

PARENTING IS A DEMANDING JOB!

Parents want reliable information, skill training and support in raising children to be responsible and productive.

As part of Family and Consumer Sciences of Cornell Cooperative Extension, the Human Development Program is committed to helping parents:

- Gain understanding of child development
- Increase confidence in their roles as parents
- Improve communication skills with their children
- Decrease feelings of isolation
- Enhance parent-child interaction



Cornell University
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Cornell Cooperative Extension in Suffolk County
provides equal program and employment opportunities.

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office of Steve Levy, County Executive and the County Legislature.

WORKPLACE WORKSHOPS for *Parents*



*Helping
parents
in the
workplace*



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Helping Parents in the Workplace

Working parents are so busy with work, family and other commitments, we often feel like we're performing a high wire act. Businesses and organizations can help parents succeed both at work and at home by providing a supportive environment, maximizing time and resources, and recognizing raising children is an important job too.



The Human Development Program of Cornell Cooperative Extension is now offering a selection of our popular parenting workshops for presentation at the worksite. While it is often difficult for parents to attend evening workshops in the community, your organization can now schedule these opportunities at your site so employees may attend during an extended lunch hour or immediately after work hours.

CCE educators serve every county in New York. Their programs are supported by a partnership with Cornell University faculty that provides up-to-date, research-based information on important issues spanning the life of the family.

CCE conducts parenting programs at its education center in Riverhead and at community sites throughout Suffolk County year-round.

The following are workshops designed for the workplace

Handling Temper Tantrums

(for parents of children ages 1-5)

Learn what causes temper tantrums and the best approach to managing them when they do occur.

The Importance of Bedtime

(for parents of young children)

Develop happy and healthy bedtime routines.

Taking Charge of Screen time

Evaluate television programs, computer access, and video games and monitor your child's viewing.

Your Child's Temperament

Unlock the secrets of temperament that will help you understand your child's behavior.

Minimizing Morning Madness

Learn ways to manage morning routines more effectively so everyone starts the day with less stress and in a good mood.

Kids and Chores

Share the family workload with children by giving them developmentally-appropriate chores and positive reinforcement for work well done.

When can Kids be Home Alone?

Learn how to determine if your child is ready for self-care when there are no after-school options or kids outgrow after-school programs.

Raising Responsible Children

(for parents of 5 to 12-year-olds)

Explore parenting practices that teach children responsibility for themselves, their schoolwork, their home, and their relationships.

The Benefits of Family Meals

Learn about the benefits of family mealtimes despite busy schedules, and why gathering the family together can make such an important difference in the lives of your children.

(Also available in Spanish.)

All workshops are 1½ hours long and can be arranged to fit your company's work or lunch schedule.

The \$180 fee per workshop includes preparation, materials and travel.

A minimum of 15 participants per workshop is required. Participants should plan to arrive on time for the workshop and bring their lunch with them if attending a lunch-time workshop.

Work sites should provide a comfortable room suitable for the program.

It's a nice touch for the sponsor to provide coffee or cold drinks for participants.

For more information or to schedule a workshop, contact

Nancy Olsen-Harbich, human development specialist at 631-727-7850, ext. 332 or no18@cornell.edu.

Persons needing special accommodations should contact Nancy Olsen-Harbich at 631-727-7850 at least two weeks prior to scheduled workshop.