

Parents In Partnership

Seminar Presentations

February 10, 2018



GLENVIEW 34
SCHOOL DISTRICT

Keynote Address: 8–9:00 A.M.
Renee Z. Dominguez, PhD

Well-intended parents, unintended consequences:

*Context and considerations for
raising emotionally healthy children
in a competitive, high achieving, and
digitally driven world*

Remaining focused, grounded, and present for our children has become increasingly difficult in a world where information sharing and gathering is accessible with one touch. Similarly, our children are bombarded by snapshot images and messages that perpetuate the inaccurate perception that other people's lives are perfect, thereby undermining their own real experiences with being human and imperfect. In this Keynote address, Dr. Dominguez will discuss the challenging social context in which we are parenting and our children are developing. She will offer key strategies to employ as we navigate these rough waters.

Bio on Dr. Dominguez

Renee Z. Dominguez, PhD is a Licensed Clinical Psychologist and the Executive Director of the Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth [FSC]. Dr. Dominguez obtained her doctorate in clinical psychology with a concentration in children and families. She has taught graduate level courses at the University of Chicago and at Rosalind Franklin University of Medicine and Science, and has served as a consultant and expert witness in cases of child abuse. Dr. Dominguez brings the dual perspective of a psychologist with over fifteen years of clinical experiences and a parent of two children.

*Thank You Glenview District 34 PTAs
for your support in underwriting the costs of the program.*

Parents In Partnership

Seminar Presentations

Session Schedule

Session 1 • 9:15–10:15

Session 2 • 10:30–11:30

Social Media – Your Family’s Friend or Foe?

Presenter: Stella Kalfas

The pros the cons of social media you may have not thought about. Students have more control over their future than you think when it comes to social media. It is vital to understand how your child can make or break their future educational and professional opportunities. We discuss how to stay involved and help your child understand/respect privacy and remain safe.

Sessions 1 and 2 Room: C208

Easing the Teasing – Bullying Prevention

Presenter: Judy S. Freedman, L.C.S.W., Bullying Prevention Specialist, Author of Easing the Teasing – Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying [McGraw-Hill, 2002], 2011 Illinois School Social Worker of the Year

Is it teasing or bullying? Yes, there is a difference! And, when children are able to handle teasing effectively, they are less likely to become victims of bullying. This workshop will address: teasing vs. bullying; overuse and misuse of the term “bullying;” reasons for and effects of teasing and bullying; “easing the teasing” coping strategies; and the power of bystanders. This presentation will empower parents with tools, tips, and practical guidance to empower kids to cope effectively with teasing and combat bullying.

Session 1 Room: C216

Put Yourself in Someone Else's Shoes – Empathy Skills are Essential for Kids Today!

Presenter: Judy S. Freedman, L.C.S.W., Author of *Easing the Teasing - Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying* (McGraw-Hill 2002), 2011 Illinois School Social Worker of the Year

“How would you feel if that happened to you?” Planting the seeds of empathy in our children is essential in today's world. Empathy enhances a child's family and peer relationships, increases self-esteem, promotes the acceptance and respect of differences, reduces bullying, and contributes to strong character. This workshop provides parents with tools and tips for empathy development and support within the family. (For parents of K-4 students).

Session 2 Room: C216

Dangers Your Children are Faced With, from an ER Doctor's Perspective

Presenter: Halleh Akbarnia, MD – Emergency Medicine physician

From the cinnamon challenge, K2 and spice, choking game, to ghost riding, cutting, sexting, trunking, and many more, our kids (of all ages), are up to dangerous behaviors that many of us are unaware of. Know what these activities are, how kids get involved, including YouTube and social media sites, and the warning signs to look for. Join us for an open discussion about these issues and any others that may be on your mind.

Sessions 1 and 2 Room: C218

iSurf, uProtect, weExplore... Safely

Presenter: Rachel Davidson, Learning Resource Center Director at Henking, Glenview District 34

The world is much smaller for your children because of technology. Join us for a discussion on how to keep your child safe with all of the digital technology available. Our goal is for you to create an environment where everyone can explore, communicate, and learn safely.

Sessions 1 and 2 Room: C211

College: Getting There From Here

Presenter: Greg Goodsitt, Financial Advisor with Edward Jones

Our college savings program will discuss: Questions to consider as you establish a college savings goal, strategies to help you reach your goal, and the features and benefits of various college savings plans.

Sessions 1 and 2 Room: C219

What Creating Can Do For Your Children

Presenter: Katie Konieczka and Jeanette Simenson, Technology Facilitators, Glenview District 34

Technology facilitators from the DALFA committee will engage parents in the discussion about how to support the dispositions that becoming a maker can do for students. This is a DALFA initiative that will focus on the mission and vision while developing the whole child in STEM content areas.

