

Family Life Education. Teaching Families. Changing Lives.

The National Council on Family Relations is the U.S.'s oldest, multidisciplinary, non-partisan professional association for family researchers, family practitioners and Family Life Educators. Members of NCFR represent the nation's foremost experts on families. Founded in 1938, NCFR publishes three highly respected scholarly journals—the *Journal of Marriage and Family*, *Family Relations: Interdisciplinary Journal of Applied Family Studies*, *Journal of Family Theory & Review*—as well as numerous other publications.

The CFLE is Respected in the Family Field. The National Council on Family Relations recognizes college and university family science programs through its Academic Program Review process. Approximately 120 undergraduate and graduate degree programs across the U.S. and Canada have applied for and received NCFR approval. These schools meet the curricular Standards and Criteria enabling graduates to apply directly for the Provisional Certified Family Life Educator credential. Many universities and colleges use the CFLE Standards and Criteria when developing or evaluating their undergraduate and graduate curriculum and degree programs internally. Many incorporate CFLE application preparation into their graduation capstone courses. Visit the NCFR website at www.ncfr.org for information on the Academic Program Review and an up-to-date list of NCFR-approved programs!

The CFLE certification is a golden opportunity for Extension agents and specialist who teach family life education to receive professional recognition and standing in an expanding field. Becoming certified speaks not only to our administrators but to those in the community.
 Jim Van Horn Ph.D., CFLE
 Professor Emeritus of Rural Family Sociology Penn State

Stock market declines, a mobile workforce, and historic world events are stressors that both civilian and military community members face everyday. Institutions that perpetuate a philosophy of professionalism gain credibility by certifying their staff as Family Life Educators. The rigorous certification process ensures those who attain the CFLE designation are experienced, educated, and competent professionals who can be counted on to guide families through stressful times, strengthen family cohesiveness, and build a sense of community.
 Don L. Davis, CFLE
 McGuire Air Force Base

I see families empowered when they are taught life skills. What it boils down to is this: people do better when they know better.
 Deb Cashen, CFLE
 President Parenting Partnerships, Inc.

Earning the CFLE credential is a great process! It has really made me think further about what our agency should be looking for when we hire and train parent educators and group facilitators!
 Joanna Wicklein, CFLE
 Parent Groups Coordinator Families First Portsmouth NH

What is Family Life Education?

Family Life Educators (FLE) bring family research and best practices to individuals, couples, families and parents via an educational approach in an effort to build strengths and avert problems. Many ask if it's similar to family therapy or social work. There are indeed areas of overlap, but Family Life Education works on a prevention model—it teaches individuals and families to enrich family life and to prevent problems before they occur.

Research shows that family problems are less damaging for people—and less expensive for society—when they can be addressed through prevention. Using Public Health as an analogy, we no longer wait for children to contract measles, mumps or chicken pox and then offer treatment. The field of childhood infectious diseases has moved almost solely into the preventative realm—parent education and vaccinations. Family life education incorporates this same approach.

Family Life Education as a Growing Profession

The value of supporting healthy relationships in families is gaining recognition. From official government sponsored initiatives to strengthen marriage to burgeoning cultural trends such as TV's daytime talk shows and prime time "Nanny" programs—clearly families are seeking information on parenting and sustaining healthy relationships. The growing number of Employee Assistance Programs and policies supporting Work, Life and Family in businesses and industry provide further evidence that families are seeking guidance on enriching family life.



Where are Family Life Educators Employed?

Family Life Educators serve wherever individuals and families need education and prevention programs to enhance their well-being. They provide support and information to help individuals establish and enrich their

relationships and teach the skills necessary to negotiate typical family transitions. FLEs work in a variety of settings including human services, community education and Extension, parenting education, healthcare, caregiver support and long-term care programs, faith-based settings, the military, premarital and marriage education, work life, family law, mediation, adoption support, colleges and universities, curriculum development, administration, grant-writing and public policy.

As family services move toward a preventive or enrichment model, the number of Family Life Educators is expected to grow.

Why Hire a Family Life Educator?

As generalists, they are versatile family services professionals. Family Life Educators are equipped to apply a wide variety of family sciences across an extensive array of services. In human services agencies, where the needs of a service population change frequently, an employer may need a parenting educator today, a family disaster preparedness instructor tomorrow, and a grant-writer next week. A Family Life Educator adds to an organization's workforce by offering a trained family services professional who can serve in a broad capacity and be adaptable to an employer's changing needs.

Family Life Educators are also cost-effective; not only in terms of the known benefits of preventive services, but also because they are trained to deliver programs in groups and via written materials. FLEs can help an organization reach clients in a classroom group setting in addition to a one-on-one model of education or home visits. They know how to translate published research into written information accessible to a community audience. Many Family Life Educators are polished, engaging public speakers able to bring awareness of an organization to philanthropic groups as well as potential clients.

The Importance of the Certified Family Life Educator Credential

Family Life Educators with the Certified Family Life Educator (CFLE) credential through the National Council on Family Relations (NCFR) have at least a Bachelor's degree (many have masters and/or doctorate degrees as well) and have been demonstrated knowledge and experience in ten areas of family science expertise:
















- Families and Individuals in Societal Context
- Internal Dynamics of Families
- Human Development across the Life Span
- Human Sexuality
- Interpersonal Relationships
- Family Resource Management
- Parenting Education and Guidance
- Family Law and Public Policy

- Professional Ethics and Practice
- Family Life Education Methodology

In addition, certification emphasizes lifelong learning and ensures up-to-date skills with continuing education requirements to maintain the credential.



CFLEs are awarded their credential in one of two ways: by having at minimum, a Bachelor's degree, and passing the CFLE exam, or by graduating from one of approximately 120 approved degree programs across the U.S. and Canada. There are two levels of CFLE; "Provisional" for those who are new to the profession, and "Full" for those who have documented work experience in the field.

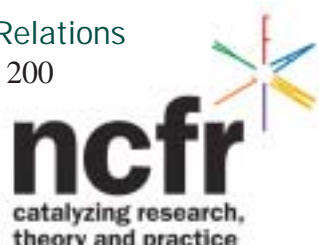
We have two cars and three teenagers. How do we share?  My child came home with blue hair. What do I do? ❖ My in-laws are coming for Thanksgiving.  Help! ❖ My husband and I both like to sleep on the right side of the bed. Can this marriage be saved? ❖ My five year old is asking about sex. What do I tell her? ❖ There's always too much month and not enough paycheck. How can I budget my money more  effectively? ❖ He never does the dishes and there are always dirty socks  on the floor. How can I teach him to help out? ❖ My son and his wife are getting a divorce. How do I maintain a relationship with my  grandchildren? ❖ My child throws terrible temper tantrums. Does  this make me a bad parent? ❖ My mother thinks my house is hers. How  do I tell her to stop rearranging the furniture? ❖ She wants to go back to work. Who's going to clean the house? ❖ My daughter is a drug addict. How can I help her children to cope? ❖ My son won't respect the family rules. What is a good method of discipline for teenagers? ❖ My parents won't listen when I tell them about important issues in my life.  How can I involve them in my life? ❖ My brother and I haven't spoken  in years. Is there a road to reconciliation? ❖ I just found out I'm pregnant. How do I tell my family? ❖ My sister steals all my clothes. How can I make her stop? ❖ My daughter is having her first child. How can I be a wonderful grandmother?  ❖ My child isn't walking yet. Is this normal? ❖ I may have to put my  father in a nursing home. How can I make a good decision? ❖ I'm a single  mom. How can I be the best parent for my kids? ❖ My parents fought constantly when I was a child. How can I make my marriage more stable? ❖ My three year old has an imaginary friend. Should I invite him to dinner or banish him from the house? ❖ My husband wants to hang a moose head on the living room wall. How can I tell him no?  ❖ I hate my wife's best friend. Will I have to deal with her annoying  laugh forever? ❖ My children can't go one hour without fighting.  How do I know when to intervene? ❖ My daughter is fourteen. Is that too early to start dating? ❖ He doesn't like my dog. Is there hope for the relationship?

FAMILY LIFE EDUCATION

Teaching Families, Changing Lives.

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Are you interested in hiring a Certified Family Life Educator? Contact the National Council on Family Relations at 1-888-781-9331 or write info@ncfr.org. You can look through resumes or post your own job opening at the **NCFR Career Center** website <http://employment.ncfr.org/> or on our email listserv read by thousands of family professionals. We can also alert CFLEs living in your area—or those willing to relocate—that you have a position available.

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FOR A COPY OF THE FAMILY LIFE EDUCATION "TEACHING FAMILIES, CHANGING LIVES" POSTER, CONTACT THE NCFR OFFICE.