

# Virtual Program Offerings for Organizations, Libraries, Schools and Businesses

## 2020

The Family Health and Wellness educators of Cornell Cooperative Extension of Suffolk County have developed the following Zoom workshops to support Suffolk County residents while we are unable to present our in-person, interactive programs. Each Zoom program is designed to be 45-60 minutes in length and has a fee of \$150. Organizations that host a program are asked to register participants and e-mail program materials out to participants 24 hours prior to the start of the program.

To schedule a program, contact the educator identified with the program(s) of interest.



## Caring for Yourself in Stressful Times

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Parenting styles may change as stress levels increase, making self-care even more important. Caring for oneself allows a parent to provide security, support, and predictability for the entire family. Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu) to schedule a program.

*Target audience: Parents*

## Coping with Temper Tantrums

Life as we know it has changed, and you may find that your child is having more temper tantrums than usual. Join us to discuss how you can help your child to manage his or her emotions and minimize tantrums. Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu) to schedule a program.

*Target audience: Parents of children 1-4 years of age*

## 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. Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu) to schedule a program.

*Target audience: Parents of children 1-4 years of age*

## Diabetes 101

Participants will learn about diabetes as well as self-management skills including meal planning, self-testing blood glucose levels, working with providers, and stress management. Contact Ruchi Shah, [rs2522@cornell.edu](mailto:rs2522@cornell.edu) to schedule a program.

*Target audience: Those living with pre-diabetes, diabetes, their family members or caregivers.*

## Dining with Diabetes

If you or your loved one has diabetes or prediabetes, you won't want to miss this virtual experience! We'll dive into the basics of dining with diabetes, from nutrition education to mouth-watering meal suggestions. This program will go into details about carbohydrates, portion sizes, dining out and much more! Contact Ruchi Shah, [rs2522@cornell.edu](mailto:rs2522@cornell.edu) to schedule a program.

*Target audience: Those living with pre-diabetes, diabetes, their family members or caregivers.*

## Grandparenting Today - Part 1

Child rearing practices have changed over time. You raised your children, and now you are helping to care for your grandchildren while their parents are working. Learn what today's child development research recommends for young children regarding brain development, discipline, sleep needs, and digital screen use. Be an up-to-date, informed grandparent! Contact Maxine Roeper Cohen, [mc333@cornell.edu](mailto:mc333@cornell.edu) to schedule a program.

*Target audience: Grandparents who help provide care for their grandchildren*



## Grandparenting Today - Part 2

Are you helping to care for your grandchildren while their parents are working? Learn about the latest safety issues affecting young children. Positive communication between parents and grandparents is critical for optimal child development. Effective methods of communication between the generations will be discussed. Contact Maxine Roeper Cohen, [mc333@cornell.edu](mailto:mc333@cornell.edu) to schedule a program.

*Target audience: Grandparents who help provide care for their grandchildren*

## Is it Bad Behavior or Lack of Sleep?

During this workshop, the importance of sleep will be discussed and how lack of sleep can contribute to health and behavior issues. We will review recommendations for sleep by age group and suggestions for creating a healthy sleep environment will be given. Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu) to schedule a program.

*Target audience: Parents*

## Positive Discipline

With families experiencing more stress than usual, you may feel as though your children are misbehaving more. Learn more about Positive Discipline and put into practice strategies to help your child learn self-discipline in a way that is respectful and kind. Contact Dinah Torres Castro, [dc258@cornell.edu](mailto:dc258@cornell.edu) to schedule a program.

*Target audience: Parents of children up to 12 years of age*

## Setting Rules and Limits for Young Children

All children need rules and limits. Children should know what is expected of them and what the consequences will be if the rules are broken. In this workshop parents learn how to set rules and limits in ways that will help their child learn how to behave. Contact Dinah Torres Castro, [dc258@cornell.edu](mailto:dc258@cornell.edu) to schedule a program.

*Target audience: Parents of children 2 – 5 years of age*

## The Family Table

Everyday busy schedules have caused many of us to rush from one event to another without regard to the simple, once common, act of settling down to a shared family meal at the end of the day. In this workshop you will learn about the benefits of family mealtimes and why gathering the family together can make such an important difference in the lives of your children. Contact Dinah Torres Castro, [dc258@cornell.edu](mailto:dc258@cornell.edu) to schedule a program.

*Target audience: Parents*

## Using Screens Smartly

Screens are everywhere and we are using them more than ever. This program will address the impact screens have on children's development and human health. Recommendations of the American Academy of Pediatrics will be reviewed as will suggestions for using screens smartly in our current lives that will allow us to create a healthy balance. Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu) to schedule a program.

*Target audience: Parents of children up to 12*

## The Importance of Routines for Young Children

Routines are a convenient way to organize ourselves and the children we care for. Routines can provide structure, comfort and security for children. In this workshop we will explore the many benefits of having routines for young children and why they are so important especially now. Contact Dinah Torres Castro, [dc258@cornell.edu](mailto:dc258@cornell.edu) to schedule a program.

*Target audience: Parents*

## What's Your Parenting Style?

Research shows that parenting style matters. Discover your style and learn ways to provide the right amount of structure and nurture, control and support, love and limits. Contact Dinah Torres Castro, [dc258@cornell.edu](mailto:dc258@cornell.edu) to schedule a program.

*Target audience: Parents*

## Your Baby's First Year

Congratulations on the arrival of this new member of your family! The first year in a baby's life is filled with the potential of tremendous growth: physically, intellectually, socially and emotionally. Learn how important your daily interactions with your baby are, and how you can stimulate and promote healthy growth and development during this critical time. Contact Maxine Roeper Cohen, [mc333@cornell.edu](mailto:mc333@cornell.edu) to schedule a program.

*Target audience: Expectant and new parents*

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[www.ccesuffolk.org](http://www.ccesuffolk.org)

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

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