SAVE THE DATE
SATURDAY, FEBRUARY 11, 2017

PARENTS IN PARTNERSHIP
19th Annual Parent Education Seminar
8:30 am – 12:30 pm
Attea Middle School
2500 Chestnut, Glenview, IL 60026

FREE and OPEN TO EVERYONE

“Keeping Your Family Grounded and Connected – Raising Responsible, Resilient, and Respectful Children”

Keynote Address:
Derek Randel presents: “How To Remove the Yelling From Your Home, No Seriously! Tips for a More Peaceful Home.” Is there too much yelling in your home? Do you wonder if you’re losing control and question your parenting ability? Are you ready for your children to move out of the house, but they’re still in middle school? You deserve a home where you’re not walking on eggshells. Wouldn’t it be wonderful if there was no more yelling in your home? Yes, this is possible. Derek is a national parenting expert who has been featured on CNN, Fox News, ABC, NBC, and CBS and a guest on over 250 radio shows.

Program of Events

8:00 – 8:30 am  Registration and Continental Breakfast
8:30 – 9:30 am  Keynote Address
9:45 – 10:30 am Breakout Session I
10:45 – 11:30 am Breakout Session II
11:45 – 12:30 pm Breakout Session III

A wide variety of seminars will be offered during each Breakout Session offering practical advice for everyday parenting that will help all children develop into resilient, respectful, and responsible human beings.

Previous comments from parents in attendance:
“The speakers were fantastic! Learned so much to use at home.”
“Extremely well organized and staffed. I plan on coming back.”
“Should be attended by anyone who is a parent.”

Wesley Child Care Center will provide FREE child care for children age 3 and up.
Registration forms will be available at District 34 schools.
“I Just Want My Kids To Listen”
Presenter: Beth Miller, M.Ed. has a Master’s degree from Loyola University and a graduate level certificate in parent coaching from the Parent Coaching Institute. She has over 25 years of experience providing families with guidance, education, and support. As a parent coach, Beth works individually with parents, facilitates parenting groups, teaches classes, and offers a variety of workshops.

If you are looking for more effective ways to manage daily struggles and enhance interactions with your children, join Beth Miller for this insightful workshop. Broaden your parenting tool box with helpful communication tips that improve daily interactions and routines. Learn strategies for managing conflicts and promoting responsibility. Gain effective techniques for setting limits and solving problems to reduce frustrations and decrease power struggles. Strengthen relationships and create a more peaceful family environment.

Sessions 1 and 2                Room: A212

“Partnership and Modern Parenting: How to Navigate Work/Life in These Hectic Times
Presenter: Emily C. Klear, MS, LMFT, The Family Institute at Northwestern University
In today’s modern family, it is common to struggle to have a healthy negotiation between child-focused activities and making time for your relationship as a couple. This breakout session will discuss the benefits of reprioritizing your marriage/partnership and how that shift creates character, resilience, and agency in children. The session will explore the was judgment (both internal and external) and dear of failure impact relationships and parenting, and the specific challenges in dual-income households. It will provide suggestions on how to change and manage expectations and roles of each family member enabling them contribute to the household in developmentally appropriate ways and how to create time and space for self, family, and partner.

Sessions 1 and 2                Room: A312

“Flexible Minds – Strategies for Approaching Conflict”
Presenter: Adam Margol, PsyD, The Family Institute at Northwestern University
Conflicts between parents and children at home can be challenging to resolve. Often times heightened emotions prevent both sides from creating space for perspective taking, which leads to prolonged arguments. Dr. Adam Margol will explore how rigidity and inflexibility in your children can interfere with conflict resolution and provide strategies for incorporating flexibility into collaborative problem solving.

Sessions 1 and 2                Room: A320

“Promoting Safety at Home and Online... Right here in Glenview”
Presenter: Commander Cathy Sostak, Glenview Police Department
Please join us for a presentation by the Glenview Police Department to engage and educate parents of children of all ages. Our focus will provide especially helpful insight into drug and alcohol use here in our community as well as tips for keeping your children safe in the online world. Our goal is to provide you with helpful information so that you can be the “go-to” source when your children have questions...or when they think they have the answers.

