



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.

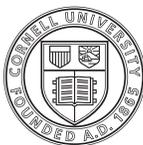
Family Health and Wellness provides information, skills training, and support to parents as they raise their children to be responsible, productive adults and citizens. We also offer training to professionals and paraprofessionals who work with families.



*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 SPRING Parenting Series



Sponsored by:

Cornell University
Cooperative Extension
of Suffolk County
Family Health and Wellness

in collaboration with

Three Village Central School District

*Office of School & Community Partnerships
and*

Suffolk County Legislator Kara Hahn

Representing Suffolk's 5th District

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

All workshops will be held from
7pm to 9pm

at the

R.C. Murphy Junior High School
351 Oxhead Rd., Stony Brook

*Nicolls Road North to Oxhead Road
(one light north of the 347 intersection).
Make a left onto Oxhead Road; Murphy
JHS is on the right-hand side.*

*Workshops will be held in the School
Library which is located directly across from
main entrance to school. Park in front circle.*

Living with a Teenager

Tuesday, April 16

As a parent of a pre-teen or teen, are you bewildered by adolescent behavior? Does her moodiness drive you crazy? Does his attitude push your buttons? Would you like to have a better relationship with your adolescent? In this workshop, parents will learn what's really happening during adolescence and how to restore good feelings between yourself and your teenager.

One session; ages 10-16

Discipline is Not a Dirty Word

Thursdays, April 18 and 25, May 2

Can children cooperate without bribes, rewards and punishments? Yes! Positive discipline means helping children learn self-control and problem solving. Discover new ways to correct and guide children's behavior.

Three Sessions; ages 2-12

The 3M Approach to Healthy Childhood Weight

Wednesday, April 24

Children are experiencing weight problems at earlier and earlier ages. Unhealthy weight during childhood can have devastating health consequences if not managed; it is said that this generation of children will be the first in history to have a shorter life expectancy than their parents. This program will address what families can do to reverse this trend and develop habits for a healthier future.

One session; ages 1-12

Reclaiming Childhood

Monday, April 29

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 child from the unhealthy messages they are receiving on a regular basis.

One session, ages 1-12

What Were You Thinking? Why Teens Take Risks

Tuesday, May 7

While many choices teens make are baffling to parents and other adults, there is a rational explanation why teens take risks. Learn how the brain develops and works during adolescence and ways to help teens

reduce or avoid risks.

One Session; ages 10-16

Temper Tantrums: Yours and Theirs

Wednesday, May 8

You are at the grocery store when your toddler has his fifth temper tantrum of the day. Although temper tantrums are normal for children between the ages of 1 and 5, you can't help but feel embarrassed. Maybe you even feel like having a tantrum of your own. What should you do? In this two-hour 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.

One session; ages 1-5

The Family Table

Monday, May 13

Our busy schedules have driven many families 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 connection, nutrition and well-being a priority once again. In this workshop you'll learn about the benefits of family mealtimes, tips for getting the family together, and suggestions for preparing simple nutritious meals for your family.

One session; all ages

REGISTER EARLY -- Workshops fill quickly!

2013 Spring Parenting Series

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

2013 Spring 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 7:00 - 9:00 PM

Please check workshop(s) you are registering for:

- April 16 - Living with a Teenager
- \$10 per person
- April 18, 25, & May 2 - Discipline is Not a Dirty Word
- \$25 per person
- April 24 - The 3M Approach to Healthy Childhood Weight
- \$10 per person
- April 29 - Reclaiming Childhood
- \$10 per person
- May 7 - What Were You Thinking? Why Teens Take Risks
- \$10 per person
- May 8 - Temper Tantrums: Yours and Theirs
- \$10 per person
- May 13 - The Family Table
- \$10 per person

Total Enclosed _____

(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.