Cornell Cooperative Extension | Suffolk County
Family Health and Wellness

Educational Programs
for Adults

www.ccesuffolk.org

Strengthening Families by Putting Knowledge to Work
EDUCATIONAL PROGRAMS FOR ADULTS

The Family Health and Wellness Program at Cornell Cooperative Extension of Suffolk County provides practical solutions to the real-life issues that families face. Our three main educational initiatives are:

- Strengthening families
- Improving nutrition and health
- Managing and preventing the health consequences of obesity and diabetes

Affiliated with the College of Human Ecology at Cornell University, the Family Health and Wellness Program has provided quality educational programs to Suffolk residents for nearly a century.

This publication describes our current educational offerings for community-based organizations such as public libraries, child care centers, schools and PTAs. Workshops are one session long unless otherwise indicated. Each session is two hours long at a fee of $250 per session which includes all materials and handouts. Multiple session programs will have extended fees depending on the number of sessions.

Community groups that host a program will be expected to provide suitable space and pre-register participants. A minimum of 12 pre-registered participants is usually required. Participants are expected to attend all sessions of multiple-session programs, which should be scheduled on consecutive weeks or in a similar time frame whenever possible.

To schedule one or more of the programs in this publication, contact the educator identified with the program at 631-727-7850 and his or her extension. We recommend calling as soon as possible to be assured of reserving desired dates.

If your group or organization has a specific need or topic not found in these lists, you can call one of the educators to see if a workshop that meets your needs can be arranged.
ABOUT US
Established in 1917, Cornell Cooperative Extension was created to disseminate unbiased, research-based information from Cornell University and other universities in the land-grant system to the people of Suffolk County. By helping people apply good science to their lives, we strengthen families and communities, protect and enhance the environment and foster economic development. There are four primary programs areas within Cornell Cooperative Extension of Suffolk County: Agriculture, Marine, 4-H Youth Development, and Family Health and Wellness. Cornell Cooperative Extension manages the Suffolk County Farm and Education Center and Peconic Dunes 4-H Camp where children and youth make friends, learn by doing and acquire life skills.

In addition, we also conduct a major effort devoted to nutrition and obesity prevention for Supplemental Nutrition Assistance Program (SNAP) eligibles. For further information, contact Zahrine Bajwa at 631-727-7850 ext 347, fax 631-727-7130, or email zb12@cornell.edu.

Affiliated with the College of Human Ecology at Cornell University, the Family Health and Wellness Program (FHW) is one of the oldest initiatives in the Cooperative Extension system. Originally called Home Economics and supporting rural homemakers with information and classes on home management and food preservation, it expanded into urban and suburban areas as family and consumer sciences with resources on human development, family finances and energy conservation. Today the FHW program continues to evolve and address critical issues facing Suffolk’s families: diabetes, childhood obesity and raising healthy children.

MEET OUR EDUCATORS AND THEIR PROGRAMS
The extension educators in the Family Health and Wellness Program are experts in the fields of child and adolescent development, positive parenting practices, nutrition and health. Their goal is to help adults make research-informed decisions for themselves and their families. Workshops are designed to be interactive and include opportunities for self-reflection, group discussion and skill-building. Additional materials such as reading lists, fact sheets and websites are provided in folders for each participant. Our educators conduct workshops and classes in libraries, schools, county health centers and other community locations throughout Suffolk County. They teach parents, grandparents, educators, child care staff, health care providers, youth workers and human service professionals who care for and work with children, youth and families.
Kerri Kreh Reda
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Kerri Kreh Reda has been a human development specialist with Cornell Cooperative Extension’s Family Health and Wellness program since 2000. Kerri works closely with parents of young children, focusing on brain development, temperament, toilet learning, play and temper tantrums. She combines her training in health education and child development to present on topics such as body image and obesity prevention.

Kerri holds a master’s degree in maternal and child health/health education from the University of South Florida and a B.A. in human development from Eckerd College, Florida. Kerri facilitates the following workshops on early childhood and raising healthy children. Workshops on other topics or issues related to parenting young children can be arranged on request.

EARLY CHILDHOOD (BIRTH - 5 YEARS)

Children don’t come with instructions. New parents (and not so new parents) often have questions. The following programs have been designed to answer some of the common questions that come up when raising our youngest children.

