

PARENTING/CHILD CARE

THINGS KIDS DO THAT DRIVE US NUTS: UNDERSTANDING MOTIVATION AND BEHAVIOR

No matter how understanding and patient parents may be, children's behavior can be very difficult to deal with. This workshop explores why children engage in such frustrating behaviors as dawdling in the morning or refusing to do their homework, and introduces some effective ways of responding.

POSITIVE APPROACHES TO DISCIPLINE: ALTERNATIVES THAT WORK

OVERSCHEDULED FAMILIES: HOW MUCH IS TOO MUCH?

With sports, art classes, play groups, and other opportunities, how do parents find the appropriate balance between activities, family time and unstructured time for children? This workshop will provide information and guidance to help parents carefully consider their options and priorities when determining children's schedules.

TALKING AND LISTENING: GETTING CHILDREN TO TELL YOU WHAT'S ON THEIR MINDS

This session will focus on the concept that communication is learned and that people can change the way they communicate if they wish. Of all communication skills, responsive listening (a combination of active listening and sensitive responding) is particularly important. It helps children feel understood and supported, and encourages them to let parents know what they are thinking and feeling and make decisions on their own about how they want to act.

TALKING TO KIDS ABOUT TOUGH ISSUES

In today's world, families are faced with many challenges such as violence, racism, divorce, and drugs. In order to be prepared for the world around them, children need parents who can listen and educate them about these tough issues. This session will provide parents with strategies to open the dialogue with their children in order to effectively address these issues.

HELPING CHILDREN UNDERSTAND DIFFERENCES AND RESIST PREJUDICE

As early as two years children begin to notice differences in gender and skin color. By three years they show signs of being influenced by societal norms and biases. This workshop will give parents some tools for helping their children make sense of the differences they observe without making inappropriate value judgments.

HELPING CHILDREN SUCCEED IN SCHOOL

Parents and other family members at home play a crucial role in helping children succeed and achieve in school by having and expressing clear expectations, providing motivation for achievement, creating a home environment that supports and reinforces children's ability to learn, and interacting effectively with teachers and other members of the school community. This workshop will explore strategies parents can use to promote their children's school success.

SELF-ESTEEM:

HOW DO CHILDREN GET IT? HOW DO PARENTS GIVE IT?

Positive self esteem is one of the greatest gifts a child can receive. This session will focus on what parents can do to build children's confidence, encourage their independence, and foster trusting, open relationships.

STRATEGIES FOR ACHIEVING QUALITY PARENTING WHEN YOUR TIME IS LIMITED

The goal of developing strong and satisfying relationships with children is often elusive for busy working parents with limited time and energy. This workshop will illustrate effective ways to deal with children in order to develop their confidence and self-esteem. Additionally, the workshop will aid parents in striking a balance between their own needs and the need of their children.

TAKING THE RUSH OUT OF RUSH HOUR:

TIPS FOR MANAGING STRESS IN THE MORNING AND EVENING HOURS

Life for working parents is often stressful and pressured with too much to do in too little time. In this workshop participants will analyze the most challenging of these times - getting everyone up and out in the morning and settled in at night - and work on strategies to make these transition times easier.

FOCUS ON FATHERS

As men redefine fatherhood, they bring unique perspectives to the challenge of balancing work with family life. This seminar invites participants to explore father stereotypes, myths, and models. The discussion will be group driven and may explore topics such as negotiating new parental roles with one's partner, coping with conflicting expectations from job and family, and understanding child development and its impact on paternal identity and self-esteem.

SETTING LIMITS WITH YOUR TEEN: AREAS OF DISAGREEMENT AND CONFLICT

Teens and their parents often view the same situations from different perspectives, being aware of and acknowledging these differences can help ward off or resolve unnecessary conflict. This session will provide adults with a problem-solving process for resolving conflict situations with teens. Limits must be set on certain behaviors especially when issues of personal safety, legality and values arise, but limits at his stage must be kept to a minimum and communicated clearly. What limits are most important? How are they communicated?

HOW TO SELECT CHILD CARE

For many parents, negotiating the maze of child care options and issues can seem overwhelming. This workshop gives parents an overview of the types of care available, the issues involved in choosing care, the process for finding a new arrangement, and the range of costs involved. The session is geared towards parents choosing new care, examining their current care, or anticipating future child care needs.

HIGHER EDUCATION

THE COLLEGE SEARCH PROCESS

This workshop will help parents understand key aspects of the college selection process. Topics covered will include how students should prepare themselves in high school, how to go about searching for a college, and how to choose which college to attend.

PAYING FOR COLLEGE / FINANCIAL AID PROCESS

SAFETY

TALKING TO CHILDREN ABOUT SAFETY WITHOUT SCARING THEM: STRATEGIES TO INCREASE AWARENESS AND SECURITY

Given the widespread violence against children in our country today, parents face the challenge of providing their children with the skills that will keep them safe. At the same time, parents want children to feel reasonably trusting and secure. This workshop will help parents discuss this difficult issue with their children - a first step in preparing them to recognize and deal effectively with potentially dangerous situations.

