

The Parent Education Program at Children's Health Council (CHC) offers parenting classes that cover a wide variety of topics about children from birth through adolescence. As a parent, you may need advice and guidance to help your child through unfamiliar situations during various developmental stages. Our goal is to provide you with ideas and information to support your involvement in the growth and development of your child.

Class registration is now available.
Winter-Spring quarter classes begin on January 7, 2009.
Financial assistance is available for all classes.

Classes are held at Children's Health Council, 650 Clark Way, Palo Alto, CA 94304.
 For directions to CHC and a printable map, visit: www.chconline.org/pdf/CHC_map.pdf.

The mission of Children's Health Council is to make a measurable difference in the lives of children and their families who face developmental, behavioral, emotional and learning challenges.

For more information about the Parent Education Program and the many services offered at the Children's Health Council, visit our website at www.chconline.org.

If your school, parents' group or business is interested in a parent education speaker or series of classes at your location, CHC presenters have expertise in a wide range of topics relating to children. For more information, contact Sue Garber, Parent Education Coordinator, 650.617.3845 or e-mail: sgarber@chconline.org

Resource Center

The Parent Resource Center at the Children's Health Council features an extensive collection of books on subjects ranging from common parenting issues to more specialized topics such as autism, Asperger's, depression in children, bipolar disorder, eating disorders, ADHD, learning differences and speech and language disorders. Materials may be borrowed for up to two weeks.

Parent Coaching Sessions

Parent Education offers individual, educational parent coaching sessions. Specialists are available to meet with parents who are concerned about typical developmental stages, sleep problems, difficulties with limit setting, attention in school and homework issues.
Fee: \$75/hour for one or both parents
 To arrange for an individual coaching session, call Teresa Borden at 650.617.3806 or e-mail: parented@chconline.org.

Megan Allen, Ph.D.

Dr. Allen is a licensed psychologist at Children's Health Council. She obtained her Ph.D. from the Clinical, Counseling, and School Psychology Program at UCSB. Dr. Allen has expertise working with children with autism spectrum disorders and anxiety disorders.

Corinne Callan, M.Ed.

Educational Specialist, Children's Health Council
 Corinne has been an educational specialist at CHC for 7 years. Her areas of special interest are autism and reading disorders. Corinne graduated from the University of Alberta with a Masters degree in education, with a major in special education. Her first child received a diagnosis of autism when he was three. Corinne's interest in special education was the springboard she used to learn as much as possible about individuals with autism and the tools that can be used to teach them.

Steven Corelis, M.A., E.T.

Steve taught public school for 27 years and has been an Educational Therapist for 15 years. He has a private practice, helping students with learning differences use their learning strengths to compensate for areas of weakness.

Karin Crosby, L.C.S.W.

Karin is a Licensed Clinical Social Worker who has had a private therapy practice for 18 years. She has experience helping individuals, couples and families.

Sue Garber, M.A.

Parent Education Coordinator, Children's Health Council
 Sue has developed parenting curricula and has presented workshops for parents of children from preschool through high school age. As a learning specialist in public and private schools, she provided assessment services and educational therapy for children with learning differences. Sue manages the Parent Resource Center and provides individualized parent coaching.

Karen Grites, M.S.

Director of Educational Services, Children's Health Council, Site Director, PDP Schools Attuned®

Karen has worked in the field of special education for over 35 years, as a teacher and an educational diagnostician. She developed the Returning to School program for medically fragile children and is one of only a few national experts who train facilitators for Dr. Mel Levine's Schools Attuned® program.

Hand in Hand

Hand in Hand, founded by Patty Wipfler, developed the program, Parenting by Connection. This program includes the booklet series "Listening to Children," which received the National Association of Parent Product Awards, NAPPA Gold Award in 2006, and has been translated into 11 languages. Hand in Hand and CHC offer regularly scheduled collaborative programs.

Shelley Haven, ATP, RET

Certified Assistive Technology Practitioner and Rehabilitation Engineering Technologist

Shelley has worked for over 20 years helping individuals with physical, sensory, cognitive, and learning disabilities to unlock their potential with assistive technologies. She has provided training to dozens of school districts and most recently coordinated assistive technology resources and services for Stanford University.

Cynthia Klein, B.A.

Certified Child Guidance Specialist

Cynthia has facilitated over 200 parent education classes at schools, businesses and with individual families. She specializes in the development of curricula related to parenting.