Baby, Let’s Sleep
During a child’s first 2 years of life, sleep problems are one of the most common complaints of parents. In this workshop for parents of infants and toddlers, we will review sleep requirements, recommendations and routines. We will also look at normal infant sleeping patterns, and discuss ways that parents can help their baby learn how to self-soothe and fall asleep.

Beyond the Stork: fostering healthy sexual development in your young child
You may think it’s too soon to begin talking about sex with your child; however, by age three your child has already had messages about sexuality. Children learn about sexuality whether you are teaching them or not. They learn from their peers, television, advertising and music. As a parent you can be the most powerful influence over your child’s sexual attitudes. Talking about sexuality allows you to share correct information and your family values. Children who are informed about sex and feel they can talk to their parents are less likely to engage in high-risk behaviors that can lead to early sexual activity, teenage pregnancy, sexual abuse and sexually transmitted infections. The question is do you want to be a part of their sex education?

Coping with toilet learning
Is your child physically and emotionally ready for toilet learning? Are you? This workshop will discuss signs of readiness and offer guidelines to successful toilet learning.
Fun and learning: the importance of play
Child’s play is more than just play; it is how children learn and it is essential to their health and development. Join us while we explore how play has changed and learn how play positively affects children’s emotional, physical, social and intellectual growth.

Guiding toddler behavior
All parents have to deal with challenging behaviors during the toddler years and may not know the best course of action to take to correct misbehavior. During this two session workshop, we will discuss guidelines for disciplining young children and offer practical ideas that can make life more pleasurable for toddlers and the adults who care for them. (2 sessions)

Living with toddlers
Toddlers can be sweet and charming or feisty and uncooperative. In this two session program parents will gain a better understanding of both early childhood development and temperament, and how each may impact their toddler’s behavior, while developing realistic expectations for their child. (2 sessions)

Smart kids
Did you know that academic success at ages 9 and 10 can be attributed to the amount of words that a child hears from birth through age three? Thinking about how to prepare your infant or toddler for school may seem like a premature concept; however, research indicates that school readiness starts long before a child begins kindergarten. Come to this workshop to learn about non-academic factors that contribute to school success.

Temper tantrums: yours and theirs
You are at the grocery store when your toddler has his third temper tantrum of the day. Although temper tantrums are normal for children between the ages of 1 and 5, they can make a parent feel frustrated and embarrassed. Maybe you even feel like having a tantrum of your own. What should you do? In this workshop we will discuss the causes of tantrums, what can be done to minimize them, and the best ways to deal with them when they do occur.

The early years matter: brain development
Research on brain development reveals that the first years of life are critical for healthy development. Early attachments and experiences have a powerful impact on a child’s intellectual, emotional and social development. This workshop will enable parents to realize their role in nurturing their child’s brain development.
RAISING HEALTHY CHILDREN

Things are different than they used to be. Media has saturated our lives and technology is developing at a rapid rate. It is difficult to know how these changes will impact our families and our health. The programs listed in this section focus on protecting our children and offer suggestions for maintaining a healthy balance in an ever changing world.

Bringing back childhood
Media and popular culture are forcing adult content on children at younger and younger ages, robbing today’s children of their childhood and their innocence. Learn how to protect your child from the unhealthy messages they are receiving on a regular basis.

Bringing up boys
How do boys grow into men of character? During this program we will discuss how adults can help boys transition successfully into adolescence and eventually into adulthood. We will look at a variety of factors that affect their healthy development in both positive and negative ways. This program is designed for parents of sons, ages 5-12.

Fostering body confidence
All parents want their children to develop a healthy self-body image and feel comfortable with their bodies. During this program, designed for parents with children under the age of 5, we will discuss how parents can nurture their child's body confidence and help protect him or her from the many toxic messages that are pervasive in society.

Raising confident and healthy girls
Girls today receive many messages from popular culture about what it means to be a girl. With a focus on appearance and sexuality, these messages can impact a young girl’s developing self-image as well as her body image. This program, designed for parents of daughters ages 3-12, will look at how these messages can be balanced by the adults in a girl’s life and the role adults have in helping girls grow into healthy and confident young women.