Sessions 1, 2, and 3            Room: C214

“Strategies To Help Kids Cope With Social Exclusion and Friendship Break-Ups”
Presenter: Jeni Brickman, Clinical Director – Youth Services of Glenview
What can you do for your child when he or she is on the receiving end of a sudden deep freeze from former friends? Being socially excluded knocks your confidence whatever age you are. But children who have a healthy self-esteem are better prepared to process the hurt and move on. Building their inner strength is one of the best ways to help your child be ready for all those situations in life. We will discuss strategies for you as a parent to help your child deal with this painful, but common, experience and develop strength and assertiveness in the process.

Sessions 2 and 3                Room: A322

“STEAM and Computer Science; Explore the Possibilities”
Presenter: Jeanette Simenson, Technology Facilitator, Springman Middle School District 34
In this session we will discuss ways that STEAM (Science, Technology, Engineering, Art, and Math) can come together to create rich learning opportunities. Along with STEAM we are connecting to computer science through the content areas to help learning come alive. Come explore and learn about how STEAM and CS can bring enrichment and engagement to the educational landscape.

Sessions 2 and 3                Room: C218
“The Incredible Benefits of Family Reading”
**Presenter:** Paula Smeltekop, *Learning Center Director, Hoffman School, Glenview District 34*
Many families know that reading with your young child has a tremendous impact on your child’s reading skills and test scores. However, once a student starts to read on their own, families often skip bedtime stories. Gather ideas about which books to read, ways to fit this valuable time into your busy lives, and the cognitive, social, and emotional benefits of reading together as a family!
**Sessions 1, 2, and 3**  
**Room:** C219

“Seeing Into the Future...Teaching Coding to Young Children”
**Presenters:** Karen Coan, *Director of Glenview Methodist Pre-School* and Rindy Powell, *Director of St. David’s Nursery School.*
Do the building blocks of computer programing begin in pre-school? The debate of “tech vs. no tech” in early childhood education seems to be losing to a discussion of how to best provide developmentally appropriate educational experiences that lead to lifelong learning and growth.
**Sessions 1 and 2**  
**Room:** C221

“Good Kids, Bad Choices: An ER Doctor’s Perspective”
**Presenter:** Halleh Akbarnia, M.D., *Emergency Medicine physician with Infinity Health Care*
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, 2, and 3**  
**Room:** C208

“Depression and Anxiety in Children and Adolescents: Helping your Child Get Unstuck”
**Presenter:** Dr. John Dominguez is a Licensed Clinical Psychologist and Certified School Psychologist who has provided therapeutic services to children and adolescents in the school setting for over 15 years. Dr. Dominguez is currently the Clinical Director of a non-public therapeutic day school in Wilmette, IL.
Depression and anxiety in children and adolescents have been the largest contributors to serious current problems, including by not limited to: school refusal; social avoidance; poor school motivation; withdrawal; irritability; oppositionality; decreasing academic performance; hopelessness; inactivity. A model for therapeutic wellness will be presented as will a framework to better understand the impact of depression and anxiety on children. Finally, specific interventions for the home are clarified and discussed at length and designed to give parents discussion points and a belt full of tools to support their children under emotional duress.
**Sessions 1 and 2**  
**Room:** C216

“A Paradigm Shift in Bulling Prevention”
**Presenter:** Dr. John Dominguez is a Licensed Clinical Psychologist and Certified School Psychologist who has provided therapeutic services to children and adolescents in the school setting for over 15 years. Dr. Dominguez is currently the Clinical Director of a non-public therapeutic day school in Wilmette, IL.
Bulling in schools has been a chronic and stubborn problem that has stood the test of time and varied intervention attempts. Despite and increasing amount of time and resources being allocated to alleviate this problem, bullying persists to varying degrees in virtually every school setting in this country. Children and adolescents of all shapes and sizes are the victims of these behaviors, and bring home a wide variety of ensuring problems that parents must face
**Session 3**  
**Room:** C216

