

Parent Education Classes Fall 2007 – Winter 2008

Class registration is now available.

Fall quarter classes begin on September 18, 2007

Ways to register:

Call: Teresa Borden at 650.617.3806

Fax: Registration to CHC at 650.688.3669

email: parented@chconline.org - registration form will be emailed

Class Inquiries: Sue Garber at 650.617.3845

WALK INS FOR PAID CLASSES WILL BE ACCEPTED ON A SPACE AVAILABLE BASIS

Registrations, with check or credit card information, will be processed in the order that they are received. You will receive a confirmation letter upon receipt of your registration.

Classes are held at The Children's Health Council, 650 Clark Way, Palo Alto, CA 94034

For directions to CHC visit www.chconline.org/pdf/CHC_map.pdf

for driving instructions and a printable map.

Financial assistance is available for all classes.

Cancellation Policy: If you are unable to attend a class, you must notify our office 3 working days prior to the first class session. A full refund, minus a \$10 administrative fee will be applied to your account. Refunds are unavailable after this time period.

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.

The Resource Center at the Children's Health Council features an extensive collection of books, journals, newsletters, videos and DVDs on subjects ranging from common parenting issues to more specialized topics, such as autism, aspergers, depression in children/adolescents, bipolar disorder, eating disorders, Attention Deficit Hyperactivity Disorder (ADHD), Dyslexia, and Speech and Language Disorders. Most materials are may be borrowed for up to two weeks. Videos and DVDs may be viewed with others or with headphones, in the Resource Room.

A full listing of the Courses Offered

To view the current Parent Education brochure visit:

www.chconline.org/pdf/fallparented07.pdf

Parenting from the Same Page (toddlers through school age)

Class #1 - 6 sessions

Tuesdays, September 18, 25 and

October 2, 9, 16, 23, 7:00 – 9:00 p.m.

Instructors: Julianne Idleman, Program Director and

Tom Idleman, Certification Coordinator, Hand in Hand

This class is for parents, step-parents, grand-parents and professionals that 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)

**Tech to Success! Assistive Technology for Learning Disabilities
(middle school to high school and college)**

Class #2 - 1 session

Thursday, September 27, 7:00 – 9:00 p.m.

Instructor: Shelley Haven, ATP, RET, Assistive Technology Specialist

Learning disabilities can adversely affect a child or adolescent's education and social life. Many barriers imposed by LD can be reduced with the help of assistive technology (AT), from PDAs to software that turns a student's speech into writing. This class will help parents sort through the vast array of technology possibilities (What's out there? What does it do?), and understand factors to consider when matching AT to specific learning needs. The class will help students with LD who struggle in such areas as reading, organizing thoughts into writing, note-taking and studying. You will learn about text-to-speech software, graphic outline software and many others. With live demonstrations, a handout and trial software CDs, parents will leave understanding where to explore further.

Fee: No fee (pre-registration is required)

**Homework 911! Help Your Child with Homework and Organizational Skills
(3rd grade through middle school)**

Class #3 - 1 session

Wednesday, October 3, 7:00 – 9:00 p.m.

Instructor: Erin Powers, M.Ed.

Where is my backpack? I can't find my assignment sheet! This is stupid! I'll do it later! 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. You will learn practical strategies such as techniques for managing focus and attention, acronym-based study strategies such as "CRAM" and "COPS," as well as the many uses of kitchen timers.

Fee: No fee (pre-registration is required)

Note: The class, "I Hate Homework!" on Wednesday, October 17, will give you a chance to try new techniques and return with questions.

The Joys and Challenges of Raising an Only Child (school age through adolescence)

Class #4 - 2 sessions

Mondays, October 8, 15, 7:00 – 9:00 p.m.

Instructor: Cynthia Klein, B.A.

Explore common issues including: giving your child too much attention, avoiding investing all of your expectations, hopes and dreams in one child, dispelling the myth that only children are spoiled, and helping yourself and your child deal with being an only child at home and on vacations.