Understanding temperament
Ever wonder how children with the same parents can be so different from one another? One explanation is temperament. During this program the concept of temperament will be introduced. We will spend time exploring children’s temperamental traits and how they may affect behavior and explain why children react the way they do in different situations.

Why teens do what they do
As a parent of a pre-teen or teen, are you bewildered by adolescent behavior? Does her moodiness drive you crazy? Does his attitude push your buttons? Would you like to have a more respectful relationship with her or him? Unlock the mystery of adolescence with the key of understanding that can improve your relationship with your teen.
Your family and screens
During this workshop we will review what the research says about the impact screens (computers, tablets, smart phones etc.) have on your growing child. We will look at the recommendations set by the American Academy of Pediatrics and offer suggestions for creating a healthy screen environment for your family. Appropriate for parents of children up to 12 years old.

Dinah Torres Castro
Phone: 631-727-7850, Ext. 351
Email: dc258@cornell.edu

Dinah Torres Castro is a Family Well-being Educator whose focus is to provide information on nutrition and parent education to parents of young children. Dinah holds a B.S. from Cornell University and provides programming for both English and Spanish–speaking audiences. Dinah facilitates the following workshops and welcomes the opportunity to present on other topics or issues related to parenting in Spanish.

HEALTHY FAMILIES
The following programs focus on healthy eating and the role of the parent in fostering a healthy family lifestyle.

Peaceful meals with young children
If you are frustrated by your picky eater come and learn how to improve your meal planning skills, your family's nutrition and discover strategies to cope with picky eaters. Each of the three sessions will end with sample nutritious meals prepared by the program participants. (3 sessions)

Comiendo en Paz con sus Niños Jóvenes
Si usted está frustrado con sus niños que no quieren comer alimentos saludables venga y aprenda como planear las comidas, mejorar la nutrición de su familia, y descubrir estrategias para manejar a los niños que son muy exigentes para comer. Al final de cada clase los participantes van disfrutar de las recetas que ellos mismos preparan. (3 clases)

Parenting styles and the feeding relationship
Does the way you parent your child affect the way your child develops healthy eating habits? Learn how research has found that the different parenting styles can promote healthy eating habits or contribute to unhealthy eating.

La Crianza y las Prácticas de Alimentar
¿Cree que la manera que usted cría sus hijos los hace desarrollar hábitos alimenticios saludables? Aprenda cómo algunos estudios han encontrado que los diferentes estilos de crianza pueden promover ya sea los buenos como los malos hábitos de alimentación.
The family table
Our busy schedules have driven many of us away from the everyday family table. But now more than ever we need the benefits of gathering together to bond as a family. Learn how to make your family connection, nutrition and well-being a priority once again. Find out how to build the important foundation for a lifetime of good eating habits and strong family bonding. In this program you'll learn about the multiple benefits of family mealtimes in addition to tips for getting the family together despite our busy schedules.

La Mesa Familiar
Hoy en día las familias tienen horarios ocupados y no pueden compartir las comidas cotidianas como nosotros lo hacíamos en otros tiempos. En este taller vamos aprender múltiples beneficios que nuestros niños pueden obtener simplemente compartiendo comidas juntas. Descubre cómo construir una buena base para una vida de hábitos nutritivos que son saludables y a la misma vez formar lazos familiares fuertes.

PARENTING

The following parent education workshops are available in English and Spanish.

Winning ways to talk with kids
A workshop designed to help parents and caregivers communicate effectively with children at every stage of their development. We'll use role play and small group activities to help caregivers learn how to avoid communication breakdowns and become better listeners.

Comunicando con niños exitosamente
Un taller diseñó para ayudar a los padres y cuidadores a comunicar eficazmente con los niños en cada fase de desarrollo. Nosotros usaremos juegos de roles y actividades de grupo pequeños para ayudar a los cuidadores a que aprendan a evitar problemas causados cuando la comunicación con los niños no es óptima y cómo aprender verdaderamente a escuchar lo que los niños están tratando de decir.

Getting ready for kindergarten
This workshop will explore ways that parents can support their child's development the year before kindergarten.

