

PROGRAMS

from *Family Health and Wellness*

EDUCATIONAL



Cornell Cooperative Extension | **Suffolk County**
Community Education



EDUCATIONAL PROGRAMS

The Family Health and Wellness educators at Cornell Cooperative Extension of Suffolk County provide practical solutions to the real-life issues that families face. Our main educational initiative is to strengthen the health and well-being of families throughout the life span.

We are affiliated with the College of Human Ecology at Cornell University and have provided quality educational programs to Suffolk residents for nearly a century.

This publication describes our current educational offerings for community-based organizations such as public libraries, childcare centers, schools, PTAs, and workplaces, as well as for professional trainings. Our in-person programs are \$250 per session with the exception of our Parent Toddler programs which are \$150. Our virtual programs are \$150 for a 1-hour session. Our professional trainings vary in length and have a fee of \$300/hour. Programs available in Spanish are listed at the end of this publication.

Community groups that host a program will be expected to provide suitable space and pre-register participants. A minimum of 10 pre-registered participants is usually required. Participants are expected to attend all sessions of multiple-session programs, which should be scheduled on consecutive weeks or in a similar time frame whenever possible.

To schedule one or more of the programs in this publication, contact the educator identified with the program via e-mail. We recommend contacting us as soon as possible to be assured of reserving desired dates. If your group or organization has a specific need or topic not found in these lists, our educators may be able to develop a program to meet your needs.



ABOUT US

FAMILY HEALTH AND WELLNESS

Established in 1917, Cornell Cooperative Extension was created to disseminate unbiased, research-based information from Cornell University and other universities in the land-grant system to the people of Suffolk County. By helping people apply good science to their lives, we strengthen families and communities, protect and enhance the environment, and foster economic development. Family Health and Wellness educators have been working with families in Suffolk County since 1926. Our educators support Suffolk County families and professionals with timely, research based educational programs, podcasts, blogs, and resources on all aspects of child development, positive parenting practices, and healthy aging.

Parent Education: The well-being of families is grounded in informed parenting. Parents create the environment of family life and provide children with their first and most influential model for healthy and responsible behavior. Our educators provide information, skill training and support to parents as they raise their children to be responsible, productive adults and citizens.

Adult Well-being: Aging is an inevitable process and how we take care of ourselves throughout the lifespan, both physically and mentally, has a tremendous impact on our health and quality of life as we grow old. Aging is a lifelong process that includes several transitions along the way. Our adult well-being programs are designed to help people with a healthy transition across the lifespan.

Professional Training: We offer professional development opportunities for educators, librarians, youth leaders, human services personnel, and others who work with children, youth, and families.



Programs For Parents/Caregivers With Children Birth To Five Years Of Age

Baby, let's sleep

During a child's first two years of life, sleep problems are one of the most common complaints of parents. In this workshop for parents of infants and toddlers, we will review sleep requirements, recommendations, and routines. We will also look at normal infant sleeping patterns and discuss ways that parents can help their baby learn how to self-soothe and fall asleep.

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Beyond the stork: fostering healthy sexual development in your young child

You may think it's too soon to begin talking about sex with your child; however, by age three your child has already had messages about sexuality. Children learn about sexuality whether you are teaching them or not. They learn from peers, television, advertising, and music. As a parent, you can be the most powerful influence over your child's sexual attitudes. Talking about sexuality allows you to share correct information and your family values. Children who are informed about sex and feel they can talk to their parents are less likely to engage in high-risk behaviors that can lead to early sexual activity, teenage pregnancy, sexual abuse, and sexually transmitted infections. The question is do you want to be a part of their sex education?

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

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. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Discipline Vs. Punishment

During this program, the difference between discipline and punishment will be discussed. We will define and give examples of each as well as talk about the goals and outcomes of each. Available via zoom only.

