

Cornell Cooperative Extension-Tompkins welcomes you to...

Parenting Skills Workshop Series¹

Because... parenting can be better together!

Coordinator: Anna Steinkraus [272-2292 x145]
ams69@cornell.edu

Session 1 *Introductory Workshop*

- Welcome, overview, ground rules
- How parenting skills can be useful
- How children grow

Session 2 *Encouragement*

- Present *Encouragement*
- Practice *Encouragement*

Session 3 *Can Do*

- Present *Can Do*
- Practice *Can Do*

Session 4 *Choices*

- Present *Choices*
- Practice *Choices*

Session 5 *Self-Control*

- Brainstorm Body Messages
- Present *Self-Control*

Session 6 *Self-Control*

- Practice *Self-Control*

Session 7 *Respecting Feelings*

- Present *Respecting Feelings*
- Practice *Respecting Feelings*

Session 8 *Graduation*

- Review, putting it all together
- Program Evaluation
- Graduation, Awarding of Certificates
- Celebration

To recognize your commitment to the Parenting Skills Workshop Series certificates will be given out at the last session.



If you:

- attend **all 8 sessions, perfect attendance**, you'll receive a **Certificate of Completion with a gold seal on it.**
- attend **5, 6 or 7 of the first 7 sessions** you will receive a **Certificate of Completion.**
- attend **3 or 4 of the first 7 sessions** you will receive a **Certificate of Participation**

All are welcome to attend another series.

For those of you who are unable to attend as many sessions as you would have liked to we extend an extra invitation to sign up for another series.

¹ This 8-week workshop is based on the *Parenting Skills Workshop Series* curriculum a Cornell Cooperative Extension publication. *Parenting Skills Workshop Series* is offered six times a year with funding from the Tompkins County Dept of Social Services.