

HDFS Student Highlight: Estee Squires

HDFS Undergraduate Committee

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Estee Squires chose to pursue a degree in HDFS to help her understand her own child's unique needs, but soon discovered that this degree would be key to opening a successful early learning program in her home, training caregivers throughout the state, and graduate school.

As a 2023 graduate of the Utah State University HDFS program, Estee says that choosing this major has been invaluable in her career and as a mother. The degree provided her with a deep understanding of child development, family dynamics, and the social factors that shape early childhood. This baseline helped her successfully create a home-based nurturing and developmentally appropriate preschool program. She has also become involved in teaching caregivers throughout the state as a Care About Childcare Trainer.

Estee believes that the HDFS program provided her with the knowledge base that helps her tailor her teaching to each child's unique needs, allowing them to thrive. As a mother, she shares that this knowledge guides her and enables her to navigate parenting her four young children with empathy and understanding by applying strategies for positive communication and family dynamics. Estee states, "Overall, my HDFS background has equipped me to support both my students and my own children in their development." Estee has found immeasurable value in earning her HDFS degree. It has already led to the completion of a graduate degree and teaching opportunities throughout the state. Her advice to anyone interested in this degree is to find mentors and network with others in the field, make a plan, and then go for it!