

First Fridays Spring 2018

A series of ½ day professional development workshops providing research-based information and practical ideas for professionals who work with children, youth and families.

presented by

**Cornell Cooperative Extension
Suffolk County**

Family Health and Wellness



Each of the following workshops will run from 8:30 a.m. – 12 p.m.

March 2, 2018

Why Young Children Behave the Way they Do

Facilitator: Kerri Kreh Reda, M.P.H., Human Development Specialist

Young children grow and develop rapidly in the first five years of life. As they move through different developmental stages their needs and behavior change. It is also during these early years that children's temperamental characteristics become apparent and tend to shape a child's pattern of behavior. During this workshop participants will review the developmental tasks of early childhood (birth –five), gain an understanding of temperament, explore how development and temperament may influence a child's behavior and develop realistic expectations for young children's behavior.

Participants in this workshop will receive 3 credit hours for OCFS training category 1: Principles of early childhood development

April 6, 2018

Why Relationships Matter Most

Facilitator: Tim Jahn, M.Ed, Human Ecology Specialist

A child's well-being and healthy development in all domains – physical, cognitive, social and emotional – relies on the support and nurturing of caring adults. When children and young people are connected to caring individuals at home and in out-of-home settings, they are more likely to thrive and achieve. In addition to examining the science behind the importance of relationships, we will discuss the 4 C's in the relationship-building toolbox: communication, cooperation, caring and commitment.

Participants in this workshop will receive 1.5 credit hours for OCFS training category 1: Principles of early childhood development and 1.5 credit hours for OCFS training category 4: Safety and security procedures; including communicating between parents and staff.

May 4, 2018

Supporting Children's Healthy Development

Facilitator: Dinah Torres Castro, Bi-lingual Family Wellbeing Educator

New research on brain development reveals that the first years of life are critical for healthy development. How can professionals help parents foster brain development? Learn what infants and young children need for optimal intellectual, emotional and social growth. We will discuss the latest research on language development, emergent literacy and how best to help children who are English language learners. Good nutrition plays an important role in healthy development and so much of parent care giving is focused on feeding during the first years; however, many parents start off on the wrong foot in their "feeding relationships" with their children. Information will be provided on nutrition and the parent-child feeding relationship to help families cope with picky eaters and promote healthy eating habits for life.

Participants in this workshop will receive 1.5 credit hours for OCFS training category 1: Principles of early childhood development and 1.5 credit hours for OCFS training category 2: Nutrition and Health needs of children

June 1, 2018

Child Guidance Principles that Work

Facilitator: Nancy Olsen-Harbich, MA

If we want parents to be more mindful and effective disciplinarians, we need to help them learn how to use positive guidance techniques, perhaps ones they never experienced growing up in their own families. This workshop will focus on simple techniques that help to manage children's behavior without corporal punishment or punitive yelling and that also work to promote children's ability to self-regulate as they mature.

Participants in this workshop will receive 3 credit hours for OCFS training category 1: Principles of early childhood development

REGISTRATION FORM - First Fridays - Spring 2018

Dates	Cost
<input type="checkbox"/> March 2, 2018	\$25.00
<input type="checkbox"/> April 6, 2018	\$25.00
<input type="checkbox"/> May 4, 2018	\$25.00
<input type="checkbox"/> June 1, 2018	\$25.00
<input type="checkbox"/> All 4 days	\$80.00

Light breakfast and handouts included in conference fee.

**Space is limited, please register early.
Registration closes one week prior to each training.**

Registration Information

Name _____
Organization _____
Address _____
City _____ State _____ Zip _____
Phone _____ E-mail _____

Payment Information

Make check payable to *Cornell Cooperative Extension of Suffolk County* and return to:
First Fridays - Spring 2018
Attn: Jane Juran
423 Griffing Avenue, Suite 100
Riverhead, NY 11901-3071

Purchase Order - Check to follow
 Credit card: VISA MasterCard
Card number _____
CVW# _____ Expiration date _____

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

Directions to Cornell Cooperative Extension

From the West

Take LIE to Exit 72 — Route 58. Continue east to traffic circle and turn right on Roanoke Avenue. Proceed to traffic light and make right turn on Pulaski Street. Make left turn at next light on Griffing Avenue and continue two blocks. Cornell Cooperative Extension will be on right side of street.

From the East

Take Route 25 West (becomes Route 58 after County Road 105) to traffic circle. Go south on Roanoke Avenue and follow directions above.

From the South

Take Sunrise Highway (Route 27) to County Road 51 North. Take CR 51 to end and bear left at CR 94 West (also Route 24). Stay right on CR 94a North and cross river to light at West Main Street. Cross over to Court Street and continue to Griffing Avenue. Turn left and cross railroad tracks. Cornell Cooperative Extension is on left side of road.

Family Health and Wellness

Family Health and Wellness (FHW) is one of the oldest initiatives in the Cooperative Extension system. Originally called Home Economics and supporting rural homemakers with information and classes on home management and food preservation, it expanded into urban and suburban areas as family and consumer sciences with resources on human development, family finances and energy conservation. Today the FHW program continues to evolve and address critical issues facing Suffolk's families: diabetes, childhood obesity and raising healthy children.

FHW educators strengthen families through parent education programs and improve community health through nutrition education, diabetes prevention and self-management, and creating healthier places to live, work and play. They conduct workshops and classes in libraries, schools, county health centers and other community locations throughout Suffolk County. They teach parents, grandparents, educators, child care staff, health care providers, youth workers and human service professionals who care for and work with children, youth and families.