



Cornell University
Cooperative Extension
of Suffolk County

The Family Health and Wellness program at Cornell Cooperative Extension of Suffolk County provides practical solutions to real-life problems that families face.

Our three main educational initiatives are:

- Strengthening Families
- Improving Nutrition
- Preventing Chronic Disease due to Obesity

Our staff members actively network with community agencies, organizations and groups, including schools, libraries, child care centers, businesses and government departments to bring the resources of the land-grant university system to parents in local communities. Our staff also learns about the current needs and concerns of families in Suffolk County, through networking.

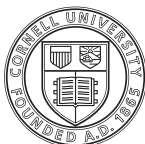
Family Health and Wellness provides information, skills training, and support to parents as they raise their children to be responsible, productive adults and citizens. We also offer training to professionals and paraprofessionals who work with families.



*Cornell Cooperative Extension
in Suffolk County 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.*

2013 FALL Parenting Series



Sponsored by:

Cornell University
Cooperative Extension
of Suffolk County
Family Health and Wellness

in collaboration with

William Floyd School District
and
Suffolk County Legislator
Kate Browning
Representing Suffolk's 3rd District

For more information contact
Anastasia Loper at 631-727-7850 x 340
or email abl98@cornell.edu

Mastic-Moriches-Shirley
Community Library
407 William Floyd Parkway S.
Shirley, NY 11967

All workshops are \$10 each
(EXCEPT Discipline is
Not a Dirty Word--\$25
covers all 3 classes)

Mastic-Moriches-Shirley
Community Library
407 William Floyd Parkway S.
Shirley, NY 11967

*(William Floyd Parkway to Roberts Road
next to King Kullen Shopping Center)*

Temper Tantrums (Yours and Theirs)

Tuesday, September 24

Learn about the causes of tantrums, what can be done to minimize them and the best ways to help deal with them when they occur.

Educator: Kerri Kreh Reda

Help Your Child Succeed in School

Wednesday, October 2

Learn how to build effective homework routines, communicate with teachers and deal with problems at school.

(Taught in Spanish and English)
Educator: Dinah Torres Castro

Healthy Eating at Home and On-the-Go

Thursday, October 3

Learn tips on preparing quick, healthy meals for the family, as well as making better choices on-the-go.

Educator: Alysa Ferguson

Discipline is Not a Dirty Word

Tuesday, October 8

Wednesday, October 16

Wednesday, October 23

Positive discipline means helping children learn self-control and problem solving. Discover new ways to correct and guide children's behavior.

Educator: Nancy Olsen-Harbach

Protecting Children in a Socially Toxic Environment

Thursday, October 10

Learn how to cope with the negative effects of popular culture, materialism, and media overexposure.

Educator: Tim Jahn

In the Kitchen with Your Little Chef

Thursday, October 24

Parents, along with their children, learn about the feeding relationship, share cooking skills and learn how to improve communication with their child. (Taught in Spanish and English)

Educator: Dinah Torres Castro

Raising Confident and Healthy Girls

Monday, October 28

Girls today receive many messages from popular culture about what it means to be a girl. These messages, focused on appearance and sexuality, can impact young girls' self-image and body image. This program, designed for parents of daughters ages 3-12, looks at the role adults have in helping girls grow into healthy and confident young women.

Educator: Keri Kreh Reda

Raising Responsible Children

Tuesday, October 29

Learn about parenting practices that teach children about responsibility for schoolwork, home, and relationships.

Educator: Tim Jahn

(No parent will be excluded from a parent education program based on ability to pay.) Please contact Anastasia Loper at 631-727-7850 x 340 or email abl98@cornell.edu if you have any questions or special needs.

REGISTER EARLY -- Workshops fill quickly!

2013 Fall Parenting Series

Registration is required. Please return this form with payment to:

2013 Fall Parenting Series

Cornell Cooperative Extension of Suffolk County
423 Griffing Ave, Ste 100, Riverhead, NY 11901-3071

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

Children's ages _____

ALL WORKSHOPS ARE FROM 6:30 - 8:30 PM

Please check workshop(s) you are registering for:

- Sept. 24- Temper Tantrums
- \$10 per person
- Oct. 2- Help Your Child Succeed in School
- \$10 per person
- Oct. 3- Healthy Eating at Home and On-The-Go
- \$10 per person
- Oct. 8, 16, 23- Discipline is Not a Dirty Word
- \$25 per person
- Oct. 10- Protecting Children in a Socially Toxic Environment
- \$10 per person
- Oct. 24- In the Kitchen with Your Little Chef
- \$10 per person
- Oct. 28- Reclaiming Childhood
- \$10 per person
- Oct. 29- Raising Responsible Children
- \$10 per person

Total Enclosed _____

Check made payable to Cornell Cooperative Extension

Visa MasterCard Signature _____

Card #: _____

OR register online at https://reg.cce.cornell.edu/2013FPS_247