If you are interested in attending any Parent/Family Education Program please contact:

Cornell Cooperative Extension
Washington County
415 Lower Main Street
Hudson Falls, NY 12839

518-746-2560
1-800-548-0881
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DISCIPLINE TIPS

- When you threaten to discipline and do not follow through, your children learn to not listen to you.
- Say what you mean. Mean what you say. And do what you said you would do.
- Forgive and Forget. Once your child receives a consequence move on. Don't fixate on it for days to come.
- The louder you yell, the less effective you will be. Screaming and yelling communicate to your children that you are out of control.
- Often time's parents need a time out to maintain their own behavior before you can discipline your children.
- Before you relay what it is that you are expecting from your child, be sure that you have their attention. Make eye contact, ask them to repeat what it is that you want.
- Children need attention. If they feel they are not getting enough attention by being good, they will attempt to get it by misbehaving.
- Make it a habit to praise your child at least three times a day. Every child does things right each day. Tell them "Gee kid I really like that you ________".
- Punishment will stop a behavior. BUT only discipline and positive reinforcement (telling a child what you expect and what the outcome for good behavior is) will change it.
- Consequences need to be logical and fair. You do not teach a toddler not to hit by hitting. And you do not ground a teen for a month for a lie. Instead teach your child "if you hit you sit" and your teen that lying is hurtful to both of you and ground them to their room for two days.

Cornell Cooperative Extension in Washington County provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and USDA Department of Agriculture, cooperating.

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Building Strong and Vibrant New York Communities
COMMUNITY PARENTING CLASSES

Each series of parent education classes run for five consecutive weeks. Classes meet once a week for two hours. It is the mission of these classes to strengthen relationships between parents and children by enhancing their communication skills, building assets and protecting self-esteem, understanding more effective non-violent discipline skills and creating an awareness that they are not alone in their struggles with parenting.

Topics Include:
- IALAC (I Am Loveable And Capable) and encouragement
- Focus on "do's" instead of "don'ts"
- Choices and working with children instead of against them
- Giving children safe limits and self-control
- Setting good examples and respecting feelings

PARENTS APART

A parent program designed for parents who are separating, divorcing or parenting apart from the other parent. The main focus is on helping parents understand what their children are experiencing and how they can help them through this transition.

This program will provide parents with information about the impact of separation and/or divorce on both themselves and their children. Parents will examine what they and their children experience and they will learn about strategies and resources to help them.

The main focus will be on the children and reducing their exposure to parental conflict.

It is our firm belief that if parents understand the impact their actions and interactions may have on their children, they will try to do whatever is possible to help their children.

PARENTING A SECOND TIME AROUND (PASTA)

Parenting A Second Time Around is a support program designed to assist Grandparents or non-custodial caregivers who are raising grandchildren to cope with some of the issues they face in their role as caregiver in a multi-generation family.

Topics include:
- Finding the Help That You Need
- Financial Assistance for Grandparents: untangling the web of public programs
- Understanding the Legal Issues: (Custody, mediation and the court’s viewpoint).
- Handling Discipline & Behavior
- School Support & the Teen Years: How Can We Survive? And/OR Taking Care of Yourself: Emotional issues, stress and support groups
- My Grandchildren’s Parents: How Can I Help Us All Cope?

This program is Certified through the New York State Parent Advisory Board.