



KANELAND

PARENT UNIVERSITY

A day of workshops designed to provide parents with information, tips, and resources regarding parenting and family topics

Saturday, January 26th, 2008

7:30 a.m. – 1:30 p.m.

Kaneland High School Auditorium
47W326 Keslinger Road
Maple Park, IL 60151

\$20 per person / \$30 per couple

Parent University

What is Parent University?

Parent University is a one-day opportunity for parents to gain knowledge and experience in parenting, supporting their children, and connecting to the community and school district.

Kaneland School District is partnering with various local community social service agencies to provide the workshops. This is the first year

Parent University is being offered in the Kaneland School District.

The day will start with a keynote speaker and then you may choose two workshops from experts in various areas. The focus is to promote positive parenting strategies, to inform parents of available local community resources, and to allow parents the opportunity to network with other parents. All parents in the Kaneland School District are invited to attend.

Barnes & Noble bookstore will offer books for purchase on subject matters relating to the information being offered in the workshops.

REGISTRATION

The cost for Parent University is \$20 per person or \$30 per couple and includes materials and refreshments. Each participant may choose one workshop from each of the two session times offered. Limited spots are available; early registration is encouraged. Participants will be registered on a first-come, first-served basis.

Please complete the registration form in this booklet and return it as indicated. Forms must be returned by January 11, 2008 to each participant's school or to the district office.

An individual confirmation will be sent to your email. No refunds will be given after January 21, 2008. Please contact Dr. Fuchs at 630-365-1111 ext. 119 with any questions.

Early bird registration is due by December 20, 2007 to be entered in the drawing to win the Grand Prize!

AGENDA

7:30 a.m. - 8:15 a.m. Check-in

8:15 a.m. – 9:45 a.m. Keynote speaker Dan Ferraro

9:45 a.m. – 10:00 a.m. Break

10:00 a.m. – 11:15 a.m. Session I

11:15 a.m. – 11:30 a.m. Break

11:30 a.m. – 12:45 p.m. Session II

12:45 p.m. – 1:30 p.m. Resource Fair

KEYNOTE SPEAKER

8:15 a.m. – 9:45 a.m.

Dan Ferraro

“How to Protect Your Kids on the Internet”

Daniel F. Ferraro, Jr. is the Deputy Chief of Investigations for the Illinois Attorney General's Office. He is detailed to the High Tech Crimes Bureau which specializes in Computer Crime Investigation, with a focus on Internet Crimes Against Children. Daniel oversees the Computer Forensic Unit and has over 13 years of law enforcement experience with the Attorney General's Office and the Downers Grove Police Department. He is also the Director of the Illinois Computer Crime Institute, which is tasked with educating law enforcement personnel throughout the state in the area of computer crime investigations.

Ferraro will address Internet blogs, instant messaging, chat rooms, cyberbullying and social networking sites such as MySpace, Facebook and Xanga, that attract young people and provide a forum for them to share personal information. Parents will learn how to “google” their children to see what information is available about them online. They will also be given pointers on talking to their children about online dangers and how to avoid them.

Parent University

Session I

10:00 a.m. – 11:15 a.m.

Early Childhood Focused Sessions

EC11 **1-2-3 Magic: Positive Discipline**

Presenter: Melissa Sofia, LCSW, School Social Worker, Kaneland School District #302

It's not easy being a parent, and handling the disrespectful outbursts of children in a reasonable, unemotional manner when they're acting up. 1-2-3 Magic addresses the difficult task of child discipline with humor, keen insight and proven experience. This time-tested program provides easy-to-follow steps for disciplining children aged 2 and up without yelling, arguing or spanking. You'll also learn when--and how--your silence can speak louder than you think. Join us for discussion and sharing.

EC12 **ABC's of Early Literacy**

Presenters: Teresa Konen and Linda Zulkowski, Literacy Coaches/Reading Specialists, Kaneland School District #302

Come join a discussion about the four components of early literacy: reading, writing, listening and speaking. Tips and resources will be provided on how to enhance and assist your child's developmental growth.

EC13 **Developmental Delay – “What to do?”**

Presenter: Sarah Meyers, M.A, CCC-SLP/L and Ann Tockstien, OTR-L, Kaneland School District #302

This session will be beneficial for parents of children ages 3-5 who have a developmental delay. The focus will be on speech and language delays as well as sensory and motor delays. Ideas will be provided on what to do to help your child overcome his/her delays.

EC14 **Learning Through Play**

Presenters: Kim Korst and Jan Gramley, Early Childhood Teachers, Kaneland School District #302

You would be surprised how many different ways you can play with your child to enhance learning! This session will be about the importance of play for young children and the many ways you can nurture the development of your child through play. Ideas will be given on ways to work on developmental concepts (ex. colors, counting) while your child is playing. Additionally, parents can come learn about all of the household items that you already have at home that are surprisingly helpful in your child's development. (ex. cookie sheets, laundry) Learning can be fun and this session will help to strengthen the home and school connection through the fundamentals of play.

