

## St. Paul's School Parent Education – 2011-2012

### Helping Young Children Develop Self Control, Wednesday, September 21, 1:30pm

Dr. Myron Friedman 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. Dr. Friedman was Director of Psychology Services at Edu-Clinic, Inc. for 18 years. He is now in private practice.

### Simple things parents can do to prepare children for admissions testing, Wednesday, October 5, 9:15am

Admission testing can be a source of anxiety for parents and children. Educational consultant Carolyn Means of School Solutions will talk about admission tests currently used in local public and private