“A Taste of Parent Effectiveness Training”
**Presenter:** Fr. Paddy Tyrrell, S.J., M.A., *OLPH – Glenview, IL*
In this program, you will learn some key points of essential family communication skills:
- Making yourself a safe person for your child to open up to;
- Respectful confrontation of unacceptable behavior so that the other person does not feel squashed;
- Resolving family conflicts in such a way that the parent-child relationship is enhanced by the process
**Sessions 1, 2, and 3**  
**Room:** C110 – Band Room
“Surviving and Thriving in the Pre-School Years”
**Presenter:** Sara Sladoje, MS, CCLA, *Child Development Specialist*
Come and learn about the mind of a pre-schooler, their key developmental goals and ways to effectively manage challenging behavior. We will also explore ways to parent in a positive and calm manner that builds relationships while maintaining your sanity!
**Sessions 1 and 2**  
**Room:** C311

“Comprender los resultados del examen ACCESS y estrategias para promover el aprendizaje de inglés en la casa”
**Presenters:** Kristy Patterson, *Director of EL and Bilingual Programs* and Lillian Uhler, *Title I Bilingual Instructional Coach, Glenview School 34*
Durante esta sesión, los padres del los estudiantes de inglés van a tener la oportunidad de comprender el examen de ACCESS y entender los resultados. Van a salir la sesión con la comprensión más profunda de como interpretar los resultados de ACCESS en los áreas de: lectura, escritura, escuchar y hablar. También, vamos a discutir las estrategias sobre como usar el lenguaje de la casa y el lenguaje de inglés a desarrollar a un más el crecimiento del lenguaje de inglés con sus hijos(as).
**Session:** 1  
**Room:** C217

“Understanding ACCESS Results and Strategies to Promote English Learning at Home”
**Presenters:** Kristy Patterson, *Director of EL and Bilingual Programs* and Lillian Uhler, *Title I Bilingual Instructional Coach, Glenview District 34*
Parents of English learners will have the opportunity during this session to comprehend ACCESS testing and what the results mean. They will leave the session having a deeper of understanding of how to interpret student ACCESS scores in the areas of: reading, writing, listening and speaking. We will also discuss specific strategies on how to use home language and the English language to further develop English language growth with their children.
**Sessions:** 2 and 3  
**Room:** C217

“Executive Functioning and ADHD”
**Presenter:** Robin Lake, MA, LCSW, *Therapist and Outreach Educator, Family Service Center Wilmette, Glenview, Northbrook, Kenilworth*
This workshop will offer information about executive functioning and ADHD. Participants will learn strategies to help children who have difficulty with attention, organization, emotional regulation, and staying on task. Bring your questions about diagnosis, treatment, family dynamics, and IEPs/504s.
**Session 1 and 2**  
**Room:** A215

“Social and Emotional Learning at Home”
**Presenter:** Robin Lake, MA, LCSW, *Therapist and Outreach Educator at the Family Service Center Wilmette, Glenview, Northbrook, Kenilworth*
Learn about SEL, what it is, and why it is required in the schools. Participants will learn about the five competencies, the Illinois State Board of Education requirements regarding SEL, and how to reinforce these lessons at home. This workshop is designed to help you understand the State Board of Education goals, learn strategies to facilitate the social-emotional learning of your children, and enhance your parenting skills.
**Session 3**  
**Room:** A215

“Parenting the Whole-Brain Child”
**Presenter:** Renee Z. Dominguez, Ph.D., *serves as the Executive Director of the Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth.*
It’s the end of a long day, you are completely exhausted, and your children’s arguing pulls you in to referee. “Mooooom! Dylan snatched my cookie!” “No I didn’t … You started it.” Sound familiar? Have you ever had those parenting situations where you are just trying to survive? Drawing from Drs. Daniel Siegel & Tina Payne Brysons’ framework of the Whole-Brain Child, this workshop will support parents in developing strategies to transform parenting moments of survival into opportunities for thriving. Participants will learn basic information about their child’s brain development, how to identify their child’s emotional needs, and how to respond optimally in order to develop strategies to support their child’s healthy development.
**Session 1**  
**Room:** A217
“Navigating the Complex Social Dynamics of Middle School”
**Presenter:** Renee Z. Dominguez, Ph.D., serves as the Executive Director of the Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

Middle school has become an increasingly more complex social arena to navigate for emerging adolescents. This workshop will provide information about the way in which adolescent brain development and social media impact this social functioning. With this information, participants will consider alternative ways to respond more effectively to their adolescent, and develop strategies to support their adolescent’s social development.

