

## 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

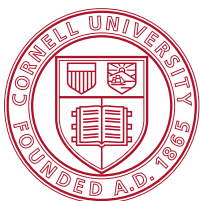
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Strengthening Families and Communities • Protecting and Enhancing the Environment • Fostering Economic Development • Promoting Sustainable Agriculture

# PARENT UNIVERSITY



# PARENT UNIVERSITY AT YOUR LIBRARY

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

## What is Parent University?

Parent University is a series of workshops on relevant parenting topics for parents of children in Pre-K through 6th grade. Libraries can schedule any four parenting workshops from the list below for \$750 at a savings of \$250. The workshops below are suggestions. A full menu of our programs can be found on our website at [ccesuffolk.org/resources/educational-programs-for-adults](http://ccesuffolk.org/resources/educational-programs-for-adults).

Scheduling: Each workshop is 2 hours long and can be scheduled during the day or evening. To schedule Parent University at your library, or if you have any questions, contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu).

## Parent University for Libraries

### 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.

### 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.

### 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.

### 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.

### 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.



### Easing Homework Hassles

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

### 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.*

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.