

Did You Get a Good Night Sleep?

Thursday, Sept. 17 • 1 to 2pm

We expect to have sleepless nights with a newborn, but when our baby continues to wake up throughout the night we become sleep deprived. When our older children turn bedtime struggles into a major battle, parenting skills are put to the test. Dr. Myron Friedman offers research-based advice on how to deal with common sleep-related problems. Friedman is the director of Psychological Services at Edu-Clinic, Inc., which provides diagnosis and treatment of children, adolescents, and adults experiencing learning, workplace, or behavioral problems. *Free.*

BEYOND ST. PAUL'S SCHOOL (TWO PARTS)

Information Days

Thursday and Friday, Oct. 8 and 9 • 9am to 3pm
Several elementary schools, both private and public, will have information about their programs available for parents to take. *Free.*

Navigating the Admissions Maze

Friday, Oct. 9 • 9:45 to 11:30 am

Ms. Dottie Bonner, manager of Houston Independent School District's Magnet Department, and educational consultant Dr. Marshall Shumsky will clarify the admission process for public and private schools and help you find the best education option for your child.

The manager of HISD's Magnet Programs since 2001, Bonner always enjoys the opportunity to reach out to preschool families to dispel some of the myths and misunderstandings about the public school admissions process.

For 22 years, Shumsky has helped Houston-area parents of young children make appropriate choices for elementary school in an increasingly competitive admission landscape. A nationally recognized expert in learning and development issues, Shumsky guides each family through the process from application to acceptance. *Free.*

Toilet Training without Too Many Tears

Tuesday, Oct. 27 • 9:45 to 11:15am

Parents often feel confused about when and how to toilet train their children. Dr. Myron Friedman, director of Psychological Services at Edu-Clinic, Inc., offers sound advice on this timely topic. He will discuss preliminary considerations for toilet training, basic strategies, preparation for one-day toilet training, and the routine used that day. *Free.*

Moms Night Out: Motherhood and Family Life with a Healthy Dose of Humor

Thursday, Nov. 12 • 6:30 to 8:30pm

Louise Parsley, native Houstonian, wife, mother, community volunteer, and award-winning writer, has entertained readers with her columns for the last decade. She will be sharing with us excerpts from her new book, *Revelations in the Rearview Mirror – One Mother's Hard-won and Hilarious Epiphanies on the Road to the Empty Nest*, an insightful and poignantly funny, look-over-your shoulder, laugh-out-loud collection of essays. Dessert and coffee will be served. *Free.*

All about Kindergarten

Thursday, Dec. 3 • 9:45 to 10:45am

Join us for this opportunity to learn about our fantastic Kindergarten here at St. Paul's School. Class 9 teachers, Katy Nolan and Cassie Pitman, will give an overview of the curriculum with an explanation of the reading and mathematics programs. Samples of the children's work will be shown to illustrate the uniqueness of our Kindergarten program. *Free.*

Parenting Little Learners Workshop

Tuesdays, Jan. 19, 26 and Feb. 2, 9 • 8 to 9:30am

A child's well-being is greatly impacted by his or her parents' responses to daily events. Throughout this workshop, parents will learn about brain development, learning styles, developmental stages of reading readiness, how temperaments play a role in communication, and positive discipline. They will explore their parenting skills, what works, what needs

changing, and when and how to make the transition from a frustrated parent to an organized and "in control" parent.

For more than two decades Carol Katrana created fun, loving, learning environments for children while her preschool programs routinely received top ratings and commendations. The former director of St. Martin's Episcopal Children's Center, Katrana now consults with early childhood programs across Texas and the Southwest. *\$115.00 per person, \$125 per couple.*

CPR and First Aid

Saturday, Jan. 30 • 9 am to 2 pm

What would you do if your child – or an older relative or neighbor – had a health crisis or accident? Gain peace of mind by learning cardiopulmonary resuscitation (CPR) and/or First Aid in just one day. Led by Cintas First Aid and Safety. *CPR \$30. First Aid \$30. Both \$55.*

Keeping Marriages Healthy with Small Children

Thursday, Feb. 25 • 1 to 2pm

Many of us become emotionally distant from our significant other while raising small children. We focus on our children's needs, our careers and homes. Keeping your intimacy and your marriage alive is the single biggest predictor of your child's well being. Mary Jo Rapini, MEd, LPC, an intimacy/sex, relationship therapist will present practical solutions to help you get your "MOJO" back into your marriage without embarrassing your children.

Rapini is featured on TLC's new series, *Big Medicine*. She also is a contributing expert for *Cosmopolitan*, *Women's Health*, *First*, and *Seventeen* magazines. Rapini writes her own column, "Note to Self," in the *Houston Chronicle* and "Ask Mary Jo" in *Houston Family Magazine*. She writes all of the love/relationship articles for the *Chronicle's* City Bright blog. She is a popular speaker across the nation and also the mom of two St. Paul's School graduates. *Free.*

Father's Breakfast: Estate Planning

Tuesday, March 2 • 8 to 9am

Rick Shanks of The Shanks Law Firm will be discussing Estate Planning and Wills. Shanks brings extensive experience and exceptional wisdom to the process of estate planning. A light breakfast will be served. *Free.*

Handling Sibling Rivalry and Fighting

Wednesday, March 24 • 9:45 to 11:15am

Children will have conflicts, and siblings will be competitive. Dr. Deborah Fry will help you discover how to bring peace to the fights and how to teach children the skills they need to resolve their conflicts in a peaceful manner. Fry has been leading workshops and working with parents and families since 1990. *Free.*

More Guidance, Less Discipline

Thursday, April 22 • 1 to 2pm

Caring for your kids means making conscious decisions to model for them the ideal behaviors and values that determine who they become and that impact your relationship. Join us to explore with Dr. Kathryn Jenkins techniques that allow parents to use more guidance and less discipline. She will share simple strategies for raising caring children as the group discusses the use of unconditional love to enhance mutual respect, reasonable expectations, and appropriate consequences.