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

The early years matter: brain development

Research on brain development reveals that the first years of life are critical for healthy development. Early attachments and experiences have a powerful impact on a child's intellectual, emotional, and social development. This workshop will enable parents to realize their role in nurturing their child's brain development.

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Fostering body confidence

All parents want their children to develop a healthy self-body image and feel comfortable with their bodies. During this program, we will discuss how parents can nurture their child's body confidence and help protect them from the many toxic messages that are pervasive in society.

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Fun and learning: the importance of play

Child's play is more than just play; it is how children learn, and it is essential to their health and development. Join us while we explore how play has changed, and learn how play positively affects children's emotional, physical, social, and intellectual growth.

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Getting ready for kindergarten

This workshop will explore ways that parents can support their child's development the year before kindergarten.

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

Guiding toddler behavior

All parents deal with challenging behaviors during the toddler years and may not know the best course of action to take to correct misbehavior. During this workshop, we will discuss guidelines for disciplining young children, and offer practical ideas that can make life more pleasurable for toddlers and the adults who care for them.

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Little cooks, first books

A three-week program designed for parents and their children to gain knowledge about nutrition, parenting skills, and early literacy. Each week the children will participate in craft activities, sing-alongs, or games (provided by the site) during the first half of the program while parents participate in nutrition, parenting, and literacy programs. During the second half of the program, parents and children come together and do a cooking activity to reinforce the lesson taught. At the end of the class, they sit down to eat what they made and listen to a children's story on a topic involving healthy eating and good nutritional habits. Parents will receive a suggested reading list each week to take home. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

Living with toddlers

Toddlers can be sweet and charming, or feisty and uncooperative. In this two-session program, parents will gain a better understanding of early childhood development and temperament, and how each may impact their toddler's behavior, while developing realistic expectations for their child. (two sessions)

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

The magic years

This is a four-part research-based parent education program for parents/caregivers of children from birth-four years old. May be offered in a full series, or topic specific workshops. Topics include managing parent and child stress, ages and stages of child development, managing routines, parenting styles, and positive discipline. *Also available via Zoom.*

Facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

Peaceful meals with young children

If you are frustrated with your picky eater, come and learn how to improve your meal planning skills, your family's nutrition, and discover strategies to cope with picky eaters. Each of the three sessions will end with sample nutritious meals prepared by the program participants. (three sessions)

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

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. *Also available via Zoom.*

Facilitator: Email: dc258@cornell.edu

Smart kids

Did you know that academic success at ages nine and ten can be attributed to the number of words that a child hears from birth through age three? Thinking about how to prepare your infant or toddler for school may seem like a premature concept; however, research indicates that school readiness starts long before a child begins kindergarten. Come to this workshop to learn about non-academic factors that contribute to school success. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Temper tantrums: yours and theirs

You are at the grocery store when your toddler has his fourth temper tantrum of the day. Although temper tantrums are normal for children between the ages of one and five, 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. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

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. *Also available via Zoom.*

In person facilitator: Maxine Roeper Cohen, Email: mc333@cornell.edu.

Zoom facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

PROGRAMS FOR PARENTS/CAREGIVERS WITH CHILDREN SIX TO ELEVEN YEARS OF AGE

Active parenting now

Active Parenting is a nationally recognized video-based parent education program that has been approved as evidence-based by SAMSHA. The Active Parenting Now program helps parents learn new skills using the principles of the Active Parent, including:

- Improving communication
- Teaching responsibility and other important values
- Handling problems effectively
- Dealing with difficult topics such as drugs, bullying, and sex
- Defusing power struggles
- Stimulating independence
- Encouraging kids to be their best!

Facilitators: Kerri Kreh Reda, Email: kk5@cornell.edu and
Dinah Torres Castro, Email: dc258@cornell.edu

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 children from the unhealthy messages they receive on a regular basis.

