

What is CCE's Family Health and Wellness Program?

Cornell Cooperative Extension (CCE) was established in 1917 to disseminate unbiased, research-based information from Cornell University and other universities in the land-grant system. Affiliated with the College of Human Ecology at Cornell University, the Family Health and Wellness Program (FHW) is one of CCE's oldest initiatives. The FHW program provides practical solutions to the real-life issues that Suffolk County families face. The three main educational initiatives are:

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

The extension educators in the FHW 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.

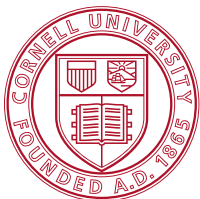
Cornell Cooperative Extension Suffolk County

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Strengthening Families and Communities • Protecting and Enhancing the Environment • Fostering Economic Development • Promoting Sustainable Agriculture

PARENT UNIVERSITY

2018-19



PARENT UNIVERSITY AT YOUR SCHOOL

Presented by Cornell Cooperative Extension's Family Health and Wellness Program

What is Parent University?

Parent University is a series of workshops on topics designed for parents of students in Pre-K through 6th grade. Schools can schedule any four parenting workshops from the list below at a discounted rate of \$750 – a savings of \$250. Districts that have hosted us in the past have supported parent education through their PTAs, grants and Title 1 funds.

Scheduling: Each workshop is 2 hours long and can be scheduled during the day or evening. To schedule Parent University at your school, or if you have any questions, contact Kerri Kreh Reda, 631-727-7850 x 330.

Parent University Workshops

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.

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. 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.

Moving Up to Middle School

The transition to middle school or junior high is not always a smooth one. In addition to coping with a new schedule, new teachers and those pesky lockers, pre-teens have to deal with puberty, peer pressure and changing relationships with parents. Learn how to help your middle school student adapt to all these changes and succeed in middle school while being a supportive parent who encourages their developing independence and responsibility.

Easing Homework Hassles

Homework can be a source of constant conflict between a parent and her school-age child. In this workshop, parents will learn why homework is important, identify typical homework problems and explore ways to help their child succeed with schoolwork at home.

Lunch Box Lunches

Are you running out of ideas for your child's school lunch? Are you packing lunches that aren't all that nutritious? Learn about the parent-child feeding relationship and

get ideas for nutritious, appetizing lunches that appeal to children. For parents of children ages 2 to 12 years old.

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.

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.

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.

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.

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

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