¡Listos para kindergarten!
En este taller vamos a descubrir las diferentes maneras que los padres pueden apoyar el desarrollo de sus niños un año antes de que el niño empieza kindergarten.

Setting rules and limits for young children
All children need rules and limits. Children should know what is expected of them and what the consequences will be if the rules are broken. In this workshop parents learn how to set rules and limits in ways that will help their child learn how to behave.
Poniendo reglas y límites para los niños
Todos los niños necesitan tener reglas y límites. Los niños deben saber lo que nosotros esperamos de ellos y las consecuencias cuando ellos no siguen las reglas. En este taller los padres aprenden como poner reglas y limites en su hogar para ayudarlos a aprender cómo comportarse.

Parenting adolescents
This 3-part program will cover topics common to parents raising teenagers spanning from parental self-care, adolescent development, improving teen/parent communication, guiding behavior, teen-parent conflict and risky teen behaviors. 3 sessions

Criando adolescentes
Estos talleres consistan de tres partes y trata temas comunes de padres con hijos adolescentes. Comenzando en el cuidado general de los mismos padres y su importancia. También se tratará el desarrollo de los adolescentes, comunicación y conflictos entre los padres y adolescentes. En los talleres los padres aprenderán como orientar y guiar a los adolescentes acerca de los riesgos que ellos toman.

PARENTS AND CHILDREN TOGETHER
Research shows that when parents and children learn together, changes in knowledge, attitudes and skills are doubly reinforced. The following programs are designed for parents and their children ages 4-12.

In the kitchen with your little chef
Join us for a program for parents and children where parents learn about the feeding relationship, strategies for improved communication with their children and cooking ideas to share with their families. Both parents and children participate in cooking activities.

En la Cocina con su Pequeño Chef
Un taller para los padres y niños en el que se aprende acerca de las relaciones de alimentación y estrategias para mejorar la comunicación entre padres a hijos. Aprenderán ideas para cocinar que pueden compartir con la familia. Los padres y los niños juntos participan en varias actividades de cocina.

Moving up to middle school
The transition to middle school or junior high can make parents and kids anxious. Talk about your worries and get some ideas for coping more effectively with the move to middle school.
Jessica Schreck, RD, CDN, CDE
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Jessica is a Registered Dietitian and Certified Diabetes Educator with over a decade in the field. She has extensive experience in pediatric nutrition, community nutrition, and working with the disabled. Her current focus is diabetes prevention/management and promoting overall nutrition wellbeing. She received her B.A. in Dietetics from Queens College CUNY, and completed her Dietetic Internship and certificate of advanced studies from C.W. Post LIU. Workshops on other topics related to nutrition and/or healthy cooking demonstrations can be arranged on request.

Secrets to successful weight loss
Losing weight can be difficult, and keeping it off is even more challenging. Learn what research says and practical advice and tips to help in the real world.

Portion distortion
Over the years portion sizes have increased dramatically along with the incidences of obesity and other chronic health issues. Learn what a proper portion size is and how much you should be having.

Diabetes defense
Participants will receive up to date information about diet, physical activity, and other lifestyle changes that can help manage and lower the risks of diabetes.

Little Cooks, First Books
A three week program designed for parents and their children to gain knowledge about nutrition, parenting skills and early literacy. Each week the children will participate in craft activities, sing-a-long or games provided by the site during the first half of the program while parents participate in nutrition, parenting and literacy programs. During the second half of the program parents and children come together and do a cooking activity to reinforce the lesson taught. At the end of the class they sit down to eat what they made and listen to a children’s story on a topic involving healthy eating and good nutrition habits. Parents will receive a suggested reading list each week to take home.
Nancy Olsen-Harbich has been a Human Development Specialist at Cornell Cooperative Extension since 1985. Her area of expertise is early childhood, birth through age 8. She holds a Bachelor’s Degree in Human Development and Family Studies from Cornell University and a Master’s Degree in Family Health from Stony Brook University. She currently serves as Director of the Family Health and Wellness Program.

**ACTIVE PARENTING NOW (AGES 5-12)**

Active Parenting is a nationally-recognized video-based parent education program that has been approved as evidence-based by SAMSHA. The Active Parenting Now program helps parents learn new skills using the principles of the Active Parent, including:

- Improving communication
- Teaching responsibility and other important values
- Handling problems effectively
- Dealing with difficult topics such as drugs, bullying and sex
- Defusing power struggles
- Stimulating independence
- Encouraging kids to be their best!

