

### **Helping Young Children Develop Self**

**Control** (Recommended pre-requisite for Toilet Training without Too Many Tears)

*Wednesday, Sept. 15 • 1 to 2pm*

Dr. Myron Friedman, Director of Psychology Services at Edu-Clinic, Inc., offers techniques that foster a child's ability to gain self control, one of the most important skills a child must master. He will talk about the normal development of self control, what may interfere with it, and how to improve it.

### **Getting Back to the Girl You Used to Know**

*Wednesday, Sept. 22 • 7 to 9pm*

Do you have too many things to do but none of it includes anything for YOU? Get inspired with a fun evening of Motivational MOMents with Maria Majewski, and let her help you get back to the girl you used to know.

Majewski is the creator of the Inspire Empire ten-week motivational program and author of the new book *The Girl I Used to Know – How to Find Yourself Again and Put Personal Priority Back on Your To-Do List*.

Through her research and working with life-coach clients, Majewski understands what makes and keeps women motivated to better themselves and improve their lives.

### **Redirecting Children's Behavior** (6-part series)

*Thursdays, Oct. 7, 14, 21, 28, Nov. 4, 11  
9 to 11:30am*

This six-week, 15-hour course teaches parents how to help children grow in a way that enhances self-esteem, teaches responsibility, and promotes cooperation and self-mastery. At the completion, you will be able to:

- Discipline without yelling
- Interact to build self-esteem
- Reduce sibling rivalry
- Develop a sense of responsibility
- Redirect mistaken goals
- Create an encouraging family

This class will be taught by Dr. Deborah

Fry, an enthusiastic speaker and educator who has been leading workshops and seminars, and working with individuals, parents, and families since 1990. A certified instructor of the International Network for Children and Families, much of her training is based on the work of Dr. Rudolph Dreikurs. *Fee: \$225.00 per person, \$325.00 per couple.*

### **Beyond St. Paul's School**

#### **Part 1: School Forum Information Days**

*Thursday & Friday, Oct. 7 & 8 • 9am to 3pm*

Several elementary schools, private and public, will have information about their programs available for parents to take.

#### **Part 2: Navigating the Admissions Maze**

*Friday, Oct. 8 • 9:15 to 10:15 am*

Educational consultant Carolyn Means will shed light on the admission process for public and private schools. Her goal is to take the mystery and stress out of the process of determining the right fit for your child.

Shakti Dalal, also an educational consultant, will address the assessment process that occurs on private school visiting days.

A representative from the Houston Independent School District will discuss the district's Magnet, Vanguard, and Gifted and Talented programs.

#### **Positive Thinking Works: Getting Ahead of America's Bullying Epidemic with Positive Talk and Action**

*Wednesday, Oct. 13 • 7 to 8pm*

Be a part of a discussion of a new bullying awareness program called +Works. Seeking to get ahead of America's bullying epidemic with positive talk and action, the +Works program integrates school and home efforts in a unique way that is building grass roots interest in the Houston community. +Works founders and Houston moms Sarah Fisher and Trish Morrille will introduce the +Family and +School pro-

grams. Bring your own ideas, because only as a community can we make a truly +Difference for our children.

#### **Toilet Training without Too Many Tears**

(Recommended prerequisite: Helping Young Children Develop Self Control)

*Wednesday, Nov. 10 • 9:15 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 for that day.

#### **All about Kindergarten**

*Thursday, Dec. 2 • 9:15 to 10:15 am*

Join us for this opportunity to learn about St. Paul's fantastic Kindergarten. Class 9 teachers, Cassie Pitman and Jacqueline Wallace, 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.

#### **Top Ten Things Children Need Today**

*Wednesday, Jan. 12 • 1 to 2pm*

Carol Karana will share a message on what parents should be thinking about as they work with young children. For more than two decades Karana 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, Karana now consults with early childhood programs across Texas and the Southwest. She is an excellent resource for supporting you as you lead your children to a place of active learning, feeling, and thinking.

