



15th Annual Celebration for Parents Encouraging Parents

Saturday, February 28, 2009

8:30 a.m. – 12:30 p.m.

Lake Zurich Middle School North – Hawthorn Woods

Your Choice of the Following Sessions:

- Session 1: 8:30 – 9:45
- 1(A) Managing Stress in Our Children
 - 1(B) Your Child's Social and Emotional Development Through the School Years
 - 1(C) Recognize and Improve the Skills Your Child Needs to Plan, Organize and Monitor Daily Activities—Executive Functioning
 - 1(D) All I Want is a Little Respect—Setting and Enforcing Limits
- Session 2: 9:55 – 11:10
- 2(A) Raising Independent Problem Solvers
 - 2(B) Maximize Your Child's Learning Potential
 - 2(C) Cyber Bullying and Internet Safety
 - 2(D) Problem Solving 101: Helping Children Manage Their Emotions
- Session 3: 11:20 – 12:30
- 3(A) Transitioning From Middle School to High School
 - 3(B) Yoga—How it Can Help You Relieve Stress
 - 3(C) Organizing Your Kids!
 - 3(D) Feeding Your Child With Love and Healthy Foods

For detailed descriptions of the Sessions and further information about the event, access the Parent University website at: <http://www.lz95.org/parentu/parentuhome.htm>

Name _____ Home Phone _____

Email Address _____ Child(ren)'s School _____

Indicate your first and second choices below for each Session:

1	Session 1 8:30 am - 9:45 am	Choice	Session 1	Session Title
		1 st		
		2 nd		
2	Session 2 9:55 am – 11:10 am	Choice	Session 2	Session Title
		1 st		
		2 nd		
3	Session 3 11:20 am – 12:30 pm	Choice	Session 3	Session Title
		1 st		
		2 nd		

Guidelines and Policies	Fees
Registration ends February 20, 2009. Walk-ins welcome.	Adult \$15
Registration is non-refundable. Make checks payable to Parent University and mail check and completed registration form to:	Children \$7 per child or \$15 per family
Karen Abry; 1033 Cormar Drive; Lake Zurich, IL 60047.	Total

Kids Club Registration: On-site child care is provided at a cost of \$7 per child or \$15 per family for ages 3-12 by PU volunteers. Children will be grouped by age, unless you request siblings to be kept together. A snack will be provided.

Name of Child	Age/Grade	Diet, Medical or Additional Concerns	On-Site Contact No.

SCHEDULE

8:00 – 8:30 am	Registration and Continental Breakfast
8:30 – 9:45 am	Session 1
9:45 – 9:55 am	Break
9:55 – 11:10 am	Session 2
11:10 – 11:20 am	Break
11:20 – 12:30 pm	Session 3

SESSION 1 DESCRIPTIONS:

1A) Managing Stress in Our Children

Dr. Hull's presentation will focus on Madeline Levine's insightful book, "The Price of Privilege." You will learn about societal, school and family factors that contribute to high levels of stress experienced by your child. Questions and open discussion will be part of the presentation as well as a list of "Parenting Do's and Don'ts" to provide you with practical advice to use with your child at home.
(Middle School through High School)

Dr. Timothy Hull, Ph.D., is a Clinical Psychologist who has been in private practice in Barrington for 22 years. He also taught at Barrington High School for 31 years and is presently a member of the Barrington School Board. Dr. Hull has previously presented on the topic of Adolescents and Stress and is part of the Barrington School District's Social-Emotional Learning Committee addressing the issue of pathological stress in our children.

1B) Your Child's Social and Emotional Development Through the School Years

On the surface, your child, during the high school years, certainly does not physically look the same as the elementary school years. But what changes have taken place in terms of a child's social and emotional development through the school years? In this session, you will learn about these social and emotional changes that have taken place over the course of your child's development during the school years and how to respond to these changes and nurture your child's emotional growth.

(Preschool through High School)

Drs. Peter Rastrelli and Josh Price are school psychologists in private practice at Psychoeducational Resource Services in Skokie. With their history of working within the public school system with children of all ages, they offer a unique perspective to parents when it comes to the developmental needs of children.