Linda Krenicky

Certified Positive Discipline Associate

Linda has facilitated adult learning for more than 25 years, both in the corporate and non-profit worlds. She believes we learn from each other, and actively engages participants in her workshops and classes.

Ann E. Lyke, M.Ed.

Ann is the lead clinician in the Education, Assessment and Treatment Department at Children's Health Council. She has extensive experience in working with children of all ages and abilities. Ann has completed all Making Math Real courses and has a particular fondness for helping kids who are anxious about learning math.

Tricia Peterson, M.A., MFT

Tricia is a licensed Marriage & Family Therapist with a private practice in Campbell. She has taught and implemented the 'Bully-Proofing Your School' program by Creating Caring Communities to students for five years. She coaches parents in effective intervention skills to help their children in bullying situations and trains school personnel in the implementation of a caring and safe school environment and curriculum.

Erin Powers, M.Ed., BCET

Erin is a board certified educational therapist, and holds credentials in general education and special education. She has been a teacher and learning specialist in schools and maintained a private practice. She teaches graduate level classes in the area of ADHD and specializes in working with ADHD students in her private practice.

Melissa Risdon, B.S.

Certified Life Coach

Melissa has facilitated workshops with teenage girls in multiple organizations in the Bay Area. She specializes in the helping teenager girls create new and empowering strategies to live their lives with fulfillment, passion and purpose.

Erin Shinn, M.Ed.

Since earning a Masters of Education at the Harvard Graduate School of Education and a Special Education teaching credential from Cal Poly, Erin Shinn has been working as an Educational Specialist at Children's Health Council. She completes educational testing as a part of interdisciplinary team evaluations. Erin also provides individual and group educational therapy primarily to middle and high school students. Her areas of interest include learning disabilities, ADHD, special education law, and transition planning.

Kandice L. Stellmon

Certified Nutrition Educator and Consultant

Kandice graduated from Bauman College of Holistic Nutrition and Culinary Arts. She specializes in pediatric nutrition, with areas of focus including: food allergies and sensitivities, developmental disorders, weight management, eating disorders, prenatal nutrition and well child nutrition. Kandice teaches her clients about healthy eating and ways to implement these ideas into their daily lives. She is a member of the National Association of Nutrition Professionals.

Parent Education Staff Winter-Spring 2009

Parent Education at Children's Health Council

How to Register & Other Information

Call: Teresa Borden at 650.617.3806
 Fax: Registration to CHC at 650.688.3669
 e-mail: parented@chconline.org (registration form will be e-mailed)
 Registrations, with check or credit card information, will be processed in the order in which they are received. You will receive confirmation of your registration.

Pre-registration is required for all classes.

Financial assistance is available.

Walk-ins for paid classes will be accepted on a space available basis.

Registration is required for all free classes. Please call 650.617.3806 or e-mail: parented@chconline.org to RSVP for free classes.

Cancellation Policy: If you are unable to attend a class, you must notify our office 3 working days prior to the class session in order to receive a full refund. If you cancel after that time, you will receive a full refund minus a \$10.00 administrative fee.

Classes are held at Children's Health Council, 650 Clark Way, Palo Alto, CA 94304.

For directions to CHC and a printable map: www.chconline.org/pdf/CHC_map.pdf.

Registration Information

Parent Name(s) _____
 Evening Phone _____
 Day Phone _____
 e-mail _____
 Home Address _____
 City _____ State _____ Zip _____
 1st Child's Name _____
 Age _____ Grade _____ Birthdate _____
 2nd Child's Name _____
 Age _____ Grade _____ Birthdate _____

Class #	Name of person taking class	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____
		Total _____