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Bringing up boys

How do boys grow into men of character? During this program, we will discuss how adults help boys transition successfully into adolescence and eventually into adulthood. We will look at a variety of factors that affect their healthy development in both positive and negative ways. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Discipline is not a dirty word

Positive discipline means helping children learn self-control and problem-solving. Discover new ways to correct and guide children's behavior. For parents and caregivers of children between the ages of two-twelve. (three sessions)

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

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's 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. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

Healthy lunch box lunches

Are you running out of ideas for your child's school lunch? Are you worried that the lunches you pack aren't all that nutritious? Are you suspicious that your child is trading away those well-planned healthy lunches for junk food? If so, come and learn about the parent-child feeding relationship and get ideas for nutritious, appetizing lunches that appeal to children. Please bring your child's lunch box and clean empty containers. You and your child will be creating a healthy lunch for your child to take to school the next day. *Also available via Zoom without the food activity.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

In the kitchen with your little chef

Join us at 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. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

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. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Kids and cash

Consumer driven children can drain your wallet fast! This workshop explores the priorities and values of a family economy which establishes the relationship children have with their financial resources, now and as adults. We'll cover the traditional topics of allowance and savings, as well as the money savvy techniques of recreational spending, goal spending, and saving. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

The middle years

The Middle Years is a four-part, research-based parent education program for parents/caregivers of children ages five-ten to help enhance parenting skills. Participants will develop a deeper understanding of how their personal and parenting knowledge and behavior affect their children. Topics include managing parent and child stress, parenting styles, improving communication, and strengthening family relationships. This program offers helpful family activities for parents/caregivers to share with their youth. This program may be offered in a full series, or topic-specific workshops. *Also available via Zoom.*

Facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

Moving up to middle school

The transition to middle school or junior high can make parents and children anxious. Parents and students can talk about their worries and get some ideas for coping more effectively with the move to middle school.

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

Parenting styles and the feeding relationship

Does the way you parent your child affect the way your child develops healthy eating habits? Learn how research has found that different parenting styles can promote healthy eating habits or contribute to unhealthy eating.

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

Raising confident and healthy girls

Girls today receive many messages from popular culture about what it means to be a girl. With a focus on appearance and sexuality, these messages can impact a young girl's developing self-image as well as her body image. This program, designed for parents of daughters ages three-twelve, will look at how these messages can be balanced by the adults in a girl's life, and the role adults have in helping girls grow into healthy and confident young women. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

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.

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

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. *Also available via Zoom.*

Facilitators: Dinah Torres Castro, Email: dc258@cornell.edu and
Kerri Kreh Reda, Email: kk5@cornell.edu

Winning ways to talk with kids

This workshop is 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. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

PROGRAMS FOR PARENTS/CAREGIVERS WITH CHILDREN TWELVE TO SIXTEEN YEARS OF AGE

Parenting adolescents

This three-part program will cover topics common to parents raising teenagers, including parental self-care, adolescent development, improving teen/parent communication, guiding behavior, teen-parent conflict, and risky teen behaviors. (three sessions)

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

Why teens do what they do

As a parent of a pre-teen or teen, are you bewildered by adolescent behavior? Does their moodiness drive you crazy? Does their attitude push your buttons? Would you like to have a more respectful relationship with them? Unlock the mystery of adolescence with the key of understanding that can improve your relationship with your teen. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

PROGRAMS FOR PARENTS WITH CHILDREN OF ALL AGES

Cyberbullying: what you need to know

Cyberbullying, the intentional use of electronic means to harm someone, is increasing at an alarming rate due to the increased time children use technology. This workshop explores what parents/caregivers need and want to know about this concerning issue. Participants will learn useful information about what children are doing online, and the various ways cyberbullying may occur. The many myths of cyberbullying will be explored, as well as useful parenting tips to help children cope with this problem. *Also available via Zoom.*

Facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

The family dinner project

Research has confirmed that sharing a family meal is good for the physical, mental, emotional, and nutritional health and well-being of all family members. Family dinners have been linked with lower rates of substance abuse, teen pregnancy, and depression, as well as higher grade-point averages and self-esteem. Stories told around the dinner table build our children's vocabulary and help build resilience. Regular family meals also improve nutrition and lower the rates of obesity and eating disorders in children and adolescents. Join CCE to schedule a community dinner that will provide a structured model to help families recognize the many benefits of family dinners, learn how to put best practices into action and brainstorm together about overcoming common challenges. Meal included.

Facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

Managing sibling rivalry

Do you sometimes feel more like a referee than a parent? This workshop will offer information on how to constructively handle conflict and rivalry among siblings. Strategies for how to best manage sibling conflict will be shared and discussed. In addition, participants will learn why sibling conflict may have benefits, and how to build healthy relationships among siblings. *Also available via Zoom.*

Facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

Parenting skills workshop series

During this eight-session program, parents have the opportunity to learn new, effective skills that will replace impulsive behaviors and hurtful parenting practices and earn a certificate. Each session is designed with hands-on activities so that participants have the opportunity to practice the skills of encouragement, can do, choices, self-control, and respecting feelings. Participants are expected to attend all eight sessions, special fees apply.

Facilitators: Kerri Kreh Reda, Email: kkr5@cornell.edu and
Dinah Torres Castro, Email: dc258@cornell.edu

Raising resilient children

Despite difficult circumstances and adversity, children can grow up to be strong. This workshop is designed to help parents/caregivers understand what it is that helps children grow up to be resilient. Participants will learn about risk and protective factors which influence resilience. The six major factors that help families build resilience will be defined and discussed. Participants will learn practical strategies for helping themselves and their children bounce back from whatever challenges they might encounter. *Also available via Zoom.*

Facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

Understanding temperament and family dynamics

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, how they may affect behavior and explain why children react the way they do in different situations. We will also look at how temperament can impact family dynamics. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Your family and screens

During this workshop, we will review what the research says about the impact screens (computers, tablets, smart phones, etc.) have on your growing child. We will look at the recommendations set by the American Academy of Pediatrics and offer suggestions for creating a healthy screen environment for your family. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

PROGRAMS FOR GRANDPARENTS

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. *Also available via Zoom.*

In person facilitator: Maxine Roeper Cohen, Email: mc333@cornell.edu.

Zoom facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

Parenting the second time around (PASTA)

This eight-week workshop series is intended for grandparents and relative caregivers raising children and teens. It includes workshops on child development, discipline, legal issues, and social supports. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

PROGRAMS FOR ADULT WELL-BEING THROUGH THE LIFESPAN

Caring for yourself in stressful times

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 parents and other caregivers to provide security, support, and predictability for the entire family which can help keep anxiety levels from escalating. During this program we will introduce strategies for stress management and suggestions for self-care. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Caring for yourself: managing grief and loss

For the past year, the COVID-19 pandemic has upended our lives in a myriad of ways. We have experienced losses that may have been stressful and difficult to cope with. This workshop explores ways to learn about and manage our grief and sense of loss, whether it be the loss of a loved one or other pandemic related losses (job, financial security, social connections). There is no right or wrong way to grieve; this program will help participants build their knowledge base about the process of grief and develop strategies to care for themselves and others during these challenging times. *Also available via Zoom.*

Facilitator: Cara Weiner Sultan, Email: caw10@cornell.edu

Essential Steps to Healthy Aging

Aging is an inevitable process and how we take care of ourselves throughout the lifespan, both physically and mentally, has a tremendous impact on our health and quality of life as we grow old. Participants will be challenged to embrace prevention and healthy lifestyle choices as a means to enhance overall health and well-being. Using materials from Kansas State University Extension, we will promote the notion that healthy lifestyle changes can have a positive impact at any age. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Keeping your brain healthy as you age

Oftentimes when we think about health and wellness, we think about physical health and focus on healthy eating and exercise. However, we need to consider our brain health or cognitive health as well, especially as we age. Our cognitive health encompasses our ability to think, remember, learn new things, and reason. It can decline as we age, becoming less accurate. The good news is that there is plenty to do to keep our brains healthy. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Managing life after retirement

We all know that retirement has implications for our bank account. However, retirement is a big change that impacts our relationships, our sense of purpose and identity as well as our physical and emotional health. During this workshop we will review the stages of retirement and look at the four steps identified by researchers at Kansas State University that can improve one's overall retirement experience by avoiding the most common challenges new retirees often face.

