

PARENTING DURING THE PANDEMIC



VIRTUAL CLASSES

- More appealing presentations
- Info specific to the pandemic (stress, screentime, frustration, coping skills, resource outreach)
- Directions for accessing Zoom on various devices

BUILDING INTERACTIVE ACTIVITIES



PORCH VISITS



OUTSIDE VISITS AND CLASSES



GRAB BAG PICK UP



UNIQUE ACTIVITIES



GOODY BAGS



ART, PLAY, AND ACTIVITY SUPPLIES



CLEANING PRODUCTS



EMERGENCY SUPPLIES



ONLINE VIDEO RESOURCES

Parenting

In-home Support

- [Meet the Parenting Staff](#)
- [Parent Pages](#)
- [Parenting Programs](#)
- [Parenting Video Resources](#)

Family Snacking with a Side of Helpful Tips

- [Recipe: Peanut Butter Dip](#)
Tip: Telling Your Children What They Can Do Instead of What They Can't
- [Recipe: Bell Pepper Smoothie](#)
Tip: Offering Choices to Your Children
- [Recipe: Strawberry Salsa](#)
Tip: Setting a Good Example for Your Children
- [Recipe: Carrot Cake Cookies](#)
Tip: Parents vs. Kids Stressors
- [Recipe: Almond Rice Pudding](#)
Tip: Changing an Environment Instead of your Child's Behavior
- [Recipe: Corn Pancakes](#)
Tip: Importance of Sharing Family Activities
- [Recipe: Granola](#)
Tip: Introducing Your Pet to Your Children for the First Time



Home > Parenting > Parenting Video Resources

Parenting Video Resources

Quarantine Quoffee Quorum - Join the Fort Drum Family Advocacy Program staff while they discuss different parenting related topics.

- Communication
- Working from Home
- Stress
- Tella's Law
- Change
- Talking About Uncomfortable Topics with your Children
- True or False: Information about the Family Advocacy Program
- Role Modeling
- Importance of Play and Interaction with your Children
- Sibling Rivalry
- Show Me, Don't Just Tell Me
- The Importance of Family Mealtime
- Family Goal Setting

YouTube Channel

Visit us on YouTube to check out more video resources!

CCE

JEFFERSON

Dad's Vlog

- Episode 1 - Introducing Dad's Vlog!
- Episode 2 - Finding your dad time.
- Episode 3 - Changing don'ts into do's.
- Episode 4 - Dad's calendar activities.
- Episode 5 - Pay attention to what your children are seeing, hearing, watching.

GOOGLE VOICE HELPLINE



WEEKLY NEWSLETTER



Cornell Cooperative Extension
Jefferson County

THROUGH IT ALL, CCE IS STILL HERE TO HELP!

Call or text our [helpline](#) for information on parenting, nutrition, food assistance programs, and breastfeeding or to sign up to receive text messages. Call or text us at 315-628-0262.



NATIONAL 4-H WEEK

Celebrate all 4-H has to offer with a week of fun activities for all youth ages 8-11!
• Monday 10/4 5:30-6:30 PM
- Messy Science Experiments at CCE



PUMPKIN CARVING EVENT

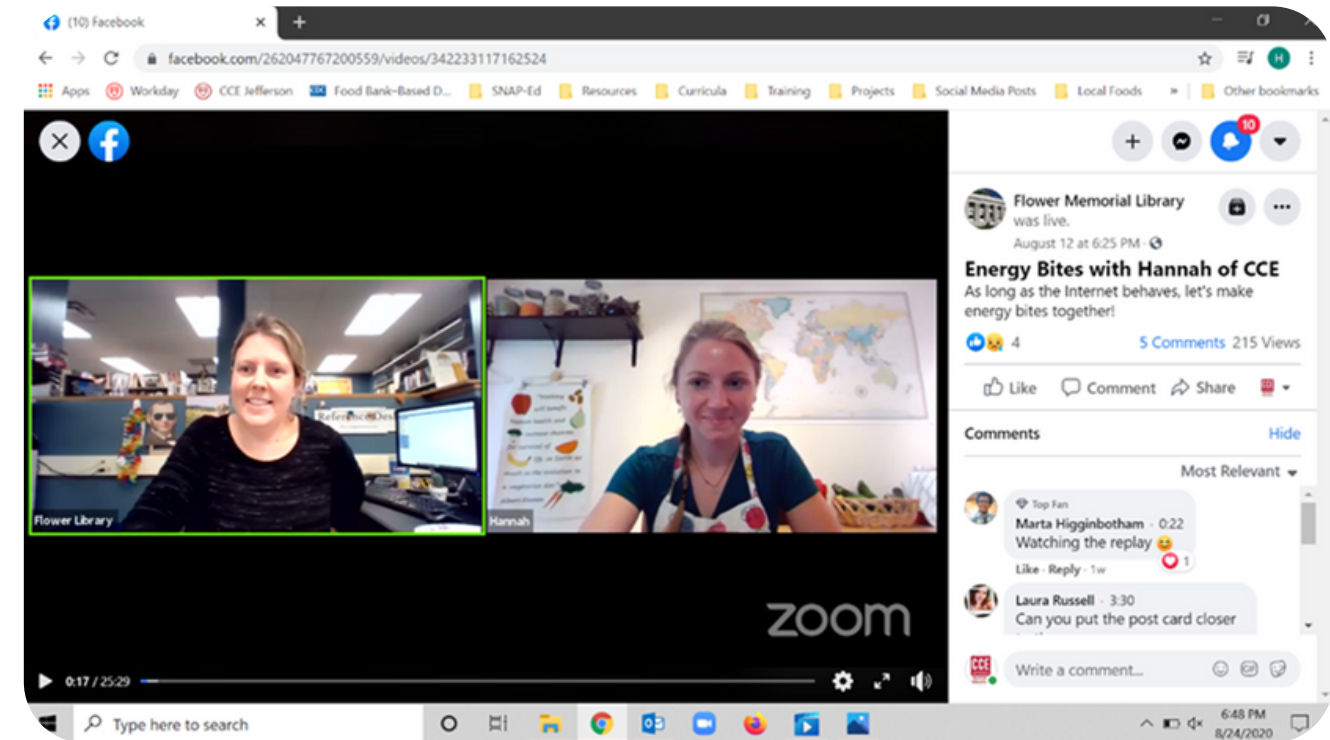
Families, head on out to the Robert G. Wehle State Park at 5182 State Park Road in Henderson Harbor, NY on