Payment Information

Check enclosed
 Please make payable to Children's Health Council

Credit Card (please circle one)
 MasterCard / Visa

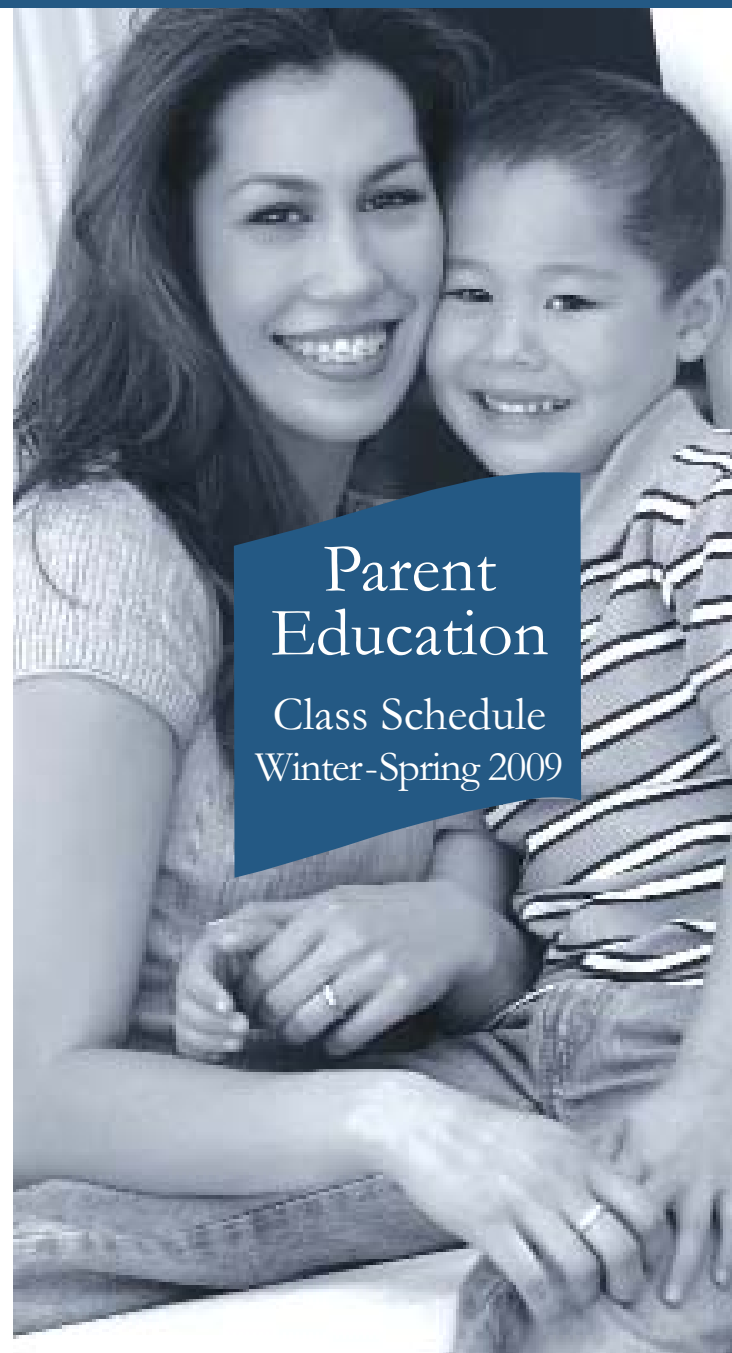
Card # _____
 Exp. Date _____
 Name on Card _____
 Signature _____

Billing Information (if different from above):
 Address _____
 City/State _____ Zip _____
 Phone _____

Non-Profit Organization
 U.S. Postage
 PAID
 Palo Alto, California
 Permit No. 20

THE CHILDREN'S
 HEALTH COUNCIL
 Help for kids, answers for families
 650 Clark Way
 Palo Alto, CA 94304
 Parent Education: 650.617.3806
www.chconline.org

Parent Education
 Many Classes are FREE
 Register Now



Parent
 Education
 Class Schedule
 Winter-Spring 2009

THE CHILDREN'S
 HEALTH COUNCIL
 Help for kids, answers for families

January

Homework 911! Help Your Child with Homework and Organizational Skills (3rd – 8th grade)

Class #1 – 1 session

Wednesday, January 7, 7:00 – 9:00 p.m.

Instructor: Erin Powers, M.Ed., BCET

Does your child spend more time getting started on homework than actually doing it? How involved should parents be helping their child with homework? Learn how to minimize homework stress and help your child develop systems to organize homework, assignments and materials.

Fee: No fee (pre-registration is required)

Reducing Stress in Your Teen

Class #2 – 3 Sessions

Thursdays, January 8, 15, 22, 7:00 – 9:00 p.m.

Instructor: Cynthia Klein, B.A.

If your teen feels overwhelmed or stressed out and you want to know how to help, this is the class for you. You will learn how to boost your teen's resiliency and ability to solve problems, so he/she can relax and think more clearly about life choices.

Fee: \$90 for the 1st parent

\$150 for both parents (discount on 2nd parent's fee)

Pivotal Response Treatment for Children with Autism Spectrum Disorders

Class #3 – 1 session

Wednesday, January 14, 7:00 – 8:30 p.m.

