

LIBRARY PROGRAMS FOR PARENTS

The Family Health and Wellness Team is proud to offer the following programs this fall. Programs can be presented in person or virtually. In person programs are 2 hours in length for a fee of \$250; virtual programs are 1 hour in length for a fee of \$175. Please contact the educator listed below the program description to schedule a program.



Parenting to Heal and Prevent the Effect of Adverse Childhood Experiences (ACEs)

Childhood exposure to stress and trauma can have lasting effects on the body and brain. Research suggests that these may only be risk factors and the negative effects of these adverse childhood experiences (ACEs) may be buffered by positive and protective experiences. This workshop explores how we have come to understand this phenomenon. Participants will learn about how our stress response system works when we experience traumatic events and ways to build resilience to become more effective parents.

Facilitator: Cara Weiner Sultan • email: caw10@cornell.edu

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.

Facilitator: Dinah Torres Castro • email: dc258@cornell.edu

Talking to Your Children about Difficult (and Scary) Things

When our kids come to us with questions about the scary things happening in our world today, it's not always easy to find the right words to say. Sometimes the struggle is knowing that many of these things are out of our control and defy explanation. As parents, there are ways we can comfort our children and help guide them as they process current events. This workshop will support parents/ caregivers in addressing challenging topics and will offer age-specific information and strategies for conversations, especially in this digital age.

Facilitator: Cara Weiner Sultan • email: caw10@cornell.edu

Teens and Screens

Teens today are undoubtedly growing up in a digital age. The impact of a global pandemic has shifted work, school, and social events to online spaces, and subsequently, youth today have been experiencing a very different childhood from that of their parents. The ever-increasing presence of social media and gaming offers new opportunities for young people, but not without potential questions and risks.

This workshop explores the latest research on the impact of screens. Participants will learn strategies and have opportunities for discussion about how to best manage parenting in this technology-infused world.

Facilitator: Cara Weiner Sultan • email: caw10@cornell.edu

Temper tantrums: yours and theirs

You are at the grocery store when your toddler has his fourth temper tantrum of the day. Although temper tantrums are normal for children between the ages of one and five, 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.

Facilitator: Kerri Kreh Reda • email: kkr5@cornell.edu

The Importance of Routines

Routines are a convenient way to organize ourselves and the children we care for. They can provide structure, comfort and security for children who may be experiencing their first time away from home or their parents when they enter childcare facility or school for the first time. In this workshop we will explore the many benefits of having routines for young children and why they are so important.

Facilitator: Dinah Torres Castro • email: dc258@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.

Facilitator: Kerri Kreh Reda • email: kkr5@cornell.edu

Why teens do what they do

As a parent of a pre-teen or teen, are you bewildered by adolescent behavior? Does their moodiness drive you crazy? Does their attitude push your buttons? Would you like to have a more respectful relationship with them? Unlock the mystery of adolescence with the key of understanding that can improve your relationship with your teen.

Facilitator: Kerri Kreh Reda • email: kkr5@cornell.edu

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

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