**Discipline is not a dirty word**

Positive discipline means helping children learn self-control and problem-solving. Discover new ways to correct and guide children’s behavior. For parents and caregivers of children between the ages of 2-12. (3 sessions)

**Raising responsible children**

We all want our children to grow into being responsible, contributing members of our families and, ultimately, of society. How do we guide our children to acquire the necessary skills and motivation? This workshop will explore parenting practices that teach children responsibility for themselves, for their schoolwork, for their home and for their relationships.
Maxine Roeper Cohen has been a Parent Educator in the Family Health and Wellness Program Area of Cornell Cooperative Extension since 2002. Maxine received her B.S. in Human Development and Family Studies from Cornell University and her M.S. in Education from Syracuse University. She enjoys helping to increase family strength by offering research-based strategies related to child development at the parent-child workshops she conducts at libraries throughout Suffolk County.

Parenting toddlers (for libraries only)
Parents have many questions about living comfortably with toddlers, from handling discipline and temper tantrums to dealing with toilet learning. Our parent educator offers practical ideas and support.

Feeding little folks (for libraries only)
Contact Dinah Torres-Castro
Phone: 631-727-7850, Ext. 351 • Email: dc258@cornell.edu

Parents can learn about children’s food needs, ways to gain food acceptance and how to get children to accept responsibility for eating on their own while their children enjoy a healthy age appropriate snack. Parent educator delves into topics such as how to get young children to eat a wider variety of foods, common feeding behaviors and the developmental changes that affect their eating patterns.
FOR GRANDPARENTS

Parenting The Second Time Around (PASTA)
Contact Dinah Torres Castro
Phone: 631-727-7850, Ext. 351 • Email: dc258@cornell.edu

This eight week workshop series is intended for grandparents and relative caregivers raising children and teens. It includes workshops on child development, discipline, legal issues and social supports.

Grandparenting Today
Contact Maxine Roeper Cohen
Phone: 631-586-3425 • Email: mc333@cornell.edu

Child rearing practices have changed over time. You raised your children and are now helping to care for your grandchildren while their parents are at work. Learn what today’s child development research recommends for young children regarding discipline, brain development, sleep needs, safety issues, and screen use (smart phones, computers). Positive communication between parents and grandparents is critical, and effective methods will be discussed.

PARENT UNIVERSITY

Community groups can arrange for the following workshops to be held as a series on successive weeks. The fee for this special series is only $750. All workshops address raising children in grades K-8. To arrange for a Parent University at your site, contact Kerri Kreh Reda at 631-727-7850, Ext. 330 or at kkr5@cornell.edu.

What’s your parenting style?
Research shows that parenting style matters. Discover your style and learn ways to provide the right amount of structure and nurture, control and support, love and limits.

Winning ways to talk with kids
Communication is the key to a positive parent-child relationship. Learn how to communicate effectively with children at every stage of their development, avoid communication breakdowns and be a good listener.

Understanding temperament
Temperament affects behavior, how children react to their environments and how adults react to them. Explore children’s temperamental traits and ways to work effectively with different temperaments.

Raising responsible children
Responsibility is the fourth R and maybe the most important. Discuss parenting practices that teach children responsibility for themselves, for their schoolwork, for their home and for their relationships.
What people are saying about our programs:

• “Thank you so much. I truly found all your insight and suggestions so enlightening. You gave us real life examples with simple and practical ways to handle lots of everyday situations. I would like to take or attend more events like what the library hosted.”

• “Before I attended the PASTA program I felt angry and frustrated but after the program I am more sympathetic and feeling the ability to make a difference.”

• “On behalf of our children and staff, we thank you for your time, expertise, and resource support. Your workshops with our staff were lots of fun in addition to being learning experiences for us all!”

• “Great workshop! We use Cornell for parenting programs all the time and we and the patrons love you guys!”

• “I truly appreciate all the insight and knowledge given to me. I have opened my eyes to new and better ways to help my children. I don’t feel alone or lost.”

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.
Current Resident or