



Cornell University

Cornell Cooperative Extension
Monroe County

2449 Saint Paul Blvd
Rochester, NY 14617
p.585.753.2550 f.585.753.2560
monroe@cornell.edu
monroe.cce.cornell.edu

For Immediate Release:

June 27, 2024

For more information, contact:

Veronica Cisneros
Family Development Analyst VISTA
585.753.2568
vrc32@cornell.edu

Parent Workshop Piloted in Monroe County Discipline is Not a Dirty Word Workshop for Caregivers

Eugenio Maria de Hostos Charter School (EMHCS) and Cornell Cooperative Extension of Monroe County's 4-H Program worked together to present a parenting workshop this spring. The four-week series featured ways to support parents by exploring children's behavior, fostering youth social and emotional development, and more, at no cost to participants.

The series, *Discipline is Not a Dirty Word*, is one of the most utilized curricula in the Cornell Cooperative Extension system in New York State. Each workshop offered childcare and dinner for families, provided by EMHCS and coordinated by the Parent Educator for 21st Century, Damaris Ortega. The workshops were facilitated and led by Family Development Analyst and AmeriCorps VISTA, Veronica Cisneros.

Discussions also explored ways to build responsive relationships, parental resilience, and most of all, provided tools for parents to try at home. At the conclusion of the series, one parent reflected, "I have learned that it is important to talk to your kids to be able to understand what they are going through. To be there for them, to love them, and also to care for yourself." The workshop provided a space for parents to also connect with one another and share experiences. The workshop would not have been possible without the generous support of EMHCS.

The Monroe County 4-H Program is offered through Cornell Cooperative Extension to the youth of Monroe County. 4-H is a worldwide youth development program open to all youth aged 5-to-19, who want to have fun, learn new skills, and explore the world. In return, youth who participate in 4-H find a supportive environment and opportunities for hands-on or "experiential" learning about things that interest them.

Learn more about 4-H at <http://monroe.cce.cornell.edu/4-h-youth-development>.

Building Strong and Vibrant New York Communities

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.



Left to right: 4-H AmeriCorps VISTA, Veronica Cisneros, EMHCS Parents, and Parent Engagement Specialist Damaris Ortega.

<###>