Elementary School Focused Sessions

EL11 **Brain Research and Me?**

Presenter: Sarah Linden, Teacher, Kaneland School District #302

Discover how studying the brain can impact the way we teach and learn. Find out about brain based learning. Practical brain based learning strategies can be applied at home as well as at school. Join me – Sarah Linden, third grade teacher at Kaneland John Shields Elementary, for an interesting look at thinking and learning!

EL12 **Distractible/Impulsive Children: Understanding & Living with Children Who May Have ADHD**

Presenter: Tom Dewese, LCSW, ACSW

This presentation will address the signs and symptoms of ADHD, assessment procedures, types of treatment, and common challenges faced by parents of children who may have ADHD.

EL13 Family Fun Nights: The Ins and Outs

Presenters: Christine Hittmeier and Megan Looney, Literacy Coaches, Kaneland School District #302

Do you feel like your family is running helter-skelter throughout the week and you are looking for a way to spend some quality time together? This session will provide families the opportunity to discuss how to plan a family fun night; the challenges that may arise when planning and implementing them; as well as providing an opportunity to share some fresh fun ideas that will help to create a family tradition that you and your children will remember and cherish for years to come.

EL14 Homework Helpers K-5

Presenters: JoAnn Hartman, Anna Richards, Lynda McGowen, Teachers, Kaneland School District #302

Do you often think "I did not learn this that way? Well, this is the session for you. This will give parents tips on how to assist their child with homework at the K-5 grade levels. The session will also discuss good study habits and how to set the climate that is just right for homework in your home. It is best to start a good homework habit young and we will help you do just that in your house!

EL15 Raising Self-Sufficient And Responsible Children

Presenter: Claudia Evenson, CSADC, Rosecrance Health Network

In this presentation Claudia will offer parents pragmatic ideas and behaviors that will encourage children to learn to take responsibility for themselves. Parents will be offered tools that will assist them in teaching skills and thought provoking questions about parenting in today's culture. Claudia has a sense of humor about parenting as she has raised 4 children herself. Claudia has been teaching this course for 15 years to parents and receives positive feedback about her style of speaking.

EL16 Sexual Abuse Prevention

Presenter: Mutual Ground, Aurora, IL

Sometimes the discussion of sexual abuse is a difficult one for parents. Your school has partnered with Mutual Ground Inc. to assist you and your child with information that can help in the prevention of sexual abuse. Topics to be covered in this session include: sexual abuse statistics, victim/offender characteristics, risk reduction/prevention strategies, consequences of child sexual assault, tips for parents, what to do if a child discloses sexual assault. *(Session 1 only)*

Middle School Focused Sessions

MS11 Drug and Alcohol Awareness for Teen Parents

Presenters: Lt. Kevin Stutz and Lt. Don Kramer, Kane County Sheriff's Department, Community Policing Unit

Drugs and Alcohol are available to our teens and create a dangerous climate for social interaction. Parents can not supervise their teens 24 hours a day and must be aware of situations when teens are most vulnerable to peer-pressure to use drugs and alcohol. Group discussion will focus on how to observe signs of drug use and how to talk to your teen about drugs and alcohol use. *(Session 1 only)*

MS12 **Easing the Teasing**

Presenter: Judy Freedman, MSW, LCSW

Teasing is a universal and widespread problem, and it cannot be completely prevented. Although children are unable to control what others say or the actions of the teasers, they can learn to control their own responses and reactions, which will "ease the tease." Parents can teach kids simple strategies that will empower them and reduce feelings of helplessness. The presentation addresses three types of teasing vs. bullying, reactions to and prolonged effects of teasing, what children are teased about, why children tease, the EASING THE TEASING strategies, and the importance of activating the bystanders to stand up and speak out, rather than stand by. *(Session 1 only)*

MS13 **Effective Communication with Teens**

Presenter: Lora Windsor, LCSW, CADAC, CT

Each teen is different. Some are silent. Others are chatty, elusive, expressive, bold, manipulative, impatient, or angry. Many are moody and change throughout the day. Communication that works with one teen might not work with the next. This workshop focuses on eight tips for effective communication that will enhance the teen's strengths, help prevent potential problems, and communicate the emotional connection that teens want (even though they often give the impression that they don't!). Workshop includes barriers to communication that shut a teen down, as well as additional tips for individual situations. You'll leave this workshop with ideas to implement today! Facilitator Lora Windsor, LCSW, CADAC, CT, has been working with adolescents and parents for more than ten years, and currently has a private practice in Geneva.

