

FREE

Spring 2016 Parenting Series

Presented by the Family Health and Wellness Program at The Suffolk County Farm's Diabetes and 4-H Education Center
L.I.E. Exit 67S, 350 Yaphank Ave., Yaphank, NY 11980

All programs run from 7:00 – 9:00 p.m. Pre-registration is required.

Call Jane Juran at 727-7850 x 340 to register.

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

May 12, 19 & 26 - Discipline is not a Dirty Word

Facilitator: Nancy Olsen-Harbach

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 2-12. (3 sessions)

May 18 - Bringing Back Childhood

Facilitator: Kerri Kreh Reda

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.

May 25 - The Importance of Routines for Young Children - Facilitator: Dinah Torres Castro

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 program we will explore the many benefits of having routines for young children and why they are so important.

June 1 - Coping with Toilet Learning

Facilitator: Kerri Kreh Reda

Is your child physically and emotionally ready for toilet learning? Are you? This workshop will discuss signs of readiness and offer guidelines for successful toilet learning.

June 6 - Raising Emotionally Healthy Children

Facilitator: Tim Jahn

Many experts believe that social-emotional intelligence is more important than IQ for success in school and beyond. Children with high EQ tend to do better in school, have more friends, avoid dangerous risks and adjust to new situations well. Learn what is meant by "emotional IQ" and ways you can help your child grow up emotionally healthy.



**Cornell University
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of Suffolk County**

Family Health and Wellness Program



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