . **INDIA** Visit a child care center . . . **TAIWAN** Observe a middle school classroom.

VOLUNTEER. Make a difference. Tutor at a local school. Read, sing, or play with children at a child care center or Head Start program. Mentor an at-risk child.

DO RESEARCH. Assist in a faculty member's research project. Observe meal times at a child care center for a study on feeding young children in group settings. Administer surveys for a study on how single parents balance work and family.

GET INVOLVED. Network and have fun. **FAMILY AND CONSUMER SCIENCES CLUB** Join the student branch. Attend conferences and meet professionals . . . **PALOUSE AREA ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN** Advocate for the needs of young children . . . **PHI UPSILON OMICRON** Join the family and consumer sciences honor society.

FASTFACT

Every child development and family relations student has at least 3 practical field experiences working with children and families.

CAREER OPPORTUNITIES

Graduates work for community development organizations, government agencies, private companies, Head Start, and child care centers.

Here are a few possibilities:

PROGRAM COORDINATOR. Plan and coordinate activities for young children, school children, adolescents, and the elderly.

FAMILY OR CHILD ADVOCATE. Work for a foundation, nonprofit group, or government agency promoting laws and programs that improve life for children and families.

CHILD LIFE SPECIALIST. Help children understand health care settings and address their emotional needs as patients.

DIRECTOR OF EARLY CHILD CARE PROGRAM. Supervise early care and education programs such as Head Start, preschools, and child care centers.

CHILD CARE PROVIDER. Teach children from infancy to age 5 in a child care setting. Plan and create learning experiences and environments for children.

COMBINE YOUR EDUCATION. You will be encouraged to pursue a special interest area such as psychology, sociology, foreign language, business, or pre-med. You will take courses in your interest area, minor in it, or even double major.

CONTINUE YOUR EDUCATION. Earn an advanced degree in social work, counseling, psychology, speech and language pathology, a health care profession, law, or other fields.

FIND OUT MORE ABOUT THE UNIVERSITY OF IDAHO CHILD, FAMILY, AND CONSUMER STUDIES MAJOR

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	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	CORE 103-149 Core Discovery Course	FCS 205 Concepts in Human Nutrition	Ed 201 Diverse Learners in Schools & Social/Cultural Contexts	FCS 436 Theories of Child & Family Development
	Engl 101 Intro. to College Writing (if required)	FCS 235 Principles & Methods of Child Observation	FCS 334 Middle Childhood-Adolescence	FCS 497 Practicum
	FCS 105 Individual & Family Development	Stat 150 Intro. to Statistics or Stat 251 Statistical Methods	FCS 340 Parent-Child Relationships in Family & Community	Electives Electives
	Elective Elective—Social Sciences	Elective Elective—Social Sciences	Elective Elective—International Core	
	Elective Elective—Natural Science Core	Electives Electives	Electives Electives	
	TOTAL	17	18	17
SPRING	CORE 153-199 Core Discovery Course	Comm 101 Fundamentals of Public Speaking	FCS 346 Personal & Family Finance & Management	FCS 498 Internship or Electives Electives
	Engl 102 College Writing & Rhetoric	FCS 240 Intimate Relationships	FCS 440 Contemporary Family Relationships	Electives Electives
	FCS 234 Infancy & Early Childhood	FCS 333 Developmental Curriculum for Young Children	H&S 288 First Aid: Emergency Response	
	Elective Elective—Computer Course	Elective Elective—Humanities	Electives Electives	
	Elective Elective—Natural Science Core	Electives Electives		
	TOTAL	16	18	16

Total for degree = 132 credits. Course offerings may change from year to year. Always check the current course catalog.

TO LEARN MORE
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“It is incredible how much I learned from working in the Child Development Lab. For example, I learned that by paying attention to how each child interacts with the environment and with peers, it becomes easier to support their developmental needs.”

ANA GAYTAN, *child development and family relations option*