MS14 **Let's Talk About Sex: A Guide for Parents of Adolescents and Teens**

Presenter: Patricia Cunningham

In this workshop, parents will learn why it is important to talk about sex and will explore issues facing adolescents.

MS15 **Top Money Lessons to Teach Your Kids**

Presenter: Lisa Cavalier, AAMS, Financial Advisor, H&R Block Financial Advisors

Fiscal responsibility - lessons to teach your children. Teach kids while they are young and the stakes are low so they won't think fiscal responsibility means saying please when they ask for money. This session will focus on creative approaches to teach your children about money on how to budget, save, and invest.

High School Focused Sessions

HS11 **Diversity and Life as a High Schooler**

Presenter: Ian Smith, Kaneland School District #302

This session will focus on the life of a high school student and the influences of external forces on their lives (i.e.: diversity, gangs, friends and music). We will examine cultural differences and the impact it will have on the lives of the student.

HS12 **Getting Ready for College: Making the Right Choice for Your Child's College**

Presenter: Cindy Violett, Guidance Counselor, Kaneland School District #302

This session will focus on the big decision, what college to attend and why it is a great fit for your child. Participants will explore the different post-high school choices that are available to students and how to think through all choices. The facilitator will present core questions to consider when taking the next step in selecting a job or college for your child.

HS13 **Self-Injury**

Presenter: Patrick Trapp, LCSW, Kaneland School District #302

A recent study on high school students showed that as many as 45% had engaged in some form of at least mild self-injury in the previous year. Sixty percent of these engaged in moderate/severe forms of self-injury including cutting skin, burning skin, giving self a tattoo, scraping skin, or using a pencil to erase skin. Minor forms of self-injury consisted of behaviors such as pulling out hair, biting self, or picking at areas of the body to the point of drawing blood. Results from the study indicated that adolescents are engaging in self-injury for several reasons, including both regulating their own internal emotional states and trying to manage situations in their environment. Once thought of as a phenomenon only found in teens with mental health issues, the results support the notion that a number of adolescents in the community are self-harming as way to cope with normal emotional distress. This presentation is tailored toward parents, teachers and friends of individuals who self-injure and how we can be of support in the least threatening way.

HS14 **Social Networking**

Presenter: Phil Morris, Manager of Technology, Kane County Regional Office of Education

This presentation gives parents the opportunity to learn about several different social networking sites available. It is known that MySpace.com is the most popular social networking site and continues to grow. During this session parents will have the opportunity to see a live demonstration, learn about various sites that are active, receive tips on monitoring, and have the opportunity to ask questions about other Internet issues.

ALL: Sessions with a K-12 Focus

A11 **Buying and Maintaining a PC**

Presenter: Anna Schwein, Computer Technology Instructor, Kaneland District #302

Are you in the market for a new computer? Come and learn the best way to go about choosing your new system. Learn what questions to ask and what sales gimmicks to avoid. Once you get that new system home you will want to optimize its performance and protect it from spyware and other malicious code. Best practices for optimization, maintaining, and protecting your system will be discussed.

A12 **Family Safety**

Presenter: Local Fire Departments

In this day and age family safety is always on the minds of parents. Come to this session to learn tips on how to keep your family safe at home and at play. The presenters will discuss fire safety and planning for a fire exit plan from your home, as well as keeping lines of communication open during accidents in your home and at play. The session will also cover basic first aid for families and tips to keep your home a safe and happy environment for all.

A13 **Helping Blended Families**

Presenter: Heartland Counseling

In recent years, couples that have divorced and remarried have become nearly as common as couples that have been married only once. While remarriage may be a positive and exciting step for the couple, life can be made much more complicated by the blending of two different families. Difficult relationships between step-parents and step-children stress everyone in the family. Conflict or distrust between step-siblings can also make life difficult. Some second marriages end because the two families could not find a common ground. Children in unhappy blended families can feel that they have lost their parent for a second time. This workshop will focus on helping blended families cope with change and loss, developing realistic expectations for blended family life, developing new and

appropriate shared rules and boundaries, reconciling different expectations and histories, managing loyalty conflicts and communicating in healthier ways for a happier blended family.

A14 **Stress Relief for Families**

Presenter: Jennifer Taylor, Certified Life Coach

Stress comes in all sizes and strikes all families. Although we can't avoid stress, we can be better equipped to handle stress. Tai Chi is a combination of low impact exercise, martial arts, dance and stress reduction. It is slow moving which means everyone can do Tai Chi, and Tai Chi benefits every system in your body. In this session, you will learn some basic Tai Chi and go home with a new tool to help you handle the stress that comes your way.

A15 **Teaching Our Children to be Respectful in a Very Rude World**

Presenter: Char Wenc, Author, Clinical Counselor

We do make a difference in our children's lives. We do not simply work with children. We are powerful agents for the formation of our country's future. Our challenge as teachers is to guide our students to be respectful in this individualistic and often rude world. Char Wenc is an award winning educator with teaching experience that spans thirty years and encompasses all levels of education from primary to graduate school, Char will energize and empower you with practical techniques and information to teach your students the power of respect and consideration.