Jenkins is an assistant professor of Early Childhood Education at the University of Houston-Downtown. Her research and expertise include the areas of Oral Language and Literacy, Organization of the Physical and Emotional Environments, Authentic Assessment, Social and Cognitive Play, and Aesthetic and Physical Instructional Strategies. Her professional and published research projects are conducted at the House of Tiny Treasures, an accredited preschool affiliated with SEARCH homeless services. In addition to many years in the field, she brings the experience of parenting three young children. *Free.*

St. Paul's Church

St. Paul's United Methodist Church is a diverse, open community where people of all backgrounds seek to reach out to each other and the world, focusing on ministry to children and youth, outreach to those in need, and spiritual formation through study, worship, and music.

We are committed to helping parents rear children in a loving, Christian atmosphere that provides a solid foundation for spiritual and moral growth. You and your family are warmly invited to join us.

Sunday School classes for all ages meet at 9:45 a.m. Nursery care is available while parents attend worship or Sunday School. Children's Church for ages three and older is held during the 8:30 and 11:05 a.m. worship services. Preschoolers meet for the "Joyful Noise" singing and worship experience prior to their Sunday School classes. Children's choirs for first to fifth graders meet Sunday mornings, singing periodically in worship services plus special occasions throughout the year.

Infants and preschoolers have fun along with their parents at Musikgarten classes and Friday-morning Play Group. Kids Night Out is our popular Friday night childcare while parents enjoy an evening on their own; reservations are required. Seasonal programs include special events during Lent and Easter; Vacation Bible School and Music Camp in the summer; the Fall Family Festival; and Sights, Sounds, and Smells of Christmas and the Children's Candlelight Service in December.

Call 713-528-0527 to join our mailing list for children and parents or to learn more about becoming a member of St. Paul's. We believe that God has a place here for you and your family.

Rev. Dr. L. James (Jim) Bankston
Senior Minister
Dr. Ellen Edwards
Children's Ministry

St. Paul's School

*in its second 50 years of nurturing
children in a challenging
learning environment*

The first school in Houston accredited by the National Academy of Early Childhood Programs – and one of the first re-accredited by the NAEYC's new, more rigorous standards – St. Paul's School has been providing Christian love and care in a challenging learning environment for children ages six months to Kindergarten since 1954.

The caring, experienced staff of St. Paul's School offers extended day care options, developmental testing, field trips, Spanish, and music. Dance, Fun Fitness, and computer classes also are available at an additional fee. When space permits, registration is open year around.

Debra Fischer, *Director*
St. Paul's School
5501 Main Street
Houston, TX 77004
Web: stpaulspreschool.org
e-mail: spschool@stpaulshouston.org



SUMMARY CALENDAR

all free unless otherwise noted
*Bring lunch to 1pm programs;
beverages will be provided.*

SEPTEMBER

17. Did You Get a Good Night Sleep?
1 to 2 pm

OCTOBER

8-9. Beyond St. Paul's School: Information
Days. *9 am to 3 pm*

9. Navigating the Admissions Maze.
9:45 to 11:30 am

27. Toilet Training without Too Many
Tears. *9:45 to 11:15 am*

NOVEMBER

12. Moms Night Out: Motherhood and
Family Life with a Healthy Dose of
Humor. *6:30 to 8:30 pm*

DECEMBER

3. All about Kindergarten. *9:45 to 10:45
am*

JANUARY

19. Parenting Little Learners Workshop
begins. Continues on January 26 and
February 2 and 9. *8 to 9:30 am*
\$115 per person, \$125 per couple.

30. CPR/First Aid. *9 am to 2 pm*
CPR \$30. First Aid \$30. Both \$55.

FEBRUARY

25. Keeping Marriages Healthy with
Small Children. *1 to 2 pm*

MARCH

2. Fathers Breakfast: Estate Planning.
8 to 9 am

24. Handling Sibling Rivalry and Fighting.
9:45 to 11:15 am

APRIL

22. More Guidance, Less Discipline.
1 to 2 pm

*Childcare is provided for all of these programs
when reserved by calling the school office,
713-528-6779, at least 24 hours in advance.*

PARENT ENRICHMENT EVENTS 2009 - 2010

St. Paul's School

Parent Enrichment Events

provide opportunities for parents

to share experiences and learn

about childhood issues.

All St. Paul's School parents,

church members, and interested others

are warmly invited to attend.



For more information about any event

or to make child care reservations,

please contact St. Paul's School

at 713-528-6779 or

spschool@stpaulshouston.org.