### **Helping Children Manage Anxiety**

*Thursday, Feb. 24 • 1 to 2 pm*

Anxiety, a normal human experience, serves an important purpose for our protection to manage in an ever-changing world. Helping children tolerate and manage anxiety promotes healthy adjustment and development. Sandra L. DeSobe will facilitate this discussion of common childhood anxieties and remedies for soothing them. On the staff of the Krist Samartian Center for Counseling and Education, DeSobe is a clinical member/approved supervisor of the American Association for Marriage and Family Therapy and a member of the American Association of Pastoral Counselors.

#### **Baby Sign Language — Empowering Parents**

*Wednesday, March 23 • 9:15 to 11am*

The practice of American Sign Language (ASL) with pre-verbal hearing children uses selected words to help bridge baby's communication needs until he or she develops the physical ability to talk. Giving a baby the ability to communicate opens the world in many ways. First and foremost, this precious child can let you know what he wants or needs. You can understand and meet the need. Join Mimi Vance to learn how you and your child can benefit from even a few ASL words.

#### **Establishing Healthy Eating Habits for Your Preschooler**

*Tuesday, April 12 • 1 to 2 pm*

Lisa Pounds, Founder and CEO of Green Plate Kids, and Kristin Vollrath, a Licensed, Registered Dietitian, will present healthy options, recipes, and tips for getting your preschooler on the right track to healthy eating habits. Samples will be available. Pounds developed Green Plate Kids to offer parents the convenient option of having healthy, fresh, and nutritious meals delivered to their homes.

# 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 raise 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  
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Houston, TX 77004  
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Childcare is provided for all of these programs when reserved by calling the school office, 713-528-6779, at least 24 hours in advance. Bring your lunch to the 1 p.m. programs; beverages will be provided.

## SUMMARY CALENDAR

all free unless otherwise noted

### SEPTEMBER

15. Helping Young Children Develop Self-Control (Recommended pre-requisite for Toilet Training without Too Many Tears). 1 to 2 pm

22. Getting Back to the Gift You Used to Know. 7 to 9 pm

### OCTOBER

Oct. 7, 14, 21, 28, Nov. 4, 11

Redirecting Children's Behavior 9 to 11:30 am, \$225/person, \$325/couple.

7-8. Beyond St. Paul's School: School Forum Information Days. 9 am to 3 pm

8. Beyond St. Paul's School: Navigating the Admissions Maze. 9:15 to 10:15 am

13. Positive Thinking Works: Getting Ahead of America's Bullying Epidemic with Positive Talk and Action. 7 to 8 pm

### NOVEMBER 10.

Toilet Training without Too Many Tears. (Recommended pre-requisite: Helping Young Children Develop Self Control). 9:15 to 11:15 am

### DECEMBER 2.

All about Kindergarten (at St. Paul's). 9:15 to 10:15 am

### JANUARY 12.

Top Ten Things Children Need Today. 1 to 2 p.m.

### FEBRUARY 24.

Helping Children Manage Anxiety. 1 to 2 pm

### MARCH 23.

Baby Sign Language: Empowering Parents. 9:15 to 11 a.m.

### APRIL 12.

Establishing Healthy Eating Habits for Your Preschooler. 1 to 2 pm

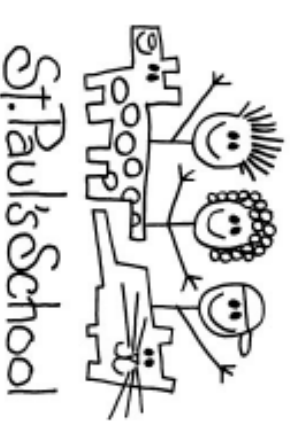
## PARENT ENRICHMENT EVENTS

2010 - 2011

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](mailto:spschool@stpaulshouston.org).