

Cornell Cooperative Extension Albany County presents

The Magic Years

a six-hour, researched-based parent, and nutrition education program for parents/caregivers of children from birth – age 4



Tuesdays, 1/17, 1/24, 1/31, 2/7, 2/14
Noon – 1:15 p.m.

All programs to be held via Zoom.

Certificates of completion and gift card will be awarded to those who attend all sessions.

Participants will also be asked to complete a pre and post survey.

Join to discuss **parenting strategies** that are positive, supportive, and provide valuable information on best parenting practices.

This program also includes **nutrition lessons** led by a registered dietitian. During these lessons you will learn nutrition basics when it comes to feeding yourself and your family, practical tips to create healthy habits, and ways to save money at the grocery store. The nutrition portion will also include recipes, resources, and q & a!

Additional Topics Include:

The stages of child development and how to best support your child
How to set up (or better manage) routines in the home, including bedtime, bathing, family meals, and toilet training
Positive discipline strategies that work!

Advance registration is required via Zoom at:

<https://cornell.zoom.us/meeting/register/tJAuf-Chqj0vEtUqzxZ1vbmsa0lKU6kpu1YP>

Contact Maria DeLucia-Evans, Resource Educator CCE Albany, with questions at mkd59@cornell.edu.

Cornell Cooperative Extension | Albany County



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