

Family Workshops - 2015

July - September

Date	Time	Location	Title	Speaker	Description
10-Jul 12 - 1pm	STEW 311	Locating & Evaluating Child Care	Childcare Resource Network		What should I look for in a child care program? Is where I have my child the best place for them? Find out what you need to look for in quality child care programs. We will share information on how to find quality programs and what different types of programs are available in the community. Onsite referrals will be available as well.
20-Jul 12 - 1pm	STEW 311	Managing the first week of Lactation	Azza H. Ahmed, DNSc, RN, IBCLC, CPNP		The first weeks of breastfeeding are important for you and your baby. Come and learn what to expect during the first week after your childbirth, understand baby's behavior during the first week, identify common breastfeeding challenges and how to manage it to establish a successful and satisfactory breastfeeding relationship.
4-Aug 12 - 1pm	STEW 311	Making Nutrition Fun for Children	Kelsie Muller, Extension Educator and County Extension Director, Purdue Extension Benton County		Every child has the right to a healthy childhood. Parents will recognize the impact of good nutrition on other learning areas and learn how to implement new strategies for improving nutrition choices.
26-Aug 12 - 1pm	STEW 204	Morning Madness: Recognizing Emotions	Kathy Murray, HHS Educator / Human Development, Purdue Extension Tippecanoe County		Kids who learn ways to understand and handle their feelings are more likely to grow up happy, healthy and well-adjusted. Kids experience many emotions through the day and paying attention to them is very important. Learn how you can help children have a healthy emotional life by recognizing and understanding their feelings every day.
10-Sep 12 - 1pm	PMU 263AB	Rock A Bye Baby	Tracy Johns, Infant Toddler Specialist, Childcare Resource Network		During this interactive training we will share national safe sleep standards for reducing the risk of Sudden Infant Death Syndrome (SIDS) and accidental death. Risk reduction information, educational materials and resources will be shared with families. Come and learn the latest in research, information and statistics to keep our babies safe in Indiana.
24-Sep 12 - 1pm	STEW 204	Communication: Building a Strong Bridge Between You and Your Children	Kathy Murray, HHS Educator / Human Development, Purdue Extension Tippecanoe County		Why is communication in the teenage years so important? How you communicate with a teen will affect how they view the world, their self-esteem and how prepare them for life's decisions. Join others as we discuss tips on communicating with a teen, strategies to reduce problems, how to discuss the tough topics and get through disagreements and how listening could be your greatest asset.

To register for any of the workshops, please call 49-60312 or email familyfriendly@purdue.edu. All participants may register up to the day prior to the workshop offering. Limited seats are available.