

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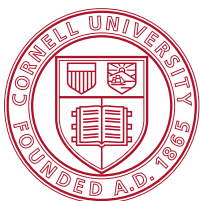
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Strengthening Families and Communities • Protecting and Enhancing the Environment • Fostering Economic Development • Promoting Sustainable Agriculture

PARENT UNIVERSITY

2019-20

AT YOUR SCHOOL



PARENT UNIVERSITY AT YOUR SCHOOL - 2019-20

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 for Schools

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 parents and their school aged children. In this workshop, parents will learn why homework is important, identify typical homework problems and explore ways to help their children succeed with school work 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.

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.

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.

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. **This program has a materials fee of \$40 to cover the cost of food.*

Grandparenting Today

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.

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.
Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.