**Session 2**  **Room:** A217

Smoothing out the Rocky Road of Parenting
**Presenter:** Margaret Abraham, Practicum Student at the Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

Wouldn’t it be nice if we could control every aspect of the world around us, particularly our children’s behavior? Often, parenting leaves us feeling frustrated, upset, and demoralized. Those negative feelings 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 have 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, feels, and behaviors, and how to better manage them within the context of their parenting roles.

**Session 3**  **Room:** C308

“Mindfulness and Parenting”
**Presenter:** Beth Irwin, MS, LCP, and Therapist at the Family Service Center of Wilmette, Glenview, Northbrook, and Kenilworth

This workshop will teach parents how to cultivate mindfulness in the present moment and restore balance in what often seems to be a hectic lifestyle. Mindful parents learn to not only better appreciate his/her own life, but discover ways to be a great support and calming presence to the family as well.

**Session 2**  **Room:** C316

“My Child is Being Bullied….”
**Presenter:** Derek Randel is a national parenting expert who has been featured on Fox News, CNN, ABC, NBC, and CBS, among many more local stations. He has been a guest on over 250 radio shows. He has written six books including Attacking our Educators, Parent Smart From the Heart, and The Stopping School Violence Manual. He is also one of the featured authors in the book, 50 Great Writers You Should Be Reading.

Most children don’t tell their parents what is happening to them. How do we handle this topic? Does the solution come from the school, the politicians, the police, the parents or the child? Maybe it is time to empower your child on how to handle this issue and more by preparing him for the real world instead of protecting him from it. Join this discussion.

**Session 2**  **Room:** A207

“Appreciating and Navigating through the Middle School Years”
**Presenters:** Scott Buzard, Teacher, Springman Middle School, and Dina Shiner, Social Worker, Springman Middle School

The Middle School years offer so many challenges and opportunities for students and for their parents. Scott Buzard (Springman teacher of 39 years) and Dina Shiner (Springman social worker of 23 years) will share current research and insights from their experiences as educators and parents. The format of this session will be open to discuss topics around academic success, extra curricular involvement and social/emotional growth.

**Sessions 1 and 2**  **Room:** A220

“College: Getting THERE from HERE”
**Presenter:** Greg Goodsit, Financial Advisor, Edward Jones

The presentation will include: Questions to consider as investors establish a college savings goal; Strategies to help investors reach their goals; Features and benefits of 529 college savings plans

**Sessions 1 and 2**  **Room:** C211
“Parenting With Love and Logic”
Presenter: Tracy Muklewicz, MS Ed, NCC, LCPC, Clinician/Consultant, Insight Therapeutics
In this technique developed by Jim Fay and Foster Cline, MD, parents can help facilitate their child’s growth and development by lovingly handing challenges back to the child. Parents become partners and cheerleaders of their child’s growing independence and ability to solve problems even when adults are not with them. In this overview of Parenting with Love and Logic, you’ll learn some effective strategies for helping children of all ages solve their own problems, and reap the rewards of increased self-esteem!
Sessions 1 and 2  Room: A222

“Attachment 101”
Presenter: Tracy Muklewicz, MS Ed, NCC, LCPC, Clinician/Consultant, Insight Therapeutics
Many parents hear the word attachment and associate it with children who are adopted or have alternative care arrangements. The truth is, attachment occurs on a spectrum even for biological children. More and more clinical research is being devoted to the parent-child relationship as the key to improving many mental health and relational concerns. In this workshop you’ll learn about what shapes your (and your child’s) attachment styles and how this can impact people throughout the lifespan, as well as strategies and techniques to improve your connections with others.
Session 3    Room: A222

“How to Develop Critical Thinking Skills in Your Children”
Presenter: Robert Kauffman, L.C.S.W.
Robert Kauffman is a Senior Partner at the American Institute Of Learning and Cognitive Development. For 35 years, Bob has been leading the way as an innovator of mental health applications in education and in business. He has been a student of the human mind, pursuing new ways for helping individuals discover and pursue their academic and business aspirations.
Parents will learn how children develop their problem solving and critical thinking skills and the important role that parents play in the development of these skills. The 3 M model will explored. It is Modeling, Mentoring and Monitoring. Parents will leave with useful ideas that they can use in improving their children’s skills and their relationships with their children.
Sessions 1, 2 and 3  Room: A213

