

Professional Training Programs

provided by the Family Health and Wellness Program of CCE

Following is a menu of the professional training programs that we offer, with a variety of topics, times and fees. To schedule a program, call 631-727-7850 and the extension number of the educator which is listed after the description of the program.

1.5 hour programs (fee \$260):

Benefits of family meals

We all know that something good happens when families get together for meals...for years research findings have pointed to the positive outcomes of shared family meals—healthier diets, improved language skills, stronger family bonds and reduced risk behaviors. We'll take a look at what the research says today and how to overcome the barriers that prevent families from sharing meals. We'll explore ways to help families to feel more confident about getting quick, healthy meals on their tables.

Educator: Dinah Torres Castro x351

Eat right, grow strong

Good nutrition is important for us all but it is essential to a young child's healthy growth and development. After this program you will be able to describe your role in helping shape children's eating behaviors, explain the components of a child care environment that promote healthy eating and list some things you can do differently in your classroom to help children develop healthy eating behaviors.

Educator: Kerri Kreh Reda x 330



Moving children to good health

This workshop will provide you with an overview of physical activity for preschool children. We will describe why active play is so important to young children, review the recommendations for preschool age children and generate ideas to keep children active both indoors and out.

Educator: Kerri Kreh Reda x 330

Raising healthy girls

Today's popular culture sends girls many messages about what it means to be a girl; not all of them are healthy. With a focus on appearance and sexuality, these messages can negatively impact a young girl's developing self-image. This program will look at how these messages can be better balanced by the adults in a girl's life as well as the role adults have in helping girls grow into healthy and confident young women. This program is for anyone who works with or cares for girls ages 3-12. Educator:

Kerri Kreh Reda x 330

Routines don't have to be ruts! Meaningful habits for today's complicated families

Routines, rituals and traditions all play a role in strengthening families. We'll define each one and take a look at why they matter. Through small group activities we will demonstrate how you can introduce families to shared experiences that can become meaningful to them and how they can make their families strong.

Educator: Dinah Torres Castro x 351

Supersizing our children

Childhood obesity is an epidemic in our society; as a result today's children are the first in the history of this country to have a shorter life expectancy than their parents. Learn more about this issue and what you can do to improve the health of the children in your care.

Educator: Kerri Kreh Reda x 330

The great waist land: How media contributes to overweight and obesity

Why are Americans getting so fat? Not only are our sedentary life-styles and mindless eating playing a role in our increasing waistlines but the way media is used to market food to young children is also adding to the problem. A multimedia approach combined with hands on activities help the participants become more aware of how the food and beverage industry are exploiting young children's vulnerabilities by marketing directly to them.

Educator: Dinah Torres Castro x 351

Understanding temperament

Ever wonder how children with the same parents can be so different from one another? One explanation is temperament. During this workshop the concept of temperament will be introduced. We will spend time exploring children's temperament and how it may affect behavior.

Educator: Kerri Kreh Reda x 330

Unplugged: Moving beyond screens

Children have more access to screen media than ever before and are spending more time in front of a screen than ever before. This program will review what research says about children's use of screen media, review the recommendations of the American Academy of Pediatrics and offer suggestions on how to better balance screen time with other activities.

Educator: Kerri Kreh Reda x 330

2 hour programs (fee \$350):

Discipline is not a dirty word after school

Children can learn to cooperate without bribes, rewards or punishments. Positive discipline means helping children learn self-control and problem solving. After school staff will discover new ways to correct and guide children's behavior using highlights and strategies from the Discipline is Not a Dirty Word curriculum for children between the ages of 2-12.

Educator: Dinah Torres Castro x 351 or Nancy Olsen-Harbich x 332

Guiding toddler behavior

We will discuss the development of toddlers – learning what makes them tick and generate some good ideas about how adults can best guide toddlers through this stage, laying the foundation for a cooperative and warm relationship, providing guidance that teaches and nurtures the development of self-discipline.

Educator: Kerri Kreh Reda x 330

Homework help after school

Afterschool programs seem to be an ideal setting for homework help however it can sometimes become a struggle and end up draining the program staff. This workshop explores strategies and specific techniques designed for helping grade school children, K – 8, get through their homework blues. Some of the topics to be covered include: Why children do homework, principles of homework success and successful strategies. These proven methods used by anyone, in any setting, and can defuse homework conflicts. Staffers will be armed with techniques on how to:

- encourage the children to take pride in their independent homework skills,
- make it a pleasant experience for the child
- help redirect them when they get distracted
- reinforce the importance of homework
- stay calm and not get emotional even when the struggling child isn't
- negotiate breaks to help the struggling child stay focused

Educator: Dinah Torres Castro x 351

In the kitchen with your little chef

Having trouble getting children to eat a variety of foods—especially vegetables and “healthy stuff”? Learn about the feeding relationship, get ideas for improving your cooking skills, healthy afterschool snacks and practice tips on improving communication with children. We will also focus on the benefits of cooking with children, safety precautions and basic hygiene.

Educator: Dinah Torres Castro x 351

The connection between literacy development and play

During this program we will define emergent literacy and explore how young children build literacy skills through play and other daily activities and how adults can help foster these skills.

Educator: Dinah Torres Castro x 351

What childcare staff need to know about child development

This program will provide an overview of early childhood development. We will review the stages, domains and basic principles of child development. Participants will gain a better understanding of why children behave the way they do and recognize their role in supporting children's growth, development and learning.

Educator: Kerri Kreh Reda x 330, Dinah Torres Castro x 351 or Nancy Olsen-Harbich x 332

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.

Educator: Dinah Torres Castro x 351

3 hour programs (fee \$525):

Why young children behave the way they do

Young children grow and develop rapidly in the first five years of life. As they move through different developmental stages their needs and behavior change. It is also during these early years that children's temperamental characteristics become apparent and tend to shape a child's pattern of behavior. During this workshop participants will review the developmental tasks of early childhood (birth –five), gain an understanding of temperament, explore how development and temperament may influence a child's behavior and develop realistic expectations for young children's behavior.

Educator: Kerri Kreh Reda x 330

Supporting children's healthy development

Exciting new research on brain development reveals that the first years of life are critical for healthy development. How can we as professionals help parents foster brain development? Learn what infants and young children need for optimal intellectual, emotional and social growth. We will discuss the latest research on language development, emergent liter-

acy and how best to help children who are English language learners. In the first years, so much parent care giving is focused on feeding, and good nutrition is important to healthy development. However, many parents start off on the wrong foot in their "feeding relationships" with their children. We will also provide information on nutrition and the parent-child feeding relationship to help families cope with picky eaters and promote healthy eating habits for life.

Educator: Dinah Torres Castro x 351

All about adolescents

Due to the many social and biological influences that impact an adolescent's behavior and development, adolescence can be a confusing time for both the child and the adults who work with and care for them. During this workshop, we will review adolescent development, including brain development and discuss a variety of factors, specific to girls and boys, which impact their mental, social and emotional health.

Educator: Kerri Kreh Reda x 330



Cornell Cooperative Extension | Suffolk County

Family Health and Wellness Program

Extension Education Center

423 Griffing Avenue, Suite 100, Riverhead, NY 11901-3071

ccesuffolk.org

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.

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