



Practice Spotlight: Ana Cañas CUCE-NYC

Julia Chapman & Kimberly Kopko

The 2Gen Initiative Practice Spotlight Series is intended to bring attention to parent educators and colleagues in the Cornell Cooperative Extension (CCE) system who are incorporating a two-generational (2Gen) approach to their county's parent education programs. This Practice Spotlight features Ana Cañas and her work on the Growing and Learning Together through Play (GLTTP) Program in CUCE-NYC.

Educator Background



Ana Cañas, portrait by David Goddard

Ana M. Cañas, Extension Support Specialist

Ana Cañas has been an educator with CUCE-NYC since 2017. She began her work in parent education while completing her Master's degree in Developmental Psychology at Columbia University. Throughout her career, Ana has been involved in educational programs for young children, youth, and adults, both in New York City and Colombia. Her passion for social equity and environmental justice has led Ana to collaborate in various education, research, and community-based projects in New York City, as well as to work with government agencies, non-for-profits, and NGOs at the United Nations. At CUCE-NYC, Ana supports community education efforts in two specific areas: Parenting and Climate/Environmental Education. Currently, she leads the GLTTP Program and is training with the Cornell Climate Stewards Volunteer Program to provide research-based training for Cornell Cooperative

Extension volunteers in NYC on climate change science, impacts, mitigation and adaptation.

Incorporating a 2Gen Approach

The GLTTP Program includes a series of workshops for parents and caregivers of children between the ages of 2 and 5 years that incorporate research findings to promote play, well-being, and academic readiness of young children. According to Ana, the program "has always taken a 2Gen approach. Parent-child interactions and participation have been part of the program from the start. Back in 2016, before formalizing the curriculum into a series,

faculty member Marianella Casasola led workshops that incorporated play activities for parents, primary caregivers, and their children. This initiative was part of a collaboration with Weill Cornell Clinical and Translational Science Center (CTSC) and Audrey Johnson Learning Center to bring research-based opportunities to the community. The positive outcome of these workshops informed the decision to include parent-child sessions into the curriculum.” Program staff aim to grow and build new partnerships to meet the needs of other groups interested in supporting families and caregivers through this promising program.

For more information on the GLTTP Program, read our Program Spotlight.

Visit the *Parenting Project* website at:

<https://www.human.cornell.edu/pam/engagement/parenting/home>

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