

Cornell Cooperative Extension Albany County presents

## The Magic Years

a six-hour, researched-based parent, and nutrition education program for parents/caregivers of children from birth – age 4



**Mondays, 4/17, 4/24, 5/1, 5/8, 5/15**  
**Noon – 1:15 p.m.**

*All programs to be held via Zoom.*

Certificates of completion will be awarded to those who attend all sessions in full.

Participants will also be asked to complete a pre and post survey.

Join to discuss **parenting strategies** that are positive, supportive, and provide valuable information on best parenting practices.

This program also includes **nutrition lessons** led by a registered dietitian. During these lessons you will learn nutrition basics when it comes to feeding yourself and your family, practical tips to create healthy habits, and ways to save money at the grocery store. The nutrition portion will also include recipes, resources, and q & a!

### **Additional Topics Include:**

The stages of child development and how to best support your child  
How to set up (or better manage) routines in the home, including bedtime, bathing, family meals, and toilet training  
Positive discipline strategies that work!

**Advance registration is required via Zoom at:**

[https://cornell.zoom.us/meeting/register/tJwvcemurjMpG9Wyem-hcGzYgvsL7NTxaVyr](https://cornell.zoom.us/j/9212121212)

Contact Maria DeLucia-Evans with questions at

[mkd59@cornell.edu](mailto:mkd59@cornell.edu).

Cornell Cooperative Extension | Albany County



24 Martin Road, Voorheesville, NY 12186

518-765-3500 • FAX 518-765-2490 • [www.ccealbany.com](http://www.ccealbany.com) • [www.facebook.com/ccealbany](https://www.facebook.com/ccealbany)

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension Albany County office if you have any special needs.

If you have a disability and are having trouble accessing information or need materials in an alternate format, contact [albany@cornell.edu](mailto:albany@cornell.edu) for assistance.