

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, 4/16, 4/23, 4/30, 5/7, 5/14/2024

Noon – 1:15 p.m.

All programs to be held via Zoom.

Certificates of completion will be awarded to those who attend all five sessions in full and
answer a weekly exit question.

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.

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.
- A nutrition lesson with practical tips to create healthy eating habits, and ways to save money at the grocery store.
- Positive discipline strategies that work!



Advance registration is required via Zoom at:

<https://cornell.zoom.us/meeting/register/tJosc-GrpjoIHdf239CIRS7FidnoIeEh9OfE>

Contact Maria DeLucia-Evans with questions at: mkd59@cornell.edu.

Cornell Cooperative Extension | Albany County



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