

Professional Training Programs

provided by the Community Education's Family Health and Wellness Team



Following is a menu of the professional training programs we offer. Our fee is \$300/hour; length of program varies depending on topic and whether it is virtual or in-person. To schedule a program and for fee information, e-mail the educator who is listed after the description of the program. If you cannot afford the fee, scholarships may be available.

101 Level: Adverse Childhood Experience (ACE) Institute

This 1-hour training aims to increase the knowledge and understanding of fundamental ACE research and the impact that ACEs have on young children, their families, and the field of early childhood education. Training on ACEs has been added to the list of required content for childcare providers as the tenth training regulation. This training is relevant for teachers, parents, and other professionals who work with children and/or their families. *Available via Zoom.*

Educator: Dinah Torres Castro, dc258@cornell.edu

Educator: Cara Weiner Sultan, caw10@cornell.edu

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. *Available via Zoom.*

Educator: Kerri Kreh Reda, kkr5@cornell.edu

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. *Available via Zoom.*

Educator: Dinah Torres Castro, dc258@cornell.edu

Caring for yourself and others: managing grief and loss

Whether it be the impact of the COVID-19 pandemic or another loss you may have endured, there is no right or wrong way to grieve. Experiences of loss may be stressful and grief challenging to manage. In this workshop, we will explore new ways for us to learn about grief as well as manage our emotions and build effective coping tools. This program will help support participants in their grief journey and build strategies to care for themselves and others.

Educator: Cara Weiner Sultan, caw10@cornell.edu

Caring for yourself in stressful times: preventing burnout

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Often, we forget about self-care as we become stressed or overwhelmed, just when we need it most. Caring for oneself allows us to be more resilient and better manage stress allowing us to do a better job of meeting our responsibilities. During this program we will introduce strategies for stress management, discuss signs and causes of burnout, and offer suggestions for self-care. *Available via Zoom.*

Educator: Kerri Kreh Reda, kk5@cornell.edu

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, dc258@cornell.edu

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. *Available via Zoom.*

Educator: Kerri Kreh Reda, kk5@cornell.edu

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.

Educator: Dinah Torres Castro, dc258@cornell.edu

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, dc258@cornell.edu

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. *Available via Zoom.*

Educator: Kerri Kreh Reda, kk5@cornell.edu

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. *Available via Zoom.*

Educator: Dinah Torres Castro, dc258@cornell.edu

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. *Available via Zoom.*

Educator: Kerri Kreh Reda, kk5@cornell.edu

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 literacy 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, dc258@cornell.edu

Understanding and Improving Personal Wellness

Wellness can be defined as a dynamic process of learning new life skills and making conscious choices toward a more balanced and healthier lifestyle. During this program, we will explore 8 dimensions of wellness. You will assess your current wellness and identify strengths as well as areas that may benefit from improvement. Suggestions for each wellness domain will be offered to guide your efforts in improving your overall wellness and become the best version of you. *Also available via Zoom.*

Educator: Kerri Kreh Reda, kk5@cornell.edu

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. *Available via Zoom.*

Educator: Kerri Kreh Reda, kk5@cornell.edu

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. *Available via Zoom.*

Educator: Kerri Kreh Reda, kk5@cornell.edu

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, kk5@cornell.edu

Educator: Dinah Torres Castro, dc258@cornell.edu

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, dc258@cornell.edu

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, kk5@cornell.edu



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

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