



Council Workshop Offerings

The Child Care Council of Westchester has developed a series of educational workshops to address the needs of parents in our community. These workshops can be presented to a group of 10 to 30 parents anywhere in Westchester County. These workshops are \$250 (negotiable), and reduced rate are available for nonprofit organizations. For more information about topics and fees, or to schedule a parent workshop, please contact Nicole Masucci at 914-761-3456 x139 or nicolem@cccwny.org. (If you're interested in a specific topic you don't see here, let us know, and we'll prepare a workshop for you.)

Work and Family Issues

Choosing High Quality Child Care and the importance of PLAY!

The focus of this workshop will be to examine the important process of choosing quality child care. Participants will be presented with an opportunity to learn what quality child care looks like and how to identify the signs of poor quality child care as well as understanding the cost of child care. A discussion will be held on the availability and accessibility of child care. We will also have some fun exploring the value of play.

It's Your Voice! Have it Heard! Become a Parent Child Care Advocate

Today there are more than 11 million children under the age of 5 in some type of child care arrangement every week while their parents work. On average children of working parents, spend 35 hours every week in child care. Learn about current federal, state and local policies surrounding child care. Parent advocates are one of the keys to help strengthen the quality, availability and cost of child care.

Born Learning: Teachable Moments for Children Ages Birth – 5

Born Learning is a public awareness campaign that helps parents explore ways to turn everyday moments into learning experiences for children ages birth to five years old. Explore Born Learning material and learn ways to use them with children and families.

Tips on Managing Holiday Stress

Many people think of the holiday season as a time of joy, but the truth is that most people also experience significantly more stress during the holidays than at any other time of the year. There are more than a few sources of holiday stress. If you find yourself more stressed than you would like to be during the holiday season, you are not alone. Join us for an exploration of coping skills to get through and enjoy the holidays

Becoming a Parent: Expectations and Realities

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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

An Emotionally Responsive Approach to Behavior Management

This is an interactive workshop where parents will learn how to look at challenging behaviors from an emotional and developmental perspective. The workshop will provide parents with tools and techniques to observe children that are responsive to emotional and cognitive development.

Bedtime rituals: helping your child get a full night's 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.

Common Core, Prekindergarten Standards

This workshop will help parents of preschool age children comprehend the NYS Prekindergarten Standards for Common Core. You will walk away understanding NYS's developmentally appropriate practice approach to high quality prekindergarten education.

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.

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 affect your child's self-esteem and explore ways to establish positive communication between you and your child.