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Understanding family dynamics

During this program, the concept of temperament will be introduced. Temperament can be described as a person's natural style of interacting with or reacting to people, places, and things. We all have our own unique temperament which can make things interesting when we live with others. Come learn about your own temperament and that of your loved ones, and how temperamental characteristics may impact family dynamics. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@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.

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

PROGRAMS FOR LIBRARIES ONLY

PARENT-TODDLER WORKSHOPS AT PUBLIC LIBRARIES

Feeding little folks

Parents will learn about children's food needs, ways to gain food acceptance, and how to get children to accept responsibility for eating on their own while their children enjoy a healthy, age-appropriate snack. The parent educator delves into topics such as how to get young children to eat a wider variety of foods, common feeding behaviors, and the developmental changes that affect their eating patterns.

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

Parenting toddlers

Parents have many questions about living comfortably with toddlers, from handling discipline and temper tantrums to dealing with toilet learning. Our parent educator offers practical ideas and support.

Facilitator: Maxine Roeper Cohen, Email: mc333@cornell.edu

PROGRAMS FOR PROFESSIONALS

101 Level: Adverse Childhood Experience (ACE) Institute

This 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. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu, or
Cara Weiner Sultan, Email: caw10@cornell.edu

All about adolescents

Due to the many social and biological influences on adolescence behavior and development, adolescence can be a confusing time for both children 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 which impact their mental, social, and emotional health. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: 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 risky 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 feel more confident about getting quick, healthy meals on their tables. *Also available via Zoom.*

Facilitator: 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.

Facilitator: Cara Weiner Sultan, Email: 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. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@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.

Facilitator: Dinah Torres Castro, dc258@cornell.edu

Guiding toddler behavior

We will discuss the development of toddlers and understand what makes them tick. You will learn how to best guide toddlers through this stage, laying the foundation for a cooperative and warm relationship, and providing guidance for nurturing their development of self-discipline. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@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.

Facilitator: 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. *Also available via Zoom.*

Facilitator: 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, and 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 three-twelve. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@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. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: 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 young children (1-5 years old) in your care. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@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 caregiving 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.

Facilitator: Dinah Torres Castro, Email: 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.*

Facilitator: Kerri Kreh Reda, Email: kkr5@cornell.edu

Understanding temperament

During this program, the concept of temperament will be introduced. Temperament can be described as a person's natural style of interacting with, or reacting to, people, places, and things. We will concentrate on exploring children's temperaments and how they affect behavior. However, since we all have our own unique temperament, this workshop might also shed light on the group dynamics playing out in your own family or worksite. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@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 to better balance screen time with other activities. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kkr5@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. *Also available via Zoom.*

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu and

Facilitator: Dinah Torres Castro, Email: 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 the 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.

Facilitator: Kerri Kreh Reda, Email: kk5@cornell.edu

Winning ways to talk with kids

This workshop is 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. *Also available via Zoom.*

Facilitator: Dinah Torres Castro, Email: dc258@cornell.edu

PROGRAMS AVAILABLE IN SPANISH

En la Cocina con su Pequeño Chef (In the kitchen with your little chef)

Un taller para los padres y niños en el que se aprende acerca de las relaciones de alimentación y estrategias para mejorar la comunicación entre padres a hijos. Aprenderán ideas para cocinar que pueden compartir con la familia. Los padres y los niños juntos participan en varias actividades de cocina. *Disponibile a través de Zoom.*