Instructor: Megan Allen, Ph.D.

Children with autism spectrum disorders have difficulties developing and using language, initiating and sustaining social interactions, and regulating their behavior. Pivotal Response Treatment (PRT) is a behavioral and developmental treatment that targets pivotal areas of a child's development such as motivation, language, self-management, and social behavior. This treatment uses a family-based approach and parents are taught how to use these techniques to further their child's development. We will review PRT and discuss how these techniques can be incorporated into a child's home environment.

Fee: No fee (pre-registration is required)

A Weighty Issue – Helping Your Overweight Child

Class #4 – 1 session

Wednesday, January 21, 7:00 – 9:00 p.m.

Instructor: Kandice Stellmon, Certified Nutrition Educator and Consultant

With childhood obesity on the rise and fad diets around every corner, it can be difficult to know how to help and guide your overweight child towards a healthier life. During this class, we will discuss diet and lifestyle principles for achieving and maintaining healthy weight as well as discuss tips for teaching our children how to make healthy choices long term.

Fee: No fee (pre-registration is required)

Math Conquerors!: 4th and 5th graders (and a parent)

Class #5 – 6 sessions

Thursdays, January 22, 29, and February 5, 12, 19, 26, 6:00 – 7:15 p.m.

Instructor: Ann E. Lyke, M.Ed.

In this interactive parent and child class, your child will practice the multiplication and division facts through the use of games and other fun activities. This review group is for students who have not fully mastered memorizing the basic multiplication and division facts. Through a visual mnemonic technique and a variety of games, the kids will have an opportunity to practice these math facts in a fun, supportive environment.

Fee: \$125 per parent/child pair

Note: Class size is limited to 6 students and their parents

(please do not bring siblings unless they are enrolled in the class).

I STILL Hate Homework:

(parents attend with their child, 4th – 8th grade)

Class #6 – 1 session

Wednesday, January 28, 6:30 – 8:30 p.m.

Instructor: Erin Powers, M.Ed., BCET

In this workshop, you and your child will work together to learn new strategies to manage homework more effectively. You will learn how to avoid the battles and tantrums that often accompany homework time. You also will learn to work with your child developing homework agreements, positive study environments and an understanding of how to help your child overcome obstacles.

Fee: \$20 per parent/child pair

February

Transition Planning: After High School

Class #7 – 1 session

Wednesday, February 4, 7:00 – 8:30 p.m.

Instructor: Erin Shinn, M.Ed.

Thinking about what will happen after high school is overwhelming and sometimes scary. Knowing what to expect can alleviate the anxiety. This class is designed as an introduction to transition planning for students interested in job training, community college, and/or a four-year university. Parents will receive a transition timeline and general checklist of activities such as identifying areas of strength and interest, finding job training or internship opportunities, obtaining disability documentation, and taking standardized/entrance exams. For parents of students with an Individualized Education Plans (IEP), this class will also cover tips for developing a comprehensive Individualized Transition Plan.

Fee: No fee (pre-registration is required)

Organizational Skills (4th grade through middle school)

Class #8 – 1 session

Monday, February 9, 7:00 – 9:00 p.m.

Instructor: Steven Corelis, M.A., E.T.

This presentation is designed to help parents understand and respond to the organizational challenges students face each day, in and out of school. The emphasis will be on working with your child on the art of organizing. Tips and strategies will be shared including how best to work with the school.

Fee: No fee (pre-registration is required)

Parents and Daughters – The Roller Coaster Years: Letting Go and Staying Close (ages 11 – 14)

Class #9 – 3 sessions

Wednesdays, February 11, 18, 25, 7:00 – 9:00 p.m.

Instructor: Cynthia Klein, B.A.

While your young adolescent daughter adjusts to the many physical, emotional and social changes associated with her age, she is also struggling with the desire for more independence. We will explore some of the reasons behind a young adolescent daughter feeling like “you just don't understand,” and examine the thoughts and feelings contributing to conflict. You will learn how to help your daughter think about her struggles and make healthy choices. This is a great way to help her navigate through the tumultuous adolescent years.

Fee: \$90 for the 1st parent

\$150 for both parents (discount on 2nd parent's fee)

Note: This class is for parents only.

Parenting from the Same Page (toddlers through school age)

Class #10 – 6 sessions

Tuesdays, February 17, 24 and March 3, 10, 17, 24, 7:00 – 9:00 p.m.

