

Cornell Cooperative Extension Albany County Presents

The Magic Years: A Three-Part Parent Education Program

For parents/caregivers of children ages 0-4

Handling Stress & Understanding Child Development

Being a parent is stressful! Join with other parents/caregivers in a supportive environment to discuss stress management strategies. Learn how stress impacts your children and how we can help them manage stressors. Understand the stages of child development, and how you can best support and nurture your developing child(ren).

Tuesday, June 5th from 5:30 – 6:30 p.m.

Setting Routines

This program will explore how routines and consistency in the home can lead to positive behavior outcomes for your children. We will understand how to set up (or better manage) routines surrounding bedtime, bathing, family meals and toilet training.

Monday, June 11th from 5:30 – 6:30 p.m.

Parenting Styles & Discipline Tools

Join us to learn about different parenting styles and how they impact children. Develop an understanding of the difference between discipline and punishment and how to use natural consequences. Explore the myths of spanking and strategies to get your children to listen.

Tuesday, June 19th from 5:30 – 6:30 p.m.

All workshops will be held at
**The Pine Hills Branch of the
Albany Public Library
571 Western Ave., Albany**

**Advance registration is required by
contacting Maria DeLucia-Evans at
mkd59@cornell.edu or call/text 518-598-9937.**

A certificate of completion is provided to participants who attend all three workshops. Bus passes are available for transportation assistance. Child care is not provided.

Cornell Cooperative Extension | Albany County

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