COVID ANXIETY TIPS

As we all head into yet another winter marred by the COVID-19 pandemic, it's natural to feel frustrated and anxious. Here are a few tips to manage that anxiety for when things get to

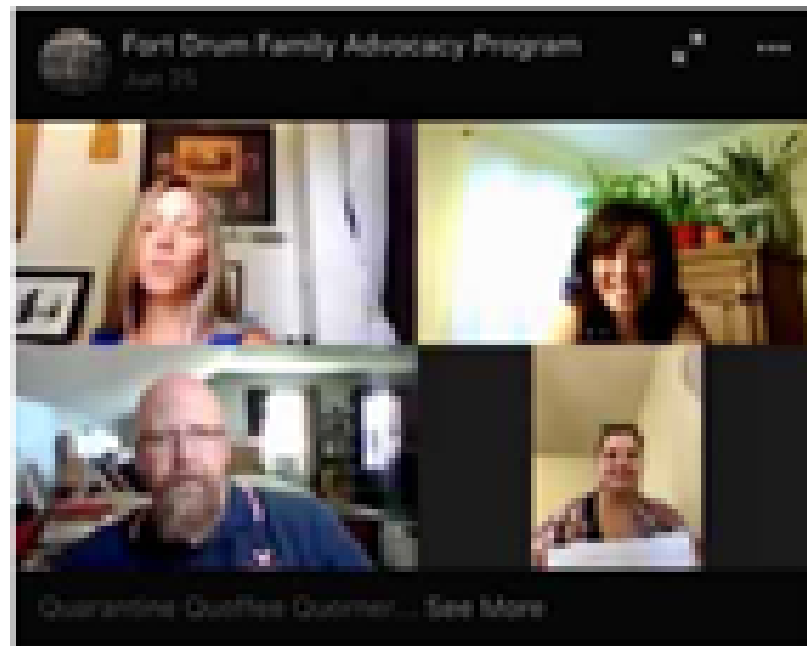
NEW COMMUNITY PARTNERSHIPS



UNCLASSIFIED//FOUO

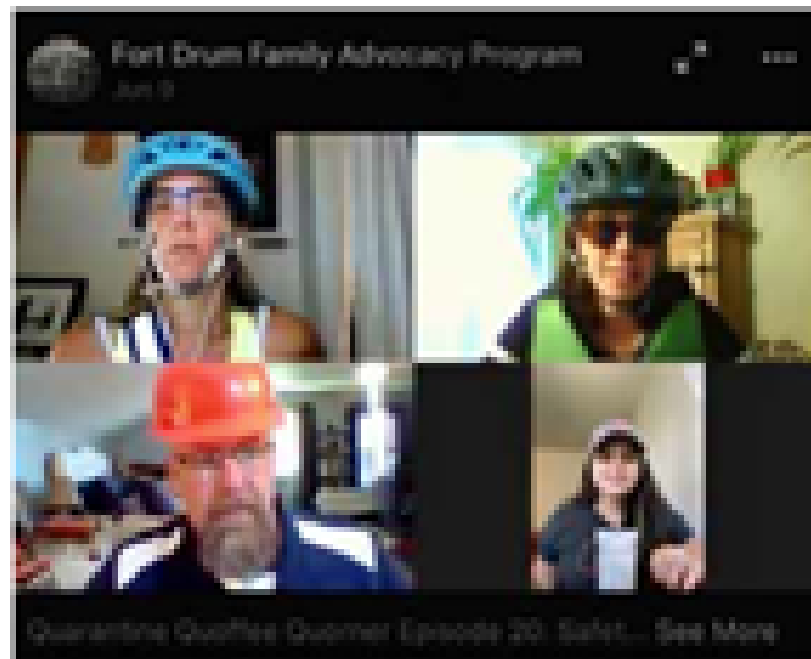


Family Advocacy Program Quarantine Quoffee Quorner



Description - Video Platform to connect and engage with families during COVID in an effort to reduce potential family violence and increase family connections.

Action - Family Advocacy Program Educators developed and ran family and wellness videos two times weekly providing educational tips and wellness support to our Fort Drum community. Topics included: Establishing New Routines, Stress Management During Isolation, Family Activities, Safety Tips, etc.