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

Comiendo en paz con sus niños jóvenes (Peaceful meals with young children)

Si usted está frustrado con sus niños que no quieren comer alimentos saludables venga y aprenda como planear las comidas, mejorar la nutrición de su familia, y descubrir estrategias para manejar a los niños que son muy exigentes para comer. Al final de cada clase los participantes van a disfrutar de las recetas que ellos mismos preparan. (3 clases)

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

Comunicando con niños exitosamente (Winning ways to talk with kids)

Un taller diseñado para ayudar a los padres y cuidadores a comunicar eficazmente con los niños en cada fase de desarrollo. Nosotros usaremos juegos de roles y actividades de grupo pequeños para ayudar a los cuidadores a que aprendan a evitar problemas causados cuando la comunicación con los niños no es óptima y cómo aprender verdaderamente a escuchar lo que los niños están tratando de decir. *Disponibile a través de Zoom.*

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

Criando adolescentes (Parenting teens)

Estos talleres consisten de tres partes y trata temas comunes de padres con hijos adolescentes. Comenzando en el cuidado general de los mismos padres y su importancia. También se tratará el desarrollo de los adolescentes, comunicación y conflictos entre los padres y adolescentes. En los talleres los padres aprenderán como orientar y guiar a los adolescentes acerca de los riesgos que ellos toman.

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

Disciplina positiva (Discipline is not a dirty word)

Los padres pueden empezar a tener relaciones más cooperativas y cariñosas con sus niños. El programa, Disciplina Positiva, es más apropiado para padres y personas cuidando niños de 2 a 12 años de edad. En este programa los padres examinan el concepto de disciplina positiva y aprenden los siete principios de como orientar sus niños.

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

La crianza y las prácticas de alimentar (Parenting styles and the feeding relationship)

¿Cree que la manera que usted cría sus hijos los hace desarrollar hábitos alimenticios saludables? Aprenda cómo algunos estudios han encontrado que los diferentes estilos de crianza pueden promover ya sea los buenos como los malos hábitos de alimentación.

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

La mesa familiar (The family table)

Hoy en día las familias tienen horarios ocupados y no pueden compartir las comidas cotidianas como nosotros lo hacíamos en otros tiempos. En este taller vamos a aprender múltiples beneficios que nuestros niños pueden obtener simplemente compartiendo comidas juntas. Descubre cómo construir una buena base para una vida de hábitos nutritivos que son saludables y a la misma vez formar lazos familiares fuertes. *Disponible a través de Zoom.*

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

¡Listos para kindergarten! (Ready for kindergarten!)

En este taller vamos a descubrir las diferentes maneras que los padres pueden apoyar el desarrollo de sus niños un año antes de que el niño empieza kindergarten.

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

Poniendo reglas y límites para los niños (Setting rules and limits for young children)

Todos los niños necesitan tener reglas y límites. Los niños deben saber lo que nosotros esperamos de ellos y las consecuencias cuando ellos no siguen las reglas. En este taller los padres aprenden como poner reglas y límites en su hogar para ayudarlos a aprender cómo comportarse. *Disponible a través de Zoom.*

Dirigido por Dinah Torres Castro, correo electrónico: dc258@cornell.edu

What people are saying about our programs:

"Thank you so much. I truly found all your insight and suggestions so enlightening. You gave us real life examples with simple and practical ways to handle lots of everyday situations. I would like to take or attend more events like what the library hosted."

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*"Before I attended the PASTA program I felt angry and frustrated but after the program I am more sympathetic and feeling the ability to make a difference."*

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"On behalf of our children and staff, we thank you for your time, expertise, and resource support. Your workshops with our staff were lots of fun in addition to being learning experiences for us all!"

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*"Great workshop! We use Cornell for parenting programs all the time and we and the patrons love you guys!"*

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"I truly appreciate all the insight and knowledge given to me. I have opened my eyes to new and better ways to help my children. I don't feel alone or lost."

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