1C) Recognize and Improve the Skills Your Child Needs to Plan, Organize and Monitor Daily Activities—Executive Functioning

Executive Functioning refers to the ability of a person to use the thinking skills necessary to plan, organize and monitor daily activities. Students with weaknesses in executive functioning skills have a hard time knowing when to start something, how to plan ahead and figure out if they are doing the things the right way and at the right pace. These problems can occur with students with ADHD and with those with other learning disabilities, such as autistic spectrum disorders. This presentation will discuss recognizing signs of executive function weaknesses in your child and how you can work with your child's school to teach skills to improve your child's executive functioning.

(Preschool through High School)

Dr. Michael Frey is a Licensed Clinical Psychologist who specializes in counseling children, adolescents and their families. He has been the clinical coordinator for two Child Psychiatry Units and currently has a private practice in Arlington Heights. He also provides consultation services for several programs and school districts.

1D) All I Want is a Little Respect—Setting and Enforcing Limits

Respect from children begins with parents. Learn how to set clear limits and make them stick, as well as explore common parenting traps that get in the way of setting limits. Parents will learn easy-to-implement strategies to help build relationships with their children that will make children want to be more respectful.

(Preschool through Middle School)

As co-founders of Parenting Perspectives, Karen Jacobson, MA, LMFT, LCPC, and Lauren Bondy, MSW, have presented their original, interactive workshops and multi-week course to thousands of parents and have appeared on ABC-7's "Connect with Kids". They are experts on a wide variety of parenting topics. Karen and Lauren are passionate about helping parents enhance their parenting tools to promote healthy development and nurture the unique potential of their children. Both are certified parenting instructors through the International Network for Children and Families and affiliated members of the National Effective Parenting Initiative. Each has a private parent coaching practice. In addition, they have first-hand experience as mothers.

SESSION 2 DESCRIPTIONS:

2A) Raising Independent Problem Solvers

This interactive presentation will teach parents practical problem solving strategies that will assist their children in becoming more successful, independent problem solvers. Parents will become better equipped at helping children to identify problems, communicate desired outcomes and generate solutions.

(Elementary through High School)

Kristen Chmela, M.A. CCC-SLP BRS-FD, holds a Masters Degree from Northwestern University in Communicative Disorders, is a Licensed, Certified Speech and Language Pathologist, author, lecturer and consultant, and is a member of the initial cadre of Board Recognized Specialists and Mentors in Fluency and Fluency Disorders. She is the Director of the Chmela Fluency Center at the Central Speech and Language Clinic in Long Grove, serves as an adjunct faculty at Northwestern and is nationally and internationally recognized in her field.

2B) Maximize Your Child's Learning Potential

Recent studies in educational neurology have given rise to proven principles, strategies and tools that we can use to enrich, motivate and equip our students to become more successful learners. In this session, you will learn how the brain processes information along with practical strategies and principles that can be used with your children to maximize their learning experience and improve their educational success.

(Preschool through High School)

Jerry Clemens has taught at Lake Zurich Middle School North for 15 years and is an adjunct professor at National Louis University. He has a Master's Degree in Science Education and was trained by the Jensen Learning Group in a program called "Learning with the Brain in Mind."

2C) Cyber Bullying and Internet Safety

This session will open parents' eyes on the issues of harassment and bullying of children through social networking internet sites such as Facebook and Myspace. You will learn tools for monitoring your child's use of the internet and protecting your child from the dangerous internet predators. The program will focus on the importance of internet safety.

(Elementary through High School)

Detective Ralph Mitch, with the Lake Zurich Police Department, is currently assigned to the Criminal Investigations Division as a School Resource Officer at Lake Zurich High School. He has given numerous presentations on drug and alcohol issues and speaks to students about the importance of internet safety.

2D) Problem Solving 101: Helping Children Manage Their Emotions and Conflicts With Others

This session will help parents learn the basics of anger management, impulse control and conflict resolution. Parents will learn how to help their children manage their feelings and impulses in order to brainstorm good ideas and negotiate solutions to everyday problems and conflicts with others.

(Elementary through Middle School)

Dr. Karen Williamson is a clinical child psychologist working with children and families in her Northbrook practice. Her specialty areas include the diagnosis and treatment of attentional disorders, social skills training and cognitive behavioral work.

SESSION 3 DESCRIPTIONS:

3A) Transitioning From Middle School to High School

In this session, Dave Gardner, Principal of Lake Zurich Middle School South, will discuss the social and emotional aspects of your child's life in middle and high school outside of the academics and class requirements that parents may already know. Emphasis will be placed on the child and the influences and issues that your child faces in these very formative years. You will also learn what you can do to help your child, working with the schools, to not only get through this period in life, but do so happily and successfully.