CHILD SAFETY AND EMERGENCY PROCEDURES

This workshop will give parents a sound foundation in basic first aid techniques on which to build. Through lecture, discussion, videotape and handouts, participants will learn to treat minor ailments such as: cuts, scrapes, bumps, and bruises as well as to recognize childhood emergencies and how to access the EMS system. Parents will be given the opportunity to ask questions that are pertinent to their own experiences.

INFANT AND CHILD CPR

This four-hour course covers CPR for infants and children with a focus on safety and prudent heart living. Choking procedures are also covered. Upon successful completion of the course, participants receive American Heart Association certification.

ADULT CPR

No person should be without this potentially life-saving multi-hour course! Participants will learn the correct techniques of performing cardio-pulmonary resuscitation (CPR) which allows them to recognize and care for breathing and cardiac emergencies in adults. Information on living a healthy lifestyle and preventing heart disease will also be presented.

ELDERCARE

CARING FOR AN ELDERLY RELATIVE: EXPECTATIONS AND RESPONSIBILITIES

Offering perspectives on the challenges and issues of caring for an age in parent or relative, this seminar includes information on the normal process of aging. This presentation is designed for adult children of aging parents or relatives and may also be for those in other caregiving relationships. Caregivers, future caregivers, and people interested in their own aging process will find this information valuable.

ELDERCARE RESOURCES: WHAT ARE YOUR OPTIONS?

This seminar is designed to provide information on the process of locating and accessing the community program, resources and public benefits available to older person. The presentation also focus on the process of locating services for long distance caregivers, what to do when a crisis arises and how to plan for future needs. Older adults and caregivers, including spouses, will find information on multiple options for care.

INTRODUCTION TO LEGAL ISSUES: PLANNING FOR THE FUTURE

This seminar defines and highlights the legal issues involved in estate planning and health care decisions. Other legal tools discussed include wills, trusts, powers of attorney and Medicaid planning. This seminar is not intended as a substitute for qualified legal counsel and planning but is presented to assist elders, caregivers and other in familiarizing themselves with these issues. The presenter is an experienced elder law attorney.

PAYING FOR ELDERCARE: WHO PAYS FOR WHAT

This seminar illustrates and defines the variety of methods available for paying for health care and long-term care for older adults. Elders and caregivers dealing with daily financial frustrations will find concrete information on Medicare, Medicaid, supplemental insurance, long-term care insurance and other methods of payment.

ALZHEIMER'S DISEASE

This seminar is designed to help elders, caregivers and others aware of the basic characteristics, symptoms and progression of Alzheimer's disease. This presentation explores the differences between Alzheimer's Disease and other dementias and describes the normal process of aging. Techniques for caring for a demented relative and resources for planning for ongoing care are offered.

HOUSING OPTIONS

Many options are available to elders to ensure their safety in a home environment before nursing home placement is considered. This seminar details these options, beginning with housing adaptation, and covering assisted living, continuing care retirement communities, congregate housing, home sharing, elderly housing, in-law apartments and ECHO housing, and includes price information and financing options for each type of housing.

GROWING INTO RETIREMENT

MANAGING EVERYDAY LIFE

BALANCING WORK AND FAMILY:

Working parents lead busy lives! This workshop is designed to help parents to identify the work and family issues that they face, and to think differently about their many responsibilities. Through lecture, group exercises and handouts, the seminar leader will address perceptions around managing multiple roles and will present concrete strategies to assist parents in developing better balancing acts. Parents will be encouraged to share their own strategies and experiences in a guided group discussion.

STRESS MANAGEMENT FOR TIMES OF NORMAL CHAOS

This seminar will identify the sources of stress in our everyday lives. The seminar leader will offer employees techniques to handle these stresses, soothe themselves, manage time and demands, and feel in charge of their own lives.

HOW TO SURVIVE THE HOLIDAYS WITH KIDS

Holidays are a busy time for families. This workshop will help families to anticipate issues that may arise and provide concrete ideas that will assist in taking action to make the season more manageable. Strategies presented will help families maintain present routines, ease transitions, and prepare for traveling. Participants will share their own strategies and experiences in a guided group discussion.

PREVENTING SKIN CANCER

HOW TO ARRANGE FOR WORKSHOPS

REVIEW: Select a workshop topic that reflects company interest. Your contract manager would be happy to discuss workshop content with you.

SCHEDULE: Call your contract manager with a few possible dates for the workshop. Provide as much advance notice as possible to ensure availability.

CONFIRM: Your contract manager will confirm this date, time, and place, and ask you to arrange for equipment (flipchart, overhead, VCR, T.V. etc.)

SPACE: Please arrange for a room that can comfortably accommodate the number of employees you anticipate will attend.

ADVERTISE: Creative and widespread communication is often the key to great attendance. Your contract manager is available to help design flyers, electronic mail messages, or newsletters ads to announce this event.

PRE-REGISTRATION: We encourage companies to arrange a simple registration system whereby employees sign up for a particular workshop. This is often managed by the H. R. Department, and is a quick way to confirm interest and attendance. CCRC can then help the seminar leader anticipate the amount of materials to prepare. This also allows you the opportunity to reschedule a workshop if there is not enough interest.

FINALIZE: During the week prior to the workshop presentation, CCRC will finalize plans and ask for your estimate of attendance.

CANCELLATION: Should you need to cancel a workshop, please notify CCRC at least one week prior to the seminar to avoid incurring the cost of the workshop.