Instructors: Hand in Hand

This class is for parents, step-parents, grandparents and professionals who work with families. The class will focus on ways to work together to build emotional understanding. We will examine principles and practices of Parenting by Connection, which puts the close relationship between a parent and child at the center of parenting decisions. The emphasis of this series will be placed on the challenges of parenting as a team.

Fee: \$200 for the 1st parent

\$340 for 2 parents (discount on 2nd parent's fee)

March

Laughter and Limits Skill Building for Dads

Class #11 – 4 sessions

March 5, 19, April 2, 16 (every other week) 7:00 – 9:00 p.m.

Instructors: Hand in Hand

Learn to use practical Parenting by Connection Tools within your family. Dads will practice Setting Limits as well as deepen their understanding of Play that Builds Strong Relationships. Each meeting will include coaching, answering questions and time to talk about the specific challenges of your family. Stepfathers, expectant fathers and grandfathers are welcome.

Fee: \$120

Mother and Daughter Together Morning: Keeping the Bond While Letting Go (moms attend with their daughters ages 12 – 14)

Class #12 – 1 session

Saturday, March 7, 10:00 a.m. – 12:30 p.m.

Instructors: Cynthia Klein, B.A. and Melissa Risdon, B.Sc.

Spend a couple of hours on Saturday morning with your daughter learning how to manage conflict and strengthen your relationship.

Your daughter will have an opportunity to share her thoughts as you listen and build greater trust between the two of you.

Fee: \$65 per parent/child pair

Attention: How it Impacts Learning and Ways to Help Your Child Improve

Class #13 – 1 session

Wednesday, March 11, 7:00 – 9:00 p.m.

Instructor: Erin Powers, M.Ed., BCET

When we ask our kids to “pay attention” or “focus” what exactly are we asking them to do? How do our expectations of children's attention match their individual personalities and learning styles? You will learn how to understand the neurodevelopmental underpinnings of attention, identify your child's strengths and weaknesses within the area of attention, have a basic understanding of the defining criteria for ADHD, identify red flags in your child and help decide if evaluation is required.

Fee: No fee (pre-registration is required)

How Does My Child Learn Best? Develop an Individualized Learning Profile With Your Child (4th – 8th grade)

Class #14 – 1 session

Dates: Saturday, March 14, 10:00 a.m. – 12:00 p.m.

Instructors: Sue Garber, M.A., Karen Grites, M.S.,

and Erin Powers, M.Ed., BCET

In this class, parents and children will be taught separately. Parents will learn to identify their child's learning style, while the children will be exploring methods and strategies that help them learn and remember information. You will leave with a personal strength-based analysis of how your child learns best and the strategies that will support his/her success. Each parent and child will receive a book by Dr. Mel Levine that describes the various ways that different children learn.

Fee: \$200 per parent/child pair

Taking Charge of my Life: Stressed Out Teenage Girls

(girls ages 14 – 18 – high school)

Class #15 – 1 session

Monday, March 30, 6:30 – 8:30 p.m.

Instructor: Melissa Risdon, B.S.

Teenage girls are going through physical, emotional and social changes. They are finding out who they are, doing their best to get good grades, dealing with peer pressure and the responsibilities of independence. These events add stress to their lives. This class will help teenage girls learn the tools to create strategies for how to deal with the stress of being a teenager and leave with skills to help build their future success and fulfillment.

Fee: \$20

April

Positive Discipline (K – 5th grade)

Class #16 – 4 sessions

Mondays, April 6, 13, 20, 27, 7:00 – 9:00 p.m.

Instructors: Sue Garber, M.A. and Linda Krenicky, Certified Positive Discipline Associate

Tired of morning hassles and bedtime struggles? Would you like to solve family problems without tears or yelling? This Positive Discipline workshop offers simple, practical methods for resolving many family issues. Based on the work of Dr. Jane Nelsen, participants will learn the value of: kindness and firmness at the same time, family meetings, focusing on solutions (rather than punishment), and discipline that teaches.

Fee: \$120 for the 1st parent

\$200 for both parents (discount on 2nd parent's fee)

Who's in Charge? Disciplining the Middle School-Aged Youth (ages 10 – 14)

Class #17 – 4 sessions

Tuesdays, April 7, 14, 21, 28, 7:00 – 9:00 p.m.

Instructor: Cynthia Klein, B.A.

Take charge of your family by learning parenting tools that will lead to more cooperation during the preteen years and beyond. You will develop a family plan, clearly set non-negotiable rules and learn how to negotiate new freedoms as your child becomes more independent.

