



Northport-East Northport Public Library 2011-2012

The Joys and Challenges of Grandparenting

Tuesday, September 13, 2011

7:00 p.m. at the Northport Library

Licensed Clinical Social Worker Mary Beth Denniston will lead a workshop exploring the joys and challenges of grandparenting. (90 min.) Registration begins September 1 at either library building or online. (NENJ645)

Talking to Your Kids

About Fear and Violence

Wednesday, September 21, 2011

7:00 p.m. at the Northport Library

Licensed psychologist Dr. Heather Juby provides tips on talking to your children about difficult issues and teaching them positive coping skills. Dr. Juby will address the causes of fear and anxiety in children and how to identify situations that warrant seeking professional help. Registration begins September 7 at either building or online. (60 min.) (NENJ646)

What Parents Need to Know

About Bullying

Wednesday, October 19, 2011

7:30 p.m. at the East Northport Library

The truth is everyone gets bullied at some time or other. Since avoiding bullying isn't really an option, the next best thing is learning how to manage and report the problem. Dr. Jackie Humans will teach you ways to help your child deflect minor bullying, teasing and name calling, before it has a chance to escalate into something more serious. Registration begins Oct. 3. (60 min.) (NENJ661)

Teen Parent Communication: What Works and What Doesn't

Monday, November 7, 2011

7:00 p.m. at the East Northport Library

Does your teen listen to you? This workshop will help you understand what's really happening during adolescence and how you can restore good feelings between yourself and your teenager. Parent educator Tim Jahn will teach you how to avoid communication blocks and use skills that will encourage your teen, ages 13 and up, to listen and feel comfortable discussing any topic. Registration begins Oct. 17. (2 hours) (NENJ662)

Winning Ways to Talk to Kids

Thursday, November 17, 2011

7:00 p.m. at the East Northport Library

"My kid won't listen!" is a familiar refrain among parents. Learn how to avoid communication problems and be a better listener with parent educator Dinah Castro. For parents of children ages 2-12. Registration begins Nov. 1. (2 hours) (NENJ665)

The Commercialization of Childhood

Wednesday, December 7, 2011

7:00 p.m. at the East Northport Library

Consuming Kids, a film produced by the staff of the Campaign for Commercial Free Childhood, takes a powerful look at how corporations relentlessly target children and the impact of marketing. The December holidays pose an especially difficult challenge. Attendees will receive a copy of the *Guide to Commercial Free Holidays: Tips for Resisting the Holiday Hype*. Registration begins Nov. 14. (90 min.) (NENJ667)

Top Ten Strategies: Parenting Your Child with ADHD

Monday, January 9, 2012

7:00 p.m. at the Northport Library

Parents of children with ADHD often feel isolated, judged and misunderstood by other parents and family members. Cindy Goldrich, Ed.M., ACAC, will explore the issues and choices parents of children with ADHD face. Registration begins December 5. (60 min.) (NENJ668)

Get Fit, Get Healthy!

Wednesday, January 25, 2012

7:00 p.m. at the Northport Library

Start the new year right. Health and wellness educator Alysa Ferguson, will discuss the small steps that families can take to encourage healthy habits and improve their family's nutrition. Learn how to develop an action plan which incorporates diet and exercise. Registration begins Jan. 4. (90 min.) (NENJ669)

Getting Ready for Adolescence: For Parents of 8-12 Years Olds

Tuesday, February 28, 2012

7:00 p.m. at the Northport Library

Our tweens need all the facts about maturation and their changing bodies. Children in this age group have questions about dating, reproduction, adoption, divorce and more. Jane Golub, R.N. helps parents recognize opportunities in their child's environment to teach about healthy relationships, conflict resolution skills, and responsible decision-making, safely navigating the Internet as well as ways to cope with peer pressure. Registration begins February 7. (2 hours) (NENJ670)

Discipline is Not a Dirty Word

Monday, March 12, 19, 26, 2012

7:00 p.m. at the East Northport Library

Can children cooperate without bribes, rewards, and punishments? Yes! Positive discipline means helping children learn self-control and problem solving. Discover new ways to correct and guide children's behavior. Parent educator Nancy Olsen-Harbich will lead this workshop for parents and caregivers of children ages 2-12. (2 hours). Registration begins March 1. (NENJ671)

Disciplina Apropriada Para Niños de 2 a 5 Años de edad

Miercoles, el 21 de Marzo,

7:00 p.m. at the East Northport Library

Los padres van a encontrar la clave para comprender las etapas de desarrollo y las técnicas de orientación de la apropiada edad para los niños de 2 a 5 años. Desarrollar las habilidades para ayudar a los niños pequeños a aprender lecciones importantes en el auto-control y disciplina; guiar a mejorar la comunicación y aumentar la cooperación. Inscripción empieza el 1 de marzo. por (2 horas) (NENJ672)

Toilet Learning 101

Tuesday, April 17, 2012

7:00 p.m. at the Northport Library

Is your child physically and emotionally ready for toilet learning? Are you? This workshop led by Child Development educator Kerri Reda will discuss signs of readiness and offer guidelines to successful toilet learning. Registration begins April 3. (2 hours). (NENJ673)

Getting Your Child Ready for Kindergarten

Monday, April 23, 2012

7:00 p.m. at the Northport Library

This workshop, led by parent educator Nancy Olsen-Harbich, will explore ways that parents can support their child's development in preparation for kindergarten. A discussion about what "readiness" really means will take place and ideas for parent/child interactions and other experiences that introduce important kindergarten skills will be provided. Registration begins April 3. (2 hours). (NENJ674)

Toilet Learning for You and Your Child: A Parent-Child Workshop

Children ages 1-3 with adult; siblings welcome

Wednesday, April 25, 2012

10:00 a.m. at the East Northport Library

This parent-child workshop focuses on the topic of toilet learning and is for both parents and children ages 1-3. Parents come get your toileting questions answered from Child Development Educator, Kerri Reda, from Cornell Cooperative Extension while your child plays with age appropriate toys. Registration begins April 3. (60 min). (NENJ675)

Have More FUN with Your Family

Tuesday, May 22, 2012

7:00 p.m. at the Northport Library

Parenting can be fun and funny, but many parents find it frantic and frustrating. If you sometimes experience parental burnout, you might want to put more fun into parenting. Tim Jahn will teach you how to find time for family fun, plan fun things to do with your family and exercise your funny bone. You will have the chance to share, play and laugh in this workshop. Reg. begins May 8. (90 min.) (NENJ676)

The Parents' Collection

The Parents' Collection at the Northport-East Northport Public Library was established in the 1980s as a means of providing support and resources to the parents of our community. This extensive collection, housed in the Children's Room of both Libraries, includes a broad range of materials on topics addressing all aspects of child growth and development from birth through adolescence. Parents, caregivers, teachers, speech therapists, social workers, psychologists and parent educators all benefit from the rich resources found in the Parents' Collection.



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