

| Staff Person | Target Age Range | Workshop Title | Description |
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| Nancy Swirka | Parents of children ages 1-8. | Helping Young Children to Understand & Express Their Feelings | Young children often act out their feelings in behavior. When they have feelings such as anger and frustration, we might see behaviors such as hitting, tantrums, throwing things, etc. This workshop will focus on helping young children to learn about feelings in general; and to recognize and understand their feelings and express them positively. Finally we will review strategies to help children cope with and express negative feelings such as anger & frustration. |
| Nancy Swirka | Parents of children ages 1-8. | Routines & Rituals: Strategies to Reduce Daily Struggles with Young Children | Many young children engage in frustrating resistance and power struggles over daily activities such as getting dressed, eating, sleeping, cleaning up, etc. This workshop will focus on how we can use the structure of routines and rituals to help children cooperate and become more independent. |
| Nancy Swirka | Parents of children ages 1-8 | Learning Styles & Multiple Intelligences in Young Children | This workshop will address the following questions. What do we mean by "multiple intelligences?" How are multiple intelligences relevant to me as a parent. How can I enhance children's learning while building on their strengths? We will also discuss activity ideas that can accommodate children with different intelligences. |
| Nancy Swirka | Parents of children ages 0-10. | Temperament and its Relationship to Everyday Behavior in Young Children | This workshop focuses on understanding "temperament" and its connection to how our children (and how we ourselves) behave and interact every day. We will discuss the 10 temperamental traits as defined by Chess and Thomas and look at how these traits express themselves in our children's personalities. We will also review discipline tips for use with children of various temperaments. |
| Nancy Swirka | Parents of children ages 2-8. | Avoiding Power Struggles and Winning Cooperation with Young Children | Many young children engage in power struggles some of the time, and some children engage in power struggles quite frequently. We will focus on why children engage in these struggles and strategies we can use to stay out of power struggles and teach children to do the same. |
| Nancy Swirka | Parents of children ages 2-8. | Teaching Young Children to Cooperate, Solve Problems & Resolve Conflicts | Power struggles, sibling rivalry, emotional meltdowns - young children's behaviors can be intense, difficult, and sometimes overwhelming to deal with as a parent, caretaker, or educator. How can we help children to behave more positively? This workshop will focus on concrete ways we can encourage and teach young children to cooperate, take steps to solve their own problems and conflicts, and cope with their feelings in positive ways. |
| Nancy Swirka | Parents of children ages 2-5. | Positive Discipline with Young Children | A video based workshop to learn positive strategies to help children having difficulty with common behavior issues such as defiance, tantrums and aggression. According to experts in child development, defiant behaviors peak in the preschool years. Come join with other parents having similar struggles to discuss how manage this often troublesome period in the lives of young children. |
| Nancy Swirka | Parents of children ages 1-10. | Parenting the "strong willed, Intense" young child | Come join with other parents who live with strong-willed children. This workshop will focus on the temperament characteristics of strong-willed children, and how we can understand their difficult behaviors. Finally, strategies for remaining out of power struggles, and helping children learn more positive coping skills will be discussed. |

CFCE Parent Workshop Descriptions

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| Nancy Swirka | Parents of children ages 2-8. | Helping Young Children with Anger Issues | All young children are in the process of learning to understand, control, and express angry feelings appropriately. Some children have more difficulty with this skill than others, and will sometimes exhibit aggression, intense tantrums and meltdowns, and defiant behaviors. in response to limits, and in response to the stress of daily life. This workshop will help parents identify the skills their children need to learn to manage anger and frustration, and learn strategies to teach their children these skills. |
| Nancy Swirka | Parents of children ages 0-12. | Help Me Control My Own Anger (Anger workshop for parents) | We all want to be good role models and good parents for our children. Often anger gets in the way of our parenting goals. This workshop will help parents begin the process of understanding and managing the angry feelings that might come up in the course of parenting. We will review common triggers to anger and practical techniques to address angry feelings. |
| Nancy Swirka | Parents of children ages 1-8. | Connecting Children to Nature | A workshop to become acquainted with going outside, exploring, and nature activities for young children. We will discuss why connecting with nature is important for young children and how to engage children in outdoor activities. Resources for community agencies offering nature activities will be provided. |
| Marsha Wright | | Becoming Your Child's Advocate | The purpose of this workshop is to empower parents of children with disabilities to act as advocates for their child. . Parents will learn a set of strategies to develop effective partnerships with the service providers and school personnel. They will gain a basic understanding of the laws and regulations that shape the systems designed to support their child. They will also gain a set of strategies to support their child at home and in the larger world. |
| Marsha, Gina, Karen | | Tantrum Troubles | this workshop looks at emotional development and provides practical strategies to help facilitate social emotional competence. Parents will take an in-depth look at tantrum triggers and learn a set of strategies to address these triggers. Parents will be given a set of materials to make a feeling box for their child. |
| Marsha, Gina, Karen | | Routines and Rituals | this workshop illustrates how good routines and special rituals strengthen a families functioning. Parents will leave with a set of materials to make visual supports such as a chore chart or visual schedule to suit their family's needs. |
| Marsha Wright | | Supporting the Emotional Development of Infants,Toddlers and beyond | In this workshops parents will learn the stages of emotional development and gain a set of strategies to support their child as they grow and change. Parents will be asked to consider how they serve as models in terms of emotional expression. Parents will leave with a set of specific strategeis to help promote healthy social emotional development at all stages. |
| Carol Carver | | CREATING A LITERACY RICH HOME (Litera. Development) | Families will learn about literacy skills and will go home with a variety of literacy-based activities and ideas that can be easily incorporated into their daily life routines as well as the different rooms of their homes. These literacy skills will build upon school readiness for your child year after year! |