Fee: \$120 for the 1st parent

\$200 for both parents (discount on 2nd parent's fee)

Tech to Success! Demystifying Reading/Writing Software for Learning Disabilities

Class #18 – 1 session

Saturday, April 11, 9:30 a.m. – 12:30 p.m.

Instructor: Shelley Haven, ATP, RET,

Assistive Technology Consultant

Multi-featured software like WYNN, Kurzweil 3000, Read & Write Gold, and SOLO helps struggling readers listen to and comprehend text. But what else can the programs do, and how do they differ? More importantly, which one best serves your needs? This class examines how the various software features address particular learning challenges, as well as demystifies important related issues: where to get books in digital format, different “flavors” of e-books and audiobooks (e.g. DAISY, RFB&D AudioPlus), simpler or lower cost alternatives to consider, and what “scanning a book” into your computer involves. Live demonstrations, a handout, and trial software will give parents the basics to get students reading.

Fee: \$30

Bully-Proofing Your Child (grades 1 – 4)

Class #19 – 3 sessions

Wednesdays, April 15, 22 and 29, 7:00 – 9:00 p.m.

Instructor: Tricia Peterson, MFT, Certified Bully-Proofing Trainer/Consultant

Childhood bullying is an aggressive act, not just a harmless, normal part of growing up. It often requires adult intervention and specific social and emotional skills. You will learn strategies to help your child develop positive problem-solving skills, in order to take a stand against bullying in a safe, pro-social manner. Help your child cope with social alienation: (cyber-bullying, cliques, gossip, excluding, and sports situations), verbal and physical aggression; intimidation; racial and ethnic harassment; and sexual harassment during the elementary school years.

Fee: \$90 for 1st parent

\$150 for both parents (discount on 2nd parent's fee)

May

Tech to Success! Assistive Technology for Notetaking, Organization, and Writing (middle school to high school and college)

Class #20 – 1 session

Saturday, May 9, 9:30 a.m. – 12:30 p.m.

Instructor: Shelley Haven, ATP, RET,

Assistive Technology Consultant

Students with learning disabilities often struggle with “knowledge management” – gathering and organizing information from numerous sources (class notes, books), brainstorming and refining ideas, and putting thoughts into words. This class explores technology to help students manage and express more clearly what they learn, including: notetaking software, digital pens that “record” handwritten notes, graphic organizers, specialized word finders, talking word processors, and grammar checkers. We will also cover technology to aid the physical process of writing (portable writing systems, speech recognition). Live demonstrations, a handout, and trial software will help parents understand where to explore further.

Fee: \$30

Autistic Learning Profiles

Class #21 – 1 session

Monday, May 11, 7:00 – 8:30 p.m.

Instructor: Corinne Callan, M.Ed.

The learning profile of a child with autism often includes challenges in the areas of language, abstract thinking skills, and understanding the gestalt, or whole picture, of any given situation. Relative strengths include learning through visual support, experiential approaches, and linear thinking skills. This class will more fully describe these strengths and weaknesses and how to teach in accordance with the child's learning profile. We will discuss the typical learning profile of a child with autism and talk about the teaching strategies that work best for this population.

Fee: No fee (pre-registration is required)

Stages of Life: New Freedoms for Young Adolescents (ages 10 – 14)

Class #22 – 1 session

Tuesday, May 12, 7:00 – 9:00 p.m.

Instructor: Karen Crosby, L.C.S.W.

When is it O.K. to let my adolescent stay home alone? How do I know when to let my adolescent go to a movie without an adult? My child wants to “hang out” at the mall – under what circumstances is this O.K.? Through group participation, we will explore our own level of comfort with new freedoms, discuss ways to evaluate your adolescent's readiness for a new privilege and ways to deal with demands for freedom that are not acceptable to you. This is an opportunity to examine your own values, as well as learn from the experiences of other parents.

Fee: No fee (pre-registration is required)

Food For Thought: Strategies for Incorporating Healthy Food Into Your Child's Diet (all ages)

Class #23 – 1 session

Wednesday, May 20, 7:00 – 9:00 p.m.

Instructor: Kandice Stellmon, Certified Nutrition Educator and Consultant

Find out which foods will nourish your child's brain and encourage better behavior and learning outcomes. During this class, we will discuss practical eating strategies that not only encourage optimal brain function but taste great and are easy to incorporate into your child's lifestyle. Recipes included!

Fee: No fee (pre-registration is required)