Fee: \$60

**Prejudice is Learned: Prepare Yourself to Help your Child Understand and Appreciate
the Many Customs and Celebrations Found in our Multicultural World**

Class #5 - 1 session

Wednesday, October 10, 7:00 – 9:00 p.m.

Instructor: Benjamin J. Hubbard, Ph.D.

This is a unique opportunity to learn up-to-date, unbiased information about the holidays and common religious customs of the many faiths that are studied and discussed in our children's classrooms. Professor emeritus Dr. Benjamin J. Hubbard will discuss ways to dispel stereotypes and teach children how to appreciate the diverse family rituals of their peers.

Fee: \$30

* Dr. Hubbard's recently published book, *An Educator's Classroom Guide to America's Religious Beliefs and Practices* (2007) will be available for purchase.

Connecting with Your Kids: A Workshop for Dads (infant through school age)

Class #6 - 1 session

Saturday, October 13, 9:00 a.m. – 1:00 p.m.

Instructor: Todd Erikson, B.A.

This workshop for fathers will focus on strengthening connections with our children and building strong, healthy relationships that will last a lifetime. Reduce stress and foster the key skills of Respect, Connection, Listening and Leadership in yourself and in your family.

Fee: \$90

I Hate Homework! (4th grade through high school)

Class #7 - 1 session

Wednesday, October 17, 7:00 – 9:00 p.m.

Instructor: Erin Powers, M. Ed.

Learn how to empower your child to start taking more responsibility for his or her own learning. Strategies to boost motivation will be described, as well as specific techniques to reduce homework stress in your home. The skills involved in learning how to study from textbooks and for tests will be discussed in depth.

Fee: No fee (pre-registration is required)

Note: You may attend this class without having attended Homework 911!

as the material is different and geared toward the older student. For those who have taken Homework 911! this is an opportunity to share successes and challenges since the workshop.

Grandparenting: The Joys and Challenges (all ages)

Class #8 - 1 session

Tuesday, October 23, 10:00 – 11:30 a.m.

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

Grandparents can offer their grandchildren love, wisdom and the opportunity to bridge the generations to create a unique bond. Grandchildren are able to learn through positive experiences, to respect those of an older generation. However, it is common now for children to live very far from their grandparents. In order to maintain a long distance relationship, both generations (as well as the child's parent) need to participate, and there are many ways that this can be done. Even when grandchildren live near their grandparents, there are ways to strengthen the relationship. In this class, you will learn from a grandparent whose grandchildren live near her, and from a parent who grew up with her grandparents, and now has children who live far away from their grandparents. We will discuss staying connected, handling criticism from your grandchild's parent, ideas for spending time with your grandchildren, and options for families where a grandparent/grandchild relationship does not exist.

Fee: No fee (pre-registration is required)

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

Class #9 - 1 session

Thursday, October 25, 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.? In this class, 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.

Fee: No fee (pre-registration is required)

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

Class #10 - 3 sessions

Tuesdays, October 30, and November 6, 13, 7:00 – 9:00 p.m.

Instructor: Cynthia Klein, B.A.

A young adolescent girl and her mother often have a relationship filled with conflict. While your daughter adjusts to the many physical, emotional and social changes associated with her age, she is also struggling with the desire for more independence. In this class, we will explore some of the reasons behind a young adolescent daughter feeling like “you just don’t understand,” and her demand for more freedom. You will examine the thoughts and feelings contributing to conflict and the reasons your daughter puts up a wall that blocks communication. You will learn ways to let go gradually, so that you can support your daughter and keep her safe through the tumultuous adolescent years.

Fee: \$90 for 1st parent, \$150 for 2 parents (discount on 2nd parent’s fee)

Note: This class is for adults only. An optional follow-up workshop for parent and daughter together will be offered on Saturday, January 26th.

I WANT IT NOW! Navigating Childhood in a Materialistic World

(pre-school through middle school)

Class #11 - 1 session

Wednesday, November 14, 7:00 – 9:00 p.m.

Instructor: Donna Bee-Gates, Ph.D.