“Ten Things You Can Do Now to Help Your Child Be Healthier and Happier”
Presenter: Kate Mahoney is a licensed social worker. Kate is the Executive Director of PEER Services, a community-based substance abuse prevention and treatment agency with offices in Glenview and Evanston. Her undergraduate degree is from Northwestern University. She also has a Master’s Degree in Social Work from the University of Michigan. Kate has been working with teens and providing parenting workshops for more than 20 years. She has presented workshops statewide and national conferences but Kate’s favorite audiences are right here on the North Shore in the communities where she knows the families she serves.
Today’s rapidly changing world is putting a great deal of pressure on children – and parents alike. This workshop will provide guidance and support on ten things you can do to reduce stress and increase satisfaction for your entire family. By implementing these simple changes now, you can serve as a wonderful role model for your child on self-care and achieving a balanced life.
Sessions 1 and 2    Room: C318

“Raising Resilient Children – Strategies for Parenting in a Complex World”
Presenter: Kate Mahoney is a licensed social worker. Kate is the Executive Director of PEER Services, a community-based substance abuse prevention and treatment agency with offices in Glenview and Evanston. Her undergraduate degree is from Northwestern University. She also has a Master’s Degree in Social Work from the University of Michigan. Kate has been working with teens and providing parenting workshops for more than 20 years. She has presented workshops statewide and national conferences but Kate’s favorite audiences are right here on the North Shore in the communities where she knows the families she serves.
Our ever-changing world presents great opportunities but also great challenges for our children. Research has helped to identify the skills and assets our children need to navigate their complex social environment in order to develop into well-rounded, well-adjusted young adults. Learn some key strategies to help guide our children in developing skills and making healthy decisions to lead them toward bright futures. This workshop will present strategies we can employ now and in the future to help guide them as they grow.
Session 3    Room: C318
“Childhood Anxiety: What Concerned Parents and Adults Should Know”
**Presenter:** Dr. Glen Veed, Clinical Psychologist, Center for Anxiety and Social Intervention, Evanston, IL
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.

**Sessions 1 and 2  Room: C314**

“When Shyness or Worrying Become a Problem: A Primer on Social Anxiety Disorder”
**Presenter:** Dr. Glen Veed, Clinical Psychologist, Center for Anxiety and Social Intervention, Evanston, IL
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 3  Room: C314**

“The Link Between Emotional Intelligence and Self-Esteem in your child”
**Presenter:** Mallory Rose, LMFT, at Rose Family Therapy
Current research has suggested that children are more successful in life when they have developed their EQ (emotional intelligence) as opposed to just their IQ. High self-esteem does not just lead to stronger relationships with family and friends, it leads to more academic confidence and achievement. In this presentation parents will learn specific skills to help their children develop their emotional intelligence and demonstrate higher self-esteem in their peer relationships.

**Session 1 and 2  Room: C321**

“iSurf, uProtect, weExplore ... Safely”
**Presenter:** Rachel Davidson, Learning Center Director, Henking School, 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, 2 and 3  Room: C317**

“What are the Next Generation Science Standards and How Are They Being Implemented in District 34?”
**Presenter:** Tommie Arens, Instructional Coach- Science, Glenview District 34
Learn how the Science, Technology, Engineering and Mathematics or the STEM initiative developed by the United States Government to raise awareness of careers in science has led to the creation of a set of rich science expectations. The Next Generation Science Standards or NGSS provide students with real world applications of STEM related problems. Learn more about the goal of the NGSS and how these standards will be implemented in District 34 to improve student achievement.

**Sessions 1, 2 and 3  Room: A218**

“Nutrition and the Adolescent Brain”
**Presenter:** Stella Kalfas, President and CEO, Mental Health Association of Greater Chicago
It’s all about the brain. This presentation focuses on the affects of nutrition, lack of nutrients, additives and processed foods on the brain and the emotional state of middle and high school students. It also delves into the influence of low calorie and fat diets on cognition.

**Sessions 1, 2 and 3  Room: C319**

Be sure to stop by the Glenview Public Library’s table. Youth Service Department librarians will be showcasing the numerous and diverse resources, programs, and services offered by the Library to support Glenview children, parents, and educators. Not a Glenview Public Library cardholder? No Problem! Representatives from the Circulations Department will be offering on-site Library Card sign-up.