

## Parenting Topics



Family Resource Centers are free community centers for families with young children. At each center you will find a nurturing play space, informal parenting workshops, parent-child activities, resource referral, and lending library. Developmental screenings are available upon request. The following workshops are designed for parents and caregivers of children aged birth to 5 years. Each workshop will be approximately 45 minutes in length. Childcare for young children will be provided by Family Resource Center Staff.

At **Waverly Family Resource Center**, 374 Broad Street, Waverly, NY:

- Baby Basics: Crying and Calming:** 10 am, Monday, January 14
- Born to Read:** 10:30 am, Wednesday, January 23
- Baby Basics: Sleep Time:** 10 am, Monday, February 11
- Difficult Behaviors:** 10:30 am, Wednesday, February 20
- Baby Basics: Feeding Time:** 10am, Monday, March 10
- Group Play and Sharing:** 10:30 am, Wednesday, March 19
- Baby Basics: Play Time:** 10 am, Monday, April 14
- Tantrums are Normal:** 10:30 am, Wednesday, April 16
- Siblings:** 10:30 am, Wednesday, May 14

To Register Contact: Joan Shultz at (607) 565-2374



At **Owego Family Resource Center**, 228 Main Street, Owego, NY:

- Baby Basics: Crying and Calming:** 10 am, Tuesday, January 15
- Siblings:** 10:30 am, Thursday, January 24
- Baby Basics: Sleep:** 10 am, Tuesday, February 19
- Stress Management:** 10:30 am, Thursday, February 21
- Baby Basics: Feeding Time :** 10 am, Tuesday, March 18
- Children's Sleep :** 10:30 am, Thursday, March 20
- Watching Your Child Grow :** 10:30 am, Thursday, April 17
- Baby Basics: Play Time :** 10 am, Tuesday, April 15
- Your Child's Feelings:** 10:30 am, Thursday, May 15

To Register Contact: Jackie Spencer at (607) 687-1571

*Monthly Nutrition Workshops, Breastfeeding Support, and Hearing and Vision Screenings are also available at both Family Resource Centers. Contact your nearest center for dates and times.*

## Parenting Skills Workshop Series



This is a program for parents interested in improving the way they interact with their children. The skills of Encouragement, Can Do, Choices, Self-Control and Respecting Feelings are explained, discussed, and practiced. This series helps parents understand how children's behavior is affected by the way parents talk with them. Each series is eight weekly 2-hour meetings. Attendance is required in order to receive a completion certificate. Childcare provided.

**Owego Family Resource Center**  
228 Main Street, Owego

**Mondays , Jan. 28—March 24**

**5:30-7:30 p.m.**

**Waverly Family Resource Center**  
374 Broad Street, Waverly

**Wednesdays, March 5—April 30**

**5:30-7:30 p.m.**

**To Register Contact:**

Jackie Spencer at (607) 687-4020 or [jds77@cornell.edu](mailto:jds77@cornell.edu)

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## Discipline Is Not A Dirty Word



A four part workshop featuring the

Seven Principles of Positive Discipline developed by Jennifer Biirkmeyer of Cornell University. Parents and caregivers of toddlers, preschoolers, and elementary aged children will learn how to communicate effectively with young children, set and enforce reasonable limits, understand and work with children's unique temperaments, manage the environment to improve children's behavior, and set a good example for children. Advanced regis-

**Owego Family Resource Center**  
228 Main Street, Owego

**Thursdays, Feb. 14, Feb. 28,  
March 13, and March 27**

**10:30 am— 12:00 pm**

To Register contact:  
Jackie Spencer at (607) 687-1571

**Waverly Family Resource Center**  
374 Broad Street, Waverly

**Wednesdays, April 16 thru May 7**

**10:30 am—12:00 pm**

To Register Contact:  
Joan Shultz at (607) 565— 2374

**Cornell Cooperative Extension**  
**Tioga County Office Building**  
56 Main Street  
Owego, NY 13827-1588

*Building Strong and Vibrant New York Communities*

Cornell Cooperative Extension in Tioga County provides equal program and employment opportunities.  
Please contact the Cornell Cooperative Extension of Tioga County main office if you have special needs.

# Parenting Education

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Family Resource Centers  
of Tioga County

A Family Development  
Program of

**CCETioga**  
Cornell Cooperative Extension of Tioga County

Phone: 607-687-4020  
Fax: 607-687-3619