In today’s world of mega-stores and instant gratification, children are increasingly defining themselves in terms of the brands they wear or the possessions they own. Dr. Donna Bee-Gates recently authored I WANT IT NOW, a book for parents that suggests that constantly rewarding kids with material goods – an all too common parenting method – can foster materialism and lead children to equate possessions with love or happiness. Dr. Bee-Gates will teach you practical strategies to counter materialism and help kids develop healthy self-esteem.

Fee: No fee (pre-registration is required)

*Dr. Bee-Gates’ books will be available for purchase at the presentation.

Obsessive Compulsive Disorder

(school age through adolescence)

Class #12 - 1 session

Thursday, November 15, 7:00 – 9:00 p.m.

Instructor: Glen Elliott, M.D., Ph.D.

When does doing the same thing over and over again change from being cute to worrisome? How can compulsive neatness be a problem? What do you do when a child or adolescent begins to spend major parts of the day performing seemingly meaningless tasks such as repeated hand washing? Will such behaviors just go away without any intervention? Find out what is currently known about this disorder, from an expert child and adolescent psychiatrist.

Fee: \$30

*Dr. Elliott’s book, Medicating Young Minds will be available for purchase.

Helping Kids Decrease Anxiety about Doctor

Visits and Medical Procedures

Class #13 - 1 session

Thursday, December 6, 7:00 – 9:00 p.m.

Instructor: Jody Thomas, Ph.D., Clinical Psychologist, Children’s Health Council

Medical procedures are often a source of great anxiety for children. Learn ways to help your child cope with the fear of going to the doctor, painful procedures and long term treatments. You will learn how to help a healthy child who is resistant about going for a check-up, as well as the child who has a serious illness.

Fee: No fee (pre-registration is required)

IEP Training – Condensed Version

Class #14 - 1 session

Saturday, December 8, 9:00 a.m. – 1:00 p.m.

Instructor: Parents Helping Parents

This is a shortened version of the IEP training designed for participants to learn their rights under IDEA 2004; the Individuals with Disabilities Act that covers Special Education, and to understand timelines, procedures, and the content of the IEP.

Fee: No fee (pre-registration is required)

Learning Disability/ADD Simulation

Class #15 - 1 session

Saturday, January 12, 10:00 a.m. – 12:00 p.m.

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

This Simulation Workshop is a hands-on workshop to increase understanding of the difficulties and frustration LD/ADD students experience every day. Participants will rotate through six different “stations”, with each station simulating a learning task, as experienced by the student with LD/ADD. There will be discussion following each activity.

Fee: No fee (pre-registration is required)

I’m so Mad and It’s Your Fault! Effectively Working out Typical Conflicts between Parents and Young Adolescents (ages 10 – 14)

Class #16 - 3 sessions

Wednesdays, January 16, 23, 30, 7:00 – 9:00 p.m.

Instructor: Cynthia Klein, B.A.

This comment is often heard by the parents of a typical young adolescent. Breaking down the common barriers that get in the way of expressing anger can lead to a much more peaceful household. In this class you will learn how to express anger to your child and ways to help your child express anger to you, each in a respectful way that de-escalates the tension and improves communication skills.

Fee: \$90 for 1st parent,

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

MySpace: How Does It Work? What Personal Information is in my Adolescent’s Profile?

Class #17 - 1 session

Thursday, January 17, 7:00 – 9:00 p.m.

Instructor: Jordan Berry, B.A.

MySpace is an interactive social networking site offering kids the ability to create a personal profile with photos, videos, top friends, interests, background, lifestyle, personality and school information. Jordan will use a step by step approach to demonstrate how to access MySpace, navigate the site, and review your child’s personal profile. He will also discuss some of the new forms of communication that teens are increasingly using, such as text messages, blogs and IM’s.

Fee: No fee (pre-registration is required)

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

Class #18 - 1 session

Saturday, January 26, 10:00 a.m. – 12:00 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 avoid conflict and strengthen your relationship.

Fee: \$65 per parent/child pair

Note: It is recommended that you attend the 3 session course, Mothers and Daughters: The Roller Coaster Years: Letting Go and Staying Close (October 30, and November 6, 13), although it is not required for participation in this workshop.