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| Carol Carver | | DID YOU KNOW? | Did you know that there are numerous things that you can do with your child that promote many important developmental skills such as literacy, mathematics, science, creative arts, language, physical health and social/emotional wellness? Come join us to learn a few of these activities through this interactive, resource packed, FREE PARENT WORKSHOP!(Can be held as part of a seasonal series- Fall, Winter and Spring) |
| Marsha, Gina, Karen | | Parenting 411- | a basic parent workshop that touches upon what shapes us as parents, what challenges us as parents, considering the role temperament and development play in choosing discipline strategies and a set of general strategies to help manage behavior. |
| Marsha, Gina, Karen | | Positive Discipline: Strategies that Work: | : Parents will first think about their parenting styles and reflect upon which of the four parenting styles shapes their parenting strategies. The presentation continues using Robert Brooks' Seven guideposts to Raising Resilient Children as a framework, parents will gain a fresh perspective on how to raise an independent child. Imbedded in the presentation are a set of practical discipline strategies. |
| Marsha, Gina, Karen | | Nurturing Your Child's Nature: | This workshop takes a look a temperament and how it affects a child's behaviors. Parents will learn the POWER Approach which is a set of strategies to respond to their child's temperamental nature. |
| Marsha, Gina, Karen, Nancy | | Sibling Rivalry | This workshop looks at sibling rivalry and how it can impede on a families functioning. Parents will learn a set of strategies to address sibling rivalry and restore peace to your family. |
| | | Caution: Construction Work: Building a Strong Foundation for your Family one Brick at a Time! | This workshop takes a look at the challenges of parenting young children. Parents will identify factors that can complicate constructing a family and learn strategies to strengthen their skills, lessen their stress and strengthen their support systems. Parents will look at how to develop discipline strategies and construct support plans together. How to find time to have fun as a couple and how to build a community of support! Parents will leave this workshops feeling calm, competent and ready |
| Marsha | | Is This Normal? | ? This workshop helps parents understand the process of development from birth to age five and indentify potential red flag behaviors that may indicate a problem. Parents will learn where to turn for help if they feel their child may have issues. |
| Marsha | | Talking About Sensitive Issues: | In this workshop parents will learn how to talk about sensitive issue with their child. Parents will gain a better understanding of how children process information and how it differs from adults. Parents will be shown how to use books to help explain and support their child as they begin to understand and respond to sensitive issues. Issues such as a new baby, moving to a new home, death, divorce, illness, responding to questions about physical differences, natural disasters, fires etc will be briefly discussed. |

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| Marsha | | The Magic Bag: | This workshop gives a brief overview to a variety of strategies that help strengthen family's functioning. Parents will be given a brief overview of developing discipline strategies based on their child's development, some discipline strategies based on the work of Jeanine Fitzgerald strategies to help support their child's emotional competence and end with a look at some of the suggestions in the Routine Based Support Guide for families. Parents will leave with a bag of handouts to extend the ideas presented in the workshop including a copy of the Routine Based support guide. |
| Nancy Swirka | Parents of children 0-1.5 | Parenting Infants | Parenting an infant can be joyful, exciting and rewarding, as well as difficult, demanding and exhausting. This workshop will address infant developemnt, common parenting concerns, and difficult infant behavior issues such as crying and colic. |
| Nancy Swirka | Parents of children 1-2.5 | Parenting Toddlers | Toddlers (children 1-2.5) can be alterantely wonderful and fun and difficult and intense. In this workshop we will discuss toddler development and how it relates to behavior; behavior difficulties such as tantrums & biting; and the importance of play and sensory activities for toddlers. |
| Carol Carver | Parents of children ages 2.9-5 | Everybody Needs a Little Help Sometimes: Behavioral Strategies and Ideas for Children | This gathering will be held in a comfortable atmosphere where parents will: hear about helpful strategies to use; brainstorm ways to rephrase statements so they can be more effective & responsive to young chidlren; receive lots of important information and handouts; as well as reflect and share. |