Session 1 Room: C221

Using Video Production to Communicate About Social Emotional Issues

Presenter: Jeanette Simenson and Leila Bergmann, Technology Facilitator and Drama Teacher, Glenview District 34

The technology facilitator and the drama teacher collaborated on a project to give students the voice to describe how bullying affects them and what we as adults can do to help them. This presentation will be about how we can use this powerful tool to help connect parents and teenagers in their problem solving with everyday issues.

Session 2 Room: C221

Sticks and Stones May Break My Bones But James Will Never Hurt Me

Presenter: Earl M Schneider DDS, Dental Educator for both Dental Students and Dentists

The goal is to help motivate parents and their children on how to stop the world around them from bullying. To teach the public of why bullies, bully, and why bullies are actually jealous of those they bully!

Session 1 Room: C217

The Truth About Suicide

Presenter: Erica Leibrandt, LPC, RYT. Mental health clinician, advocate for suicide prevention and widely published author on subjects such as depression, anxiety and holistic health.

Drawing from the personal experience of losing her son to suicide, as well as her background in grief, adolescent and family counseling, Erica discusses how to identify and reach out to those who might be at risk, the collateral damage of a single suicide, and some simple and effective ways to heal individuals and communities who have survived suicide.

Sessions 1 and 2 Room: A210

Social and Emotional Learning in the Home

Presenter: Robin Lake, LCSW, Therapist, Outreach Educator, Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

What is SEL? How can I support my child's social and emotional development at home? Learn simple strategies to model the SEL competencies for your kids, to incorporate mindfulness and growth mindset into your efforts, and to more effectively engage in conversations with your child.

Session 1 Room: C210

Simple, Direct Practices to Reduce Anxiety in Your Elementary School Children

Presenter: Robin Lake, LCSW, Therapist, Outreach Educator, Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

Anxiety and stress can really take a toll on our health and our ability to learn. Using the latest information from neuroscience and psychology, this workshop will focus on practices that reduce or neutralize anxiety.

Session 2 Room: C210

Childhood Anxiety:

What Concerned Parents and Adults Should Know

Presenter: Glen Veed, PhD, Clinical Psychologist specialized in working with children and adolescents with anxiety, Director of the Center for Anxiety and Social Intervention

Anxiety disorders in children, such as separation anxiety, OCD, social anxiety, and phobias, are increasingly being recognized, diagnosed, and treated when children are in Middle School or earlier. The good news is that anxiety disorders are some of the most treatable mental health conditions if identified and addressed! This talk is intended to introduce parents to the ways in which anxiety can be present in children, how to know if anxiety is normal or a problem, and what steps can be taken to alleviate the most common psychiatric problem in children.

Session 1 Room: A212

When Shyness or Worrying Become a Problem:

A Primer on Social Anxiety Disorder and Generalized Anxiety Disorder

Presenter: Glen Veed, PhD, Clinical Psychologist specialized in working with children and adolescents with anxiety, Director of the Center for Anxiety and Social Intervention

Some children seem to be born worriers, constantly thinking about problems or dangers around every corner. Others struggle with shyness and have difficulty working up the courage to make friends, speak to adults, or be the center of attention. Increasingly these two anxiety-related issues are being identified and addressed in school-aged children and this talk intends to describe the conditions, help parents recognize when a problem is present, and discuss the various effective treatment approaches available to prevent anxiety from interfering with children's' lives.

Session 2 Room: A212

Fueling Optimal Performance for School and Sport – Nutrition Matters

Presenter: Betsy Hjelmgren, MS, RDN, CSP, LDN, Dietitian, Owner and Founder of Feed to Succeed, LLC Pediatric Nutrition Services, and Melanie Battaglia, MS, RDN, LDN, Former College Athlete, Dietitian

This hands-on workshop will provide you with the tools you need to create a meal and snack plan that optimizes nutrition intake for teens; both for school and athletic performance. Will include discussion regarding nutrition supplements, timing of meals and snacks, and balancing nutrients to address health goals.

Sessions: 1 and 2 Room: A207

Mindful Parenting

Presenter: Beth Irwin, LPC, Therapist, Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

This workshop will teach parents how to cultivate mindfulness in the present moment and to restore balance in what often seems to be a hectic lifestyle. Mindful parents learn to better appreciate their own lives, and also discover ways to be a great support and calming presence to their family as well.

Session 1 **Room: A215**

Anxiety Sucks!

Managing Anxiety in the Home of a Middle School Child

Presenter: Beth Irwin, LCP, Therapist, Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth

Stress and anxiety are typical developmental experiences that are uncomfortable and can take on a life of their own. If they persist they can negatively impact functioning at school and home, and also within the contexts of relationships. Learn to identify the symptoms of anxiety early in the process, as well as techniques to help your family work through these issues.