*Respect is what we model, responsibility is what we give.

*We are all unique and deserve respect.

*Learn practical skills that teach students the value of respecting others and themselves.

A16 **The Worried Child**

Presenter: Dr. Christine Hibbard, Ed.D., L.C.P.C.

Childhood anxiety disorders often go unrecognized and untreated because of the belief that they are harmless and children will grow out of them. Yet anxiety problems in children and teens can affect their academic motivation, learning ability, memory, social skills, concentration, attention and sleep. In their more severe forms, they can steal hours from a child's day, consuming it with rituals, fretting and the "what ifs".

This workshop will address issues such as "What is normal anxiety and when does it go over the line to become a problem?" How does it show in children and teens? What are common anxieties? How do biology, temperament and environmental stress contribute? What can parents specifically do to teach their child to cope with anxiety, the specific problems that accompany it, and diminish its effects.

Dr. Hibbard has been in private practice 23 years where she works with children and adolescents on a variety of issues. Her observations have been that "the worried child" is one of the most common problems faced in the counseling setting. Parents can expect to leave with an understanding of what anxiety is, what causes it, and specific strategies to lessen its effect.

A17 **Understanding the Mypyramid and What it Means for Your Child**

Presenter: Shannon McCall, Education Specialist, Delnor Community Hospital

Ever wondered how much food to put in your child's lunch? What is healthy for my child to eat? Am I doing the right things to promote healthy living for my child? The Mypyramid is the healthy lifestyle model from the U.S.D.A. to promote overall health and wellness. This program will help you understand how to utilize this model to encourage your children to want to make the healthy choices they need.

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Session II

11:30 a.m. – 12:45 p.m.

Early Childhood Focused Sessions

EC21 **1-2-3 Magic: Positive Discipline**

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EC25 **Stranger Danger: Kids Safety Tips for Parents**

Presenters: Lt. Kevin Stutz and Lt. Don Kramer, Kane County Sheriff's Department, Community Policing Unit

The Stranger Danger program promotes safety tips that parents need to know when their children leave the safety of the home. The program will address safety concerns in your neighborhood, at school and while visiting other homes. Discussion will also focus on what information parents need to cover with their children before danger presents itself and situations that children need to avoid. *(Session 2 only)*

Elementary School Focused Sessions

EL21 Brain Research and Me?

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MS22 **Let's Talk About Sex: A Guide for Parents of Adolescents and Teens**

Presenter: Patricia Cunningham

In this workshop, parents will learn why it is important to talk about sex and will explore issues facing adolescents.

MS23 **Parenting the Middle Schooler and Surviving**

Presenter: Char Wenc

For over 25 years, Char Wenc has been educating parents with her thoughtful, effective, and often humorous advice on how parents and teens can survive and thrive in today's often chaotic world. The author of two critically acclaimed books: *Parenting-Are We Having Fun Yet?* and *Cooperation: Learning Through Laughter*, Char reminds us all that there is no such thing as a perfect parent...or a perfect child. Come experience the energy and magneticism of this award winning author and educator. Her lively program will help us gain a greater understanding (and often laugh) about the many challenges and frustrations that we parents face during the teen years of our children. *(Session 2 only)*

MS24 **Personal Boundaries: A discussion involving Bullying, Relational Aggression and Sexual Harassment**

Presenter: Mutual Ground, Aurora, IL

This session will highlight the behaviors that constitute Bullying, Relational Aggression and Sexual Harassment. The focus will be on assisting children with developing healthy personal boundaries, and communication strategies. *(Session 2 only)*

MS25 **Top Money Lessons to Teach Your Kids**

Presenter: Lisa Cavalier, AAMS, Financial Advisor, H&R Block Financial Advisors

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Presenter: Local Fire Departments

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A27 **Using the Internet to Help Your Student Succeed**

Presenter: Anna Schwein, Computer Technology Instructor, Kaneland District #302

There are so many cool tools and other extremely helpful resources on the Internet for students of all ages. Come and learn about some of these tools. Also, learn how to use productive key words to get the results you want from your Internet searches so that you can quickly find additional tools and helpful information on your own.

RESOURCE FAIR

Come join the fun and get to know resources in your own communities. The resource fair will be held from 12:30 to 1:30 PM and will include many booths displaying business, services, and products that you can find right here in the Kaneland area. Please stop by and join the fun. There will also be a prize drawing at the end of the fair, but you must be present to enter.



Thank you to everyone who participated in creating Parent University. Without your generous support, this event would not be possible.

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Information about Parent University is available on the Kaneland website at:

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