



Cornell University  
Cooperative Extension

# Parenting Workshops

for Community Groups

# 2005



Organizations must pre-register their participants.  
Minimum number of participants is 15; maximum is 30.

Our educators are in high demand and we recommend calling as soon as possible to be assured of reserving desired dates. For a particular workshop, please call (631) 727-7850 and the extension of the educator whose name is listed after the workshop description.

The Human Development Program at Cornell Cooperative Extension is proud to present our 2005 lineup of workshops for community organizations. Our expanded staff enables us to offer some new topics, along with some old favorites and frequently requested workshops. These workshops are especially designed for community-based organizations such as public libraries, child care centers, schools and PTAs.

Community organizations in Suffolk County are invited to host one or more of the following parent education programs. The fee for each two-hour session is \$200. Participants are expected to attend all sessions of multiple-session programs, which should be scheduled on consecutive weeks or in a similar time frame.



**Cornell University**  
Cooperative Extension

Extension Education Center  
423 Griffing Avenue, Suite 100  
Riverhead, NY 11901-3071

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## Beating the Homework Blues

This workshop explores strategies and specific techniques designed for parents of grade school children, K - 8. Some topics include: why children do homework, principles of homework success and successful strategies. These proven methods used by any parent, in any home, can defuse homework conflicts.

*Educator: Patricia Ewen, Ext. 342 • One session*

## Discipline is NOT a Dirty Word

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.

*Educator: Nancy Olsen-Harbich, Ext. 332 • Three sessions*

## Feeding Children Isn't Always Easy

For parents and others who feed little folks. We will look at the needs of young children and ways to make mealtime pleasant for all. The importance of snacks, how to introduce new foods and ways to avoid food struggles will be discussed.

*Educator: Betty Chesnut, Ext. 352 • One session*

## Fostering Body Confidence

All parents want their child to develop a healthy self-body image and feel comfortable with her body. Unfortunately, more children are developing eating disorders, while the rate of childhood obesity continues to rise. We will discuss how parents of children ages 1-5 can nurture their child's body confidence and help protect him from the many toxic messages confronting us daily.

*Educator: Kerri Kreh Reda, Ext. 330 • One Session*

## Guiding Toddler Behavior

All parents have to deal with difficult behaviors. This series of workshops offers practical ideas that can make life more pleasurable for toddlers and the adults who care for them. Learn guidelines for disciplining young children and how to turn "don't" into "do".

*Educator: Kerri Kreh Reda, Ext. 330 • Two sessions*

## Helping Your Child Succeed in School

School performance can be a source of frustration and conflict for children and parents. Parents can support school success by helping children learn how to plan, use time wisely, study and take tests. Learn how to build effective homework routines, communicate with teachers, and deal with problems like school stress, underachievement and failure.

*Educator: Maxine Roeper Cohen, 631-586-3425 • One session*

## Keeping Cool in the Heat of the Moment

Anger is a powerful and potentially destructive emotion. Children have lots of ways to push parents' buttons so parents lose control. Learn how to stay in control by handling anger calmly and effectively.

*Educator: Patricia Ewen, Ext. 342 • One Session*

## Kids and Cash

Consumer driven children can drain your wallet fast! We will explore 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 allowances, work for pay, kid taxes, as well as the money savvy techniques of goal spending and saving.

*Educator: Patricia Ewen, Ext. 342 • One Session*

## Living with Toddlers

Sometimes toddlers are sweet and charming; at other times they're feisty and uncooperative. This program will help parents understand toddler development and temperament, and develop realistic expectations for their children's behavior.

*Educator: Kerri Kreh Reda, Ext. 330 • Two sessions*

## Moving to Middle School

Many parents and students alike face the exciting transition from grade school to middle school with apprehension...a new building, new teachers, new friends and a different type of schedule to learn. What should your role be to prepare and support your child in this all-important transition and beyond? We'll discuss an overview and strategies.

*Educator: John Quinlan, Ext. 351 • One session*

## The Secret Lives of Teenagers: What Adults Need to Know

Do you think you know pre-teens or teens well? You might be surprised to learn that most teens do not readily share information with their parents and many have secret inner lives. Learn about effective monitoring, ways to respectfully engage teens and how to avoid problems before secret lives cross over to the dark side.

*Educator: John Quinlan, Ext. 351 • One session*

## Temper Tantrums

You are at the grocery store when your toddler has his third temper tantrum of the day. Although temper tantrums are normal for children between the ages of 1 and 3, you can't help but feel embarrassed. Maybe you even feel like having a tantrum of your own. What should you do? We will discuss the causes of tantrums, how to minimize them, and the best ways to deal with them.

*Educator: Kerri Kreh Reda, Ext. 330 • One Session*

## Teen-Parent Communication: What Works and What Doesn't

Does your pre-teen or teen listen to you? Does he respond with grunts, monosyllables or expressions like "whatever"? Would you like to have more respectful communication between you? Learn how to build a more positive and satisfying relationship through effective communication.

*Educator: John Quinlan, Ext. 351 • One session*

## Winning Ways to Talk with Kids

"My kid won't listen!" is a familiar refrain among parents. The ability to communicate effectively with your children will help you at every stage of their development. Learn how to avoid communication problems and be a better listener.

*Educator: Nancy Olsen-Harbich, Ext. 332 • One session*

## What Parents Need to Know About Bullying

Bullying is a serious problem in our schools and has been linked to many incidents of school violence. Learn the difference between bullying and friendly teasing, and how to protect your child from bullies.

*Educator: John Quinlan, Ext. 351 • One session*



Nancy Olsen-Harbich is the coordinator for the Human Development Program. She has been a human development specialist with Cornell Cooperative Extension of Suffolk County since 1985. Nancy has her B.S. from Cornell University and her master's degree from SUNY Stony Brook. Her area of expertise is early childhood development and education.



Kerri Kreh Reda is a child development educator specializing in infant-toddler development. Kerri works closely with parents of children under the age of three, focusing on brain development, temperament, language development, discipline and toilet learning. Kerri has a B.A. in human development from Eckerd College, Florida and a master's degree in maternal and child health from the University of South Florida.



Patricia Ewen is a parent educator and has been working in child development for over 20 years, specializing in cognitive development. Patty primarily works with parents of school-age children. Patty earned her B.A. from the University of New Hampshire and her M.Ed. from Plymouth State University, also in New Hampshire.



Maxine Roeper Cohen is a parent educator specializing in parent-toddler workshops. Maxine earned a B.S. in human development from Cornell University and a M.S. in education from Syracuse University. Active in the educational field for 30 years, she served as an adjunct assistant professor of psychology at Touro College and SUNY Farmingdale, and as a career counselor at Polytechnic University and SUNY Stony Brook.



John Quinlan has been an educator for more than 25 years, working with children, adolescents and adults. John holds a B.A. from Hunter College in New York and a M.L.S. from the University at Stony Brook. As an adolescent development educator, John's work focuses on issues arising for parents of preteens and teens.



Betty Chesnut has been an extension educator in food, nutrition and health issues for more than ten years. Betty received her B.S. from Indiana University of Pennsylvania and her M.S. from Pennsylvania State University. She also coordinates Food Stamp Nutrition Education in Suffolk County.