Session 2 **Room: A215**

Navigating Social Dynamics, Bullying, and Social Media in Middle School

Presenter: Renee Z. Dominguez, PhD, Clinical Psychologist, Executive Director, Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth

Middle school has become an increasingly more complex social arena to navigate for emerging adolescents due to the ever present opportunity to connect through digital devices. As parents of these Digital Natives, this workshop will provide you with information about developmentally typical conflict, bullying, and social media. It will also provide you with guidance about how to support your emerging adolescent's social development in a healthy and balanced way.

Session 1 **Room: A209/A214**

The Parenting High Wire: *Encouraging Performance Without Excessive Pressure*

Presenter: Renee Z. Dominguez, PhD, Clinical Psychologist, Executive Director, Family Service Center, Wilmette, Glenview, Northbrook and Kenilworth

Adolescents are faced with an enormous amount of pressure to excel, and are consequently experiencing unprecedented levels of anxiety as a result. How can you support your adolescent to balance competing demands while maintaining a healthy emotional experience? This workshop will provide information and guidance about supportive parenting, growth mindset principles and practices, and the unnecessary chaos surrounding college admissions.

Session 2 **Room: A209/A214**

Parenting Dysregulated Elementary School Aged Children

Presenter: Corrie Goldberg, PhD, Postdoctoral Fellow, Clinical Coordinator Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

Parenting a child who is dysregulated is something all parents have to do at some point. Parents often feel like they are just surviving these difficult times and feel like they are barely getting by. This workshop will support parents in developing strategies to transform parenting moments of survival into opportunities for thriving. This workshop will provide basic information about brain development, identifying emotional needs, and responding optimally in order to develop strategies to support healthy development.

Session 1 **Room: A218**

Collaborative and Proactive Solutions [CPS] Approach to Challenging Behaviors

Presenter: Corrie Goldberg, PhD, Postdoctoral Fellow, Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth

Participants will learn how to utilize an empathic, collaborative, non-punitive model to effectively address problem behaviors without power struggles. The CPS model [Ross Greene, PhD] is designed to teach empathy, perspective-taking, flexibility, and collaboration while developing problem-solving skills among all children. The model can be especially useful for children whose challenging behaviors at home or at school have been difficult to address through more traditional motivation-based [reward/consequence] interventions.

Session 2 **Room: A218**

Smoothing Out the Rocky Road of Parenting

Presenter: Carol Feiss, PsyD, Clinical Psychologist, Clinical Coordinator, Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

Parenting often leaves us feeling frustrated, upset, and demoralized, which get in the way of being the best parents we can be. Cognitive Behavioral Therapy (CBT) is a framework that is useful for helping parents recognize that while we cannot control every aspect of our children's behavior, we can have more control over our perceptions of and reactions to this behavior. This workshop will support participants in fostering an awareness of the interrelatedness of their thoughts, feelings, and behaviors, and how to better manage them within the context of their parenting roles.

Sessions 1 and 2 Room: A213

Managing Stress/Anxiety through Mindfulness Strategies

Presenter: Becky Pollock - Licensed Clinical Professional Counselor

Stress and Anxiety run rampant through our society, often leading to struggles with work focus and completion, relationships, and feeling good about oneself. Learn how different mindfulness strategies can help you learn to calm your mind, increase your ability to focus, have more control over your behaviors, and improve your relationships with others and yourself.

Sessions 1 and 2 Room: A222

Grounds for a Successful Launch to Adulthood

Presenter: Michael Topel, PsyD, Licensed Clinical Psychologist. Counselor in private practice specializing in emerging adults. Researcher at Rush University Medical Center Department of Psychiatry

How beliefs, behaviors and habits impact an adolescent's transition into adulthood. Why are today's young adults dubbed "The Boomerang Generation"? What can individuals or parents do to help them launch successfully?

Sessions 1 and 2 Room: A220

“TEACH YOUR CHILDREN WELL” [Crosby, Stills, Nash & Young]

Presenter: Robert Frank, MSW, PhD Distinguished Professor of Psychology, Oakton Community College, Author of “Parenting Partners” and “The Secret Life of the Dyslexic Child”. and Denis R. Berkson, Professor Emeritus, Oakton Community College, Considered one of the country’s leading authorities in the field of creative thinking. Author, “Hank, Not Your Average Chair,” and “10 Demandments of Creativity” and the “Different Drummer Handbook”. Both are working advocates for special needs people.

INSPIRATION for you the parent. DETERMINATION to be the best parent possible. And PREPARATION to reduce stress and anxiety for your child...Regardless of what the special need is we must always “Disable the label”.

Sessions 1 and 2 Room: A217



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