



To support your employees balance their work-life demands, the Child Care Council of Westchester, Inc. (CCCW) offers the following seminars:

Work and Family Issues

Child Care: Find Quality Child Care for your child

This seminar will focus on providing your employees with resources on how to locate care that meets their needs but also empower them to find high quality child care. Participants will walk out with the resources and knowledge then need to make an informed decision.

Time management: Are you burning the candle at both ends?

This seminar will focus on how attitudes affect one's ability to manage work and family roles. Ways to develop effective behaviors will be explored. Participants will share strategies for coping with multiple demands and high expectations.

Are you stressed? Do you feel like you're in over your head?

Examine the concept of stress and the cost on the body, mind, and behavior. Set realistic goals and develop an action plan for work, family and yourself. Explore strategies to effectively manage stress

Tips for managing holiday stress.

This workshop highlights the sources of holiday stress and explores strategies for dealing with all of the additional demands of the season. Re-examine your holiday expectations and see how they fit into your current lifestyle.

Addressing the negative impact of violent media.

Young children who watch a lot of violent television are more likely to use violence to solve problems. Discussion will focus on strategies for monitoring and filtering children's media exposure.

The sandwich generation: Feeling pressure from both sides?

Many families must balance the needs of both children and elderly relatives. Learn to prioritize caregiving responsibilities and to find time for yourself.

Becoming a Parent: Expectations and Realities

So you're going to be a parent:

What are your expectations?

What are the realities?

How might your life change when you become a parent? Discussion on how to cope with changing roles and responsibilities as an individual and as a couple.

Now what? Anticipating baby's arrival...

What will the first few weeks with your baby be like? Tips on how to prepare for the needs and demands of an infant. Examine the wide range of infant behaviors and issues with regard to feeding, crying and erratic sleep patterns.

What about us?... When two become three. “We used to have a life, where has it gone?”

Turn the negatives into positives by exploring ways to take time for yourselves. Communicate effectively with your partner and maintain a bond as a couple.

Selecting child care for your infant.

What are the options for infant care? Important guidelines on how to screen and interview potential providers, programs and nannies. Indicators of quality care will be discussed.

Brain research: Is it new or common sense? It’s both!

Learn about recent discoveries regarding the growth and development of the brain. Understand the impact of this research on the interactions between parents and/or caregivers and young children.

Parenting in the Early Childhood Years

Bedtime rituals: helping your child get a full nights sleep so you can too!

Does your child put up a fuss at bedtime? Does he/she wake up during the night and call for you? Explore sleep problems: stalling, night terrors, sleep walking. Helpful tips on establishing bedtime routines.

Toilet Training: When is my child ready to be toilet trained?

Toilet learning can be one of the most trying experiences for toddlers and their parents. Learn strategies that will help you and your child work together to successfully master this new skill.

Positive discipline for the preschooler.

Is it my child or do all children behave like this? Learn techniques for managing your child’s behavior and how to create a climate that encourages positive behavior.

Sibling rivalry: Encouraging your children to get along.

Are you tired of the constant bickering and fighting in your home? Identify the causes of sibling rivalry and the barriers to sibling closeness. Strategies for resolving sibling conflicts and techniques for enhancing sibling closeness will be explored.

Kindergarten... ready or not?

Is my child ready for kindergarten? What can you do to foster your child’s skills? Discussion will focus on skills your child will need to succeed in school. Learn to recognize both parental and school expectations.

Parenting in the School-Age Years

Developing a partnership with your child’s school.

Share tips for establishing effective communication with your child’s teacher. Explore ways to manage school issues and concerns.

The homework dilemma.

Do you and your child struggle over homework every night? Do you often wonder how much help you should provide? Discuss ways to help your child establish a routine and a schedule for homework.

School is out... home alone.

How do you know when your child is ready to be home alone? This session will help identify your concerns and your child's feelings about self-care. Identify basic skills that are important in self-care.

Summer care options: camps, sports, clinics, and CIT programs.

Explore summer care options for your school-age child. Identify your child's interests and what local resources are available. Learn how to recognize the key indicators of quality in school-age summer care.

Conflict resolution and peaceful problem solving.

Develop strategies for helping children learn peaceful conflict resolution skills. Explore how communication, creative problem solving, and expressing feelings lead to non-violent solutions.

Connecting as a Family**Parenting styles: "Because I said so, that's why!"**

How we interact with our children often reflects how we were raised. Discussion will be on identifying and examining our own and different parenting styles.

Communicating with your child.

Recognize the common communication barriers that may effect your child's self esteem and explore ways to establish positive communication between you and your child.

Children of working parents: How well are they doing?

Discussion will focus on parental concerns about using child care. We will review the recent research on how child care effects children and children's perception of being in child care.

Parenting: A dad's eye view.

Discussion will focus on the impact of your own past father/son relationship, culture and media. Explore strategies for becoming an involved and effective father.

The life of a single parent.

Explore the realities and the challenges of single parenting. Examine changing roles and relationships. Discussions may include: shared custody, dating, divorce, holidays, transitioning from one parent to another and death of a parent.

**Are you interested in another topic?
We'll prepare a seminar to meet your needs and interest.**

**Contact Nicole Masucci today to schedule one or more seminars,
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