



Free Virtual Parenting and Nutrition Classes

Everything you need to care for and feed your young family

Join us for parenting and nutrition programs for parents with young children. These programs are free; however, pre-registration is required. All programs will be approximately 1 hour.

Preschool Nutrition

Ages 3-6 are an important age when it comes to helping your child have a positive relationship with eating. There are many changes at this age. They may be starting school for the first time and their eating may begin to be influenced by the children around them. They may have strong food preferences. Learn evidence based information about how to feed your child in this class, led by a CCE Nutritionist.

February 5, 2025 @ 10:00am

To register: <https://cornell.zoom.us/j/94816774256?pwd=tJsPbBic4J6eQKz6tIQ7nMTUbj1fNT.1>

Living with Toddlers

Toddlers can be sweet and charming, or feisty and uncooperative. In this program, parents will gain a better understanding of early childhood development and temperament, and how each may impact their toddler's behavior, while developing realistic expectations for their child.

February 11, 2025 @ 10:00am

To register: https://cornell.zoom.us/meeting/register/tJEkdOmoqT0uHNNt6kO8mPRp4IViU_rYsvtV

or

February 19, 2025 @ 12:30pm

To register: <https://cornell.zoom.us/meeting/register/SRy153McTQeCnd8UaCv21w>

Questions? Kerri Reda kkr5@cornell.edu

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension | Suffolk County

Extension Education Center, PO Box 2405, Riverhead, New York 11901 • www.ccesuffolk.org