(Middle School through High School)

Dave Gardner is the Principal of LZMS-South. He has spent 25 years in education, 11 as a classroom teacher, and 14 as an administrator in District 95. He is also the parent of 4 teenagers/young adults.

3B) Yoga--How it Can Help You Relieve Stress

This combined exercise and discussion session will be a mind and spirit workout that incorporates strength, breathing and meditative relaxation. Please wear comfortable clothing.

(Preschool through High School)

Karolina Salinas is a RYT Yoga Alliance Instructor, Mind/Body Trainer, and Pilates Reformer/Apparatus Trainer at the Midtown Athletic Club in Palatine. For more information about Midtown Athletic Club classes, please contact Rachel Hirsh at 847-654-4463.

3C) Organizing Your Kids!

We all know that getting your family organized can be very challenging. It can also be as rewarding for them as it is for you and your household. Two Professional Organizers with educational and social work degrees will present solutions for helping you manage your kids' lives, including their living spaces at home and school, and to teach your kids how to become more organized as students.

(Elementary through Middle School)

Jane Carroo from Clutter Coach Company has a degree in Communications and is a Certified Professional Organizer, a Life Coach, and a Certified Relocation Transition Specialist, helping clients organize their home and offices. Jane also helps clients with life transitions such as downsizing and relocation. Lucianne Gutman, a Professional Organizer and Clinical Social Worker, has 35 years of professional experience in the human services field. Her company, What's Organized? LLC, specializes in working with young families struggling with today's hectic pace and the burdening demands on students.

3D) Feeding Your Child With Love and Healthy Foods

Parents play a big role in shaping their children's eating habits. This presentation educates parents about proper nutrition for preschool and elementary school children and supplies them with practical strategies for a family-wide approach to healthy eating. Learn how to balance busy family schedules, child food preferences, and nutrition recommendations to ensure your family achieves a healthy relationship with food.

(Preschool through Elementary)

Shannon Moser, RD, LDN, is a Dietitian and Nutrition Consultant working with Antares Institute of Integrative Medicine & West Suburban Women's Health. She provides medical nutrition therapy and nutrition counseling for a variety of groups and individuals specializing in osteoporosis prevention, complementary nutrition, wellness, family and women's nutrition, sports nutrition and weight management.

Registration

- Complete the attached registration form and send it with your check **made payable to Parent University** to:

Karen Abry
1033 Cormar Drive
Lake Zurich, IL 60047

Do not send registration materials to your school.

- Registration closes February 20, 2009. **No confirmations will be mailed.**
- Check-in is from 8:00 a.m. to 8:30 a.m. A continental breakfast will be served.

Fees

- \$15 per person. The program fee includes a registration packet, continental breakfast, and three sessions of your choice.
- Childcare: \$7 per child with a maximum of \$15 per family.
- Financial assistance is available if needed. Call Karen Abry at 847-726-7031 for information.

Kids Club

- On-site Childcare for children ages 3-12 (no children in diapers) provided by Parent University volunteers from 8:00 a.m. to 12:30 p.m.
- Children will be grouped by age, unless otherwise specified. Planned activities include entertainment, crafts and supervised games. Children may go outside

depending on weather—please dress your child accordingly.

- A mid-morning snack will be served. If your child has food allergies, please provide your own snack.
- **NOTE:** Kids Club check-in is at Spencer Loomis Elementary School, which is connected to Middle School North.
- Childcare will only be provided for parents who have **pre-registered** their children.
- Parking is available at both Middle School North and Spencer Loomis Elementary School, which are connected buildings.

Directions to Lake Zurich Middle School North:

- From the intersection of Midlothian Road and Old McHenry Road, continue northwest on Old McHenry Road past Fairfield Road (the YMCA will be on your left) to the stoplight at the intersection of Old McHenry Road and North Abbey Glen Drive. Make a left turn at the stoplight and the school will be straight ahead (Hubbard Lane is not marked). Parking is in the rear of the school.
- From the intersection of Rand Road (Route 12) and Old McHenry Road, go southeast on Old McHenry Road to the stoplight at the intersection of Old McHenry Road and North Abbey Glen Drive. Make a right turn at the stoplight and the school will be straight ahead (Hubbard Lane is not marked). Parking is in the rear of the school.

For Further Information

- Additional questions? Please leave a message at 847-540-4702. Someone will get back to you as soon as possible.