

## 2022 Virtual Program Offerings for Organizations, Libraries, Schools and Businesses

The Family Health and Wellness educators of Cornell Cooperative Extension of Suffolk County have developed the following Zoom workshops to support parents, grandparents and other caregivers. 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.



### **NEW!** How to Talk to Your Children about Difficult (and Scary) Things

When our kids come to us with questions about the scary things happening in our world today, it's not always easy to find the right words to say. Sometimes the struggle is knowing that many of these things are out of our control and defy explanation. As parents/caregivers, there are ways we can comfort our children and help guide them as they process current events. This workshop will support parents/caregivers in this process and offer age specific information and strategies to help discuss difficult topics, especially in this digital age.

Contact Cara Weiner Sultan, [caw10@cornell.edu](mailto:caw10@cornell.edu)

Target audience: Parents

### **NEW!** The Middle Years

The middle years is a researched-based parent education program for parents/caregivers of children ages 5 – 10 aimed at enhancing parenting skills. This program will assist participants, who are experts on their families, in developing a deeper understanding of how their personal and parenting knowledge and behavior affects their children. Topics include managing parent and child stress, understanding parenting styles, raising responsible children, improving family communication, social media and strengthening family relationships. Workshop available as individual or a four-part series.

Contact Cara Weiner Sultan, [caw10@cornell.edu](mailto:caw10@cornell.edu)

Target audience: Parents of children 5-10 years old

### 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 to understanding that can improve your relationship with your teen.

Contact Kerri Kreh Reda, [kkr5@cornell.edu](mailto:kkr5@cornell.edu)

Target audience: Parents of children 10 and older

### Kids and Cash

Consumer-driven children can drain your wallet fast! This workshop for parents of 5-12-year-olds 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.

Contact Kerri Kreh Reda, [kkr5@cornell.edu](mailto:kkr5@cornell.edu)

Target audience: Parents of school-aged children

### 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.

Contact Kerri Kreh Reda, [kkr5@cornell.edu](mailto:kkr5@cornell.edu)

Target audience: Parents

### Smart Kids

Did you know that academic success at ages 9 and 10 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.

Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*Target audience: Parents of children ages birth-4-years old*

## 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 3-12, 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.

Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*Target audience: Parents of daughters ages 3-12*

## Respecting Your Child's Feelings

Young children deal with many of the same emotions adults do, but they often do not have the words to talk about how they are feeling or the skills to cope with their emotions. Instead, they sometimes act out in very physical and inappropriate ways. In this program we will address how adults can be respectful of children's emotions and help them learn skills to manage them and why this is important.

Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*Target audience: Parents of children ten and younger*

## 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. In this interactive program, participants will have an opportunity to learn new discipline techniques.

Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*Target audience: Parents*

## Bringing Up Boys

How do boys grow into men of character? During this program we will discuss how adults can 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. This program is designed for parents of sons, ages 5-12.

Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*Target audience: Parents*

## 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, join us and learn what makes a healthy lunch and how to add variety. Get ideas for nutritious, appetizing foods that appeal

to children, and learn all about the parent-child feeding relationship. Check out our new virtual sample recipe demonstration.

Contact Dinah Torres Castro, [dc258@cornell.edu](mailto:dc258@cornell.edu)

*Target audience: Parents of school-aged children*

## 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. In addition, participants will learn why sibling conflict may have benefits and how to build healthy relationships among siblings.

Contact Cara Weiner Sultan, [caw10@cornell.edu](mailto:caw10@cornell.edu)

*Target audience: Parents*

## Cyberbullying: What you need to know

Cyberbullying, the intentional use of electronic means to harm someone, is rising at an alarming rate due to the increased amount of time children use technology. This workshop explores what parents need and want to know about this concerning issue. Participants will learn 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.

Contact Cara Weiner Sultan, [caw10@cornell.edu](mailto:caw10@cornell.edu)

*Target audience: Parents*

## Little Cooks, First Books

This program combines nutrition education, early literacy, and parenting skills. Parents and caregivers of children in grades Pre-K through second will participate in a multimedia program that is part lecture, video cooking demonstration and a reading of a popular children's book that promotes good nutrition and eating habits. **Also available in Spanish.**

Contact Dinah Torres Castro, [dc258@cornell.edu](mailto:dc258@cornell.edu)

*Target audience: Parents*

## 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 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.

Contact Cara Weiner Sultan, [caw10@cornell.edu](mailto:caw10@cornell.edu)

*Target audience: Parents of children birth -12 years of age*

## 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)

*Target audience: Parents*

## 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)

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

## 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)

*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 emotions and minimize tantrums.

Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

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

## 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 Cara Weiner Sultan, [caw10@cornell.edu](mailto:caw10@cornell.edu)

*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 Cara Weiner Sultan, [caw10@cornell.edu](mailto:caw10@cornell.edu)

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

## 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) or

Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*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 will 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)

*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)

*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 and suggestions for using screens smartly will be offered in order to create a healthy balance.

Contact Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*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)

*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) or Kerri Kreh Reda, [kk5@cornell.edu](mailto:kk5@cornell.edu)

*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)

*Target audience: Expectant and new parents*

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

## **Cornell Cooperative Extension** | **Suffolk County**

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