Outcome - Videos generated much discussion and received a significant amount of positive feedback from our military families. FORSCOM referenced the videos as a great practice during the DAIG Suicide Prevention Inspection.

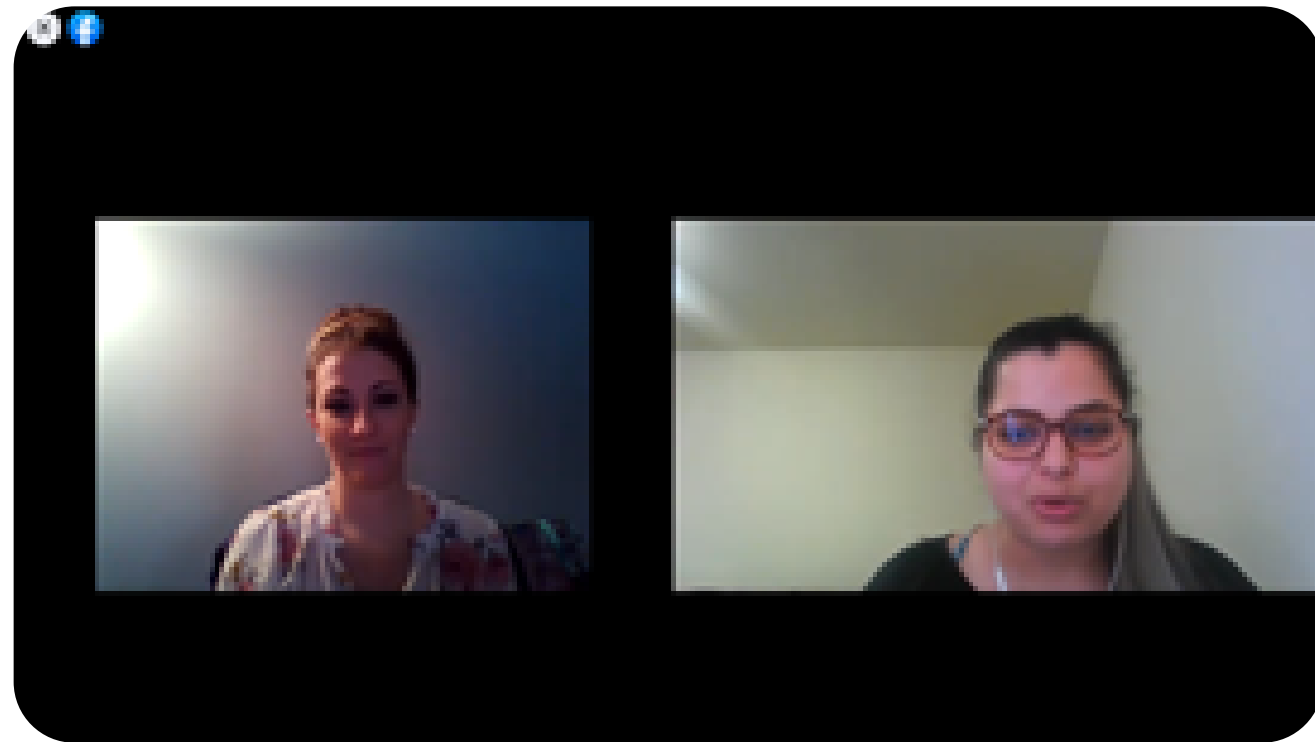


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31 JUL 20



INFORMATION SESSIONS FOR SOCIAL MEDIA



STAFF DEVELOPMENT AND LOTS OF SHARING!



respectful
informed warm just-right
supportive
reliable helpful encouraging
organized calm
understanding
truthful
concerned



- Adaptability
- Creativity
- Multiple modes needed to reach people
 - in person
 - virtual (live)
 - recorded videos
 - social media -
- Unique activities