

Cornell Cooperative Extension Albany County presents

The Middle Years

a six-hour, researched-based program for parents/caregivers of youth ages 5 - 10



Wednesdays, 4/17, 4/24, 5/1, 5/8, 5/15/2024
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.

The Middle Years helps participants **enhance their parenting skills.**
Develop a deeper understanding of how your personal and parenting knowledge and behavior affect your children.

Topics Include:

- Strategies to better manage parent and child stress,
- Raising responsible children with positive discipline strategies,
- Managing screen time and improving media literacy,
- Family communication and strengthening family relationships,
- A nutrition lesson with practical tips to create healthy habits and save money at the grocery store.



Advance registration is required via Zoom at:

<https://cornell.zoom.us/meeting/register/tJMufu6hpzsuEtZ96j8LgY2Af9oKsOleF8xe>

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

Cornell Cooperative Extension | Albany County



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If you have a disability and are having trouble accessing information or need materials in an alternate format, contact albany@cornell.edu for assistance.