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Orange County

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2009 Programs for Parents and Caregivers
Human Development & Family Studies

Because children don't come with directions AND sometimes being a parent isn't easy, Cornell Cooperative Extension of Orange County offers family life/parenting education workshops and professional trainings to help individuals develop and practice the skills helpful for positive parenting. These programs are designed for anyone who is involved in raising and working with children. *For more information, and to inquire about hosting a local series, please contact us at 845-344-1234.*

Family Life/ Parenting Workshop Series are available on a wide range of current parenting issues, including:

“Discipline is Not a Dirty Word”: An experiential workshop series, designed to help parents explore and practice the seven principles of positive discipline. Topics of discussion include: why children act the way they do; providing reasonable choices; how to set realistic limits; natural and logical consequences; modeling appropriate behavior; and parent-child communication strategies.

“Parenting in a Media Age”: Many parents are concerned about their children's screen viewing, but don't know what to do about it. This series includes strategies to manage TV, children as a “media market,” the effects of media violence, and suggestions about safe internet and other media usage.

“Raising Responsible Children”: This interactive series explores practical approaches to help family members work with and enjoy their children. Topics include: ages and stages of development, family relationships, coping strategies, environmental considerations, and principles for effective communication, discipline and limit setting.

“Bookstart”: This fun hands-on series is designed to introduce books and language activities to parents with young children (ages birth - 7). Through hands-on exploration, literacy activities and skills will be practiced, including: choosing and using books; making children's books; the public library ; school readiness tips; and other activities to increase literacy skills and provide pleasure to “young and old” alike!

“Stepping Stones for School Success”: This series is designed to assist parents of toddlers and preschoolers understand and help develop the skills important for school “success.” This workshop includes interactive early literacy and numeracy activities, discussions about appropriate media usage and an exploration of the importance of play.

“Living With Your Teen: Enjoying and Surviving the Challenge”: Designed for parents of pre-teens and young teens, aged 9-14, this series will help explore the changing dynamics in families with teenagers and teach helpful skills for working through these transitional years. Topics include: Who is this stranger? ; Parent-teen communication; and Talking with teens about sensitive topics/Keeping teens safe.

“Parenting the Second Time Around”: A n eight session program designed for grandparents and other relative caregivers who are in a parenting role. Come share and learn about: Changing roles and responsibilities; understanding children's development and behavior; discipline that really works; rebuilding a family; legal issues; living with teens, and advocating for yourself and your relative children.

“Strengthening Families”: A seven session workshop series, designed for parents AND children, ages 10 -14 years. This experiential program assists adults and children living in the same home to build upon their strengths, enhance relationship skills and work toward a positive future together. This *new* program is fun for the whole family!

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Cornell Cooperative Extension also provides professional trainings and support programs for targeted audiences:

“Orange County Parenting Coalition”: A group of parents, teachers, concerned individuals, and agency representatives who understand parenting to be a learned skill, and are dedicated to ensure that all parents in Orange county have access to further develop the skills needed for competent parenting. The Coalition meets quarterly, produces the *Orange County Parenting Education Directory* and offers a free professional training for members each year.

“Relatives as Parents Program”: An on going mutual support and education program designed to address the needs of grandparents and other relatives who are raising (grand)children. Monthly support groups, educational resources, family life and youth programs and other support services are available for free at several county locations. Educational topics for 2007 include: legal issues, living well, keeping kids safe and working with your child’s school.

“Promoting Best Practices for School Based Parenting Education”: A series of experiential workshop lessons available for free to middle and high school educators designed to provide students with education and skills to assist them in the areas of: goal setting, positive peer and family relationships, the realities of parenthood, and making responsible decisions re: when, if, and how to parent. (*In process of revision – estimated release date – August, 2008*)

“Stepping Stones for School Success”: School readiness begins long before Kindergarten! Parents and caregivers of toddlers and preschoolers will learn simple, fun and creative ways to help children be socially, emotionally, physically, and academically prepared to enjoy and succeed in school. 2008 school based programs are being offered in Minisink, Pine Bush, Port Jervis, Middletown, Newburgh Head Start, and Tri-Valley in Sullivan County.

To help Orange County parents and professionals keep current with new resources we offer:

Parenting/Consumer Helpline for Resource and Referral: Call our Helpline at 344-1234 to assist with parenting and family life questions and concerns, including referral to local parenting programs and free parenting resources.

Audio-visual and Curriculum lending library: A full lending library of videos, caregiving and parenting curricula are available through our Resource Center. A current Audio-Visual Directory is available free by request – *this service is only available to professionals and those who work with families, youth and children.*

The Orange County Parenting Coalition Directory: The directory is a simple tool for parents and community members, highlighting the many parenting education programs and other parenting/family life services available within the Orange County community. Revised 3/2008.

Value in Parenting Newsletter: This seven volume newsletter series is available on our web-site, or in single hard copy format, and features topics of interest to parents and caregivers of children, ages 0 -10 years.

Parent Pages: 100 select topical handouts of interest to parents, caregivers, and those who work with children.

Relative as Parents Program Resource Guide: A resource guide designed to acquaint relative caregivers with services and supports available to them within Orange County. This resource Includes an excellent introduction regarding legal concerns, extensive book lists and service contact information. Free upon request.

For information about any of these programs please call (845) 344-1234 or visit our “Living Well/Raising Kids” page on the CCE website www.cce.cornell.edu/orange We look forward to helping you put knowledge to work in your home community!

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