



Help for kids. Answers for families.



MARCH 2010

classes for parents

All classes are free!

CLASSES HELD AT:

Children's Health Council
650 Clark Way
Palo Alto, CA 94303

PRE-REGISTRATION IS REQUIRED:

Call **650.688.3675**
or email parented@chconline.org

all ages

Food For Thought: Strategies for Incorporating Healthy Food Into Your Child's Diet

Class # 8 **MON, MAR 15, 7:00 PM – 9:00 PM**

Kandice Stellmon, Certified Nutrition Educator and Barbara Bentley, Psy.D.
Find out which foods will nourish your child's brain and encourage better behavior and learning outcomes. We will discuss practical eating strategies for high-brain functioning and great taste.

PRE-REGISTRATION REQUIRED

Trastorno por Déficit de Atención con Hiperactividad (TDAH) – ADHD: Problemas de atención/concentración e impulsividad / **NEW CLASS IN SPANISH**

Class # 11 **Jueves 7:00 – 8:30 PM, 18 de Marzo**

Carlos Yoshiyuki Konishi, Ph.D.

Los problemas de atención, concentración, e impulsividad puede presentar retos para el niño en el hogar, en la escuela, y con los compañeros. El Dr. Konishi platicará sobre los síntomas asociados con este trastorno (TDAH) y los tratamientos que han recibido apoyo a través de investigaciones científicas.

PRE-INSCRIPCIÓN REQUERIDA

young child

Signs and Symptoms of Autism Spectrum Disorders: Distinguishing Among Autism, Asperger's Syndrome, NVLD, and Speech and Language Impairments / **NEW CLASS**

Class # 9 **WED, MAR 10, 7:00 – 8:30 PM**

Lynne Huffman, M.D., Beatrice Kirchoff, M.S., C.C.C.-S.L.P., Cheryl Klaiman, Ph.D.
What are the differences between the subtypes of autism spectrum disorders, including Asperger's syndrome, PDD-NOS and commonly confused diagnoses such as nonverbal learning disabilities? This class will clarify the distinctions, including the differences among autism spectrum disorders, speech and language impairments and sensory impairments commonly confounded with autism. Treatment strategies will also be discussed. Co-sponsored with *The Parents' Club of Palo Alto and Menlo Park (PAMP)*

PRE-REGISTRATION REQUIRED

preteen/teen

Using Technology to Become a More Effective Writer (middle school to high school and college) / **NEW CLASS**

Class # 10 **SAT, MAR 13, 9:30 AM – 12:00 PM**

Shelley Haven, ATP, RET, Assistive Technology Consultant
Assistive technology (AT) can help students struggling with both the mechanical and cognitive aspects of writing. This class shows parents and teachers how to apply AT to writing issues such as generating and organizing ideas, spelling and grammar, finding the right words, editing, producing written text and writing speed. Includes demonstrations.

PRE-REGISTRATION REQUIRED

Parent-Teen Conflict: A Developmental Perspective

Class # 12 **MON, MAR 22, 7:00 – 9:00 PM**

Chris Harris, M.Ed. and Lauren Mikula, M.S.

Are you experiencing constant conflict with your teen? The key to improved parent-teen conflict management is strong understanding of teen development. In this class better understand your teen, the dynamic of your clashes and learn strategies for effective parent-teen communication.

PRE-REGISTRATION REQUIRED