

FOR IMMEDIATE RELEASE

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Parenting with a Purpose: To help educate, entertain and inspire parents of Orlando, Florida, the Orange County Library System is presenting a month-long program series called *Parenting with a Purpose*. This month, a variety of library programs, computer classes and events will be presented in all 15 of our library locations. Learn everything from school success strategies to healthy eating tips. Other Parenting topics covered include being a new dad and dealing with bullying.

Adoption 101: Starting the Process

Alafaya Branch

Saturday, January 7, 2 p.m.

When deciding to adopt, you'll need to answer a number of questions. This program will help you determine which direction is best for you and your family. We will discuss the different types of adoption, the different avenues available, the importance of research and the steps necessary to begin the process. #parenting

Parenting with a Purpose

Orlando Public Library, Library Central

Saturday, January 14, 2:30 p.m.

Local Kiwanis Club members present an informative workshop on parenting. Attendees will learn about the five critical needs of children from birth through the teenage years, as well as strategies to raise emotionally healthy children. This 90-minute event will share research-based content to help parents identify their role and how to set realistic expectations for their child's behavior, resulting in a positive, emotionally healthy parent-child relationship. #parenting

Family Movie Night

Winter Garden Branch

Thursday, January 5, 6:30 p.m.

Make it a family night out! Join us on the first Thursday of every month to enjoy a popular family movie.

Aquaponics: Imagine Your Own Health Food Factory

Southwest Branch

Saturday, January 7, 11 a.m.

Herndon Branch

Tuesday, January 17, 6:30 p.m.

Alafaya Branch

Thursday, January 26, 6:30 p.m.

Orlando Public Library, Albertson Room

Saturday, January 28, 2 p.m.

Did you know that you could grow fruits and vegetables for your family at home without chemicals, pesticides or even soil by raising delicious fish, like tilapia? Shane Harris of Aquaponics Basics will teach you secrets to healthy eating for the New Year using this science that combines organic soilless gardening and fish farming. Learning how to design your own Aquaponics system for a year-round harvest from your own backyard, patio or garage. Feeding your family healthy foods was never this much fun. Visit www.aquaponicbasics.blogspot.com to learn more. #parenting

Happy Baby...Happy Tot!

Orlando Public Library, Cypress Room
North Orange Branch
West Oaks Branch
Winter Garden Branch

Saturday, January 7, 11:30 a.m.
Tuesday, January 10, 10:15 a.m.
Thursday, January 19, 10:15 a.m.
Thursday, January 26, 10:15 a.m.

Carrie Martin, a representative of HAPPYMAMA Orlando will share tips on the importance of organics, nutrition for your family, introducing solids and getting those little picky eaters to eat! Stop by for some good information, free samples and coupons. #parenting

Homeschool Workshop

Orlando Public Library, Albertson Room
Saturday, January 7, 12:30 p.m.

Session 1: Homeschool Orientation

Learn about the positive benefits of home schooling and receive guidance on how to develop a home education strategy at this **FREE** orientation for parents and guardians.

Session 2: How to Homeschool High Schoolers

Are you considering home educating your high schoolers? Then you don't want to miss this informative workshop. Find out the requirements for graduation, tips on applying for college and how to develop a home education strategy for your high school student. Connie Albers, a director with the Florida Parent Educators Association (FPEA), will share information on Florida education requirements and guidelines and homeschooling laws for graduation. Connie has homeschooled for 21 years and has graduated four of her five children. For more information, visit www.fpea.com.

CPR Training and Certification

South Creek Branch
Alafaya Branch
Southeast Branch

Tuesday, January 10, 3 p.m.
Thursday, January 12, 3 p.m.
Saturday, January 14, 10:15 a.m.

Representatives from the Pediatric Sports Medicine Program at the Arnold Palmer Children's Hospital will host an American Heart Association HeartSaver course on basic adult/child CPR, AED and choking. Recommended for ages 12 and up. Call 407.835.7323 to register. Attendees are recommended to bring a towel or blanket to kneel on! *CPR certification will be awarded.

Traveling the World... with your Children!

Orlando Public Library, Library Central
Saturday, January 14, 11:30 a.m.

Mike and Catrell Cooney had one goal for their three teenage sons: to instill in them a sense of adventure and a deep desire to see and experience the world. With that in mind, they virtually sold everything they owned and took their sons on a year-long journey around the world. Come hear their fascinating travel adventures while enjoying their family vacation photos and family travel tips!

Healthy Happy Traveler

Orlando Public Library, Library Central
Saturday, January 14, 12:30 p.m.

Traveling can introduce you to a vast array of delicacies and dishes, but making healthy food choices while abroad can often be difficult. Come learn best practices on ordering at restaurants and choosing what foods to eat and not to eat.

Start Your Family Tree

North Orange Branch

Friday, January 20, 12:30 p.m.

Learn how to search for ancestors and easily map out your family tree using the Ancestry Library Edition database. The Ancestry Library Edition provides easy access to more than 4,000 genealogy databases with a single search.

Registration is required. Register online at www.ocls.info, by phone at 407.835.7323 or stop by any of our 15 locations.

Family Health & Safety Fair

Orlando Public Library, Library Central

Saturday, January 21, 11:30 a.m. – 2:30 p.m.

Get your kids excited about their health and safety by attending this fun-filled event. Stop by for tips on healthy eating, exercise, fire safety and more as well as giveaways.

Child Rescue Network

Orlando Public Library, Albertson Room

Saturday, January 21, 3:30 p.m.

Empower your child with the information and training to help them make the right decision at what could be a very critical moment. Join us and learn other important rules you can teach your child to help keep them out of harm's way. This program is presented by Jeff Griesemer, president and CEO of Child Rescue Network. Light refreshments will be served. For more information on Child Rescue network, visit www.ChildRescueNetwork.org.

Parenting through Cancer

Orlando Public Library, Albertson Room

Saturday, January 28, 12:30 p.m.

Four-year breast cancer survivor Christine Forte shares her moving and remarkable story of parenting while fighting and recovering from cancer. Join us for a discussion on *When the Caretaker Needs Care*. Light refreshments will be served.

What You Need to Know about Potty Training!

Orlando Public Library, Albertson Room

Sunday, January 29, 2:30 p.m.

Potty training your toddler can be a stressful, but it doesn't have to be. Author Sara Au shares tips from her book *Stress-Free Potty Training: A Commonsense Guide to Finding the Right Approach for Your Child*. Sara's straight-talk will enable parents to help any child make this important life transition. Book sale and signing follows program.

Boot Camp for New Dads

Adding a new baby to the mix can be daunting for brand new Dads. Want to rock in your role as a new father? Head to camp and learn to change diapers, soothe a crying baby, carry the baby, play with the baby and just about anything else the baby needs done. Programs offered at various locations check www.ocls.info/parenting for dates and times.

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