

Patricia Tanner Nelson, Ed.D., CFLE earned her doctorate in Family and Community Education from Teachers College, Columbia University (New York). She is currently an Extension Family & Human Development Specialist at the University of Delaware, where she is also Professor of Food and Resource Economics. Dr. Nelson focuses on parent education and support, family stress management, and balancing family and work. Collaborating with federal, state and community agencies, Pat strives to build research-based education into the broad continuum of resources needed by families today. She maintains the Extension Cord at <http://ag.udel.edu//fam/> , which has sections especially designed for parents and professionals. The *Great Beginnings* series is sent to over 3,500 Delaware families each month. A series for parents of school-aged children – *Families Matter!* – is also available. Follow-up evaluations show that the monthly newsletters are useful to all parents, but have the greatest impact on those who are youngest, poorest and least educated. Dr. Nelson is co-PI for Extension’s Just in Time Parenting, a national interactive Internet resource on parenting that strives to bring high quality, research-based information to families at the time it can be most useful and make the biggest difference in their lives. Parents have direct access to Monthly age-paced newsletters, searchable databases, Frequently Asked Questions and expert advice from across the country. Dr. Nelson also chairs a multi-disciplinary team of Extension colleagues and researchers from Children’s Nutrition Research Center at the Baylor College of Medicine to refine key messages for parents relating to childhood obesity prevention, and embed these messages into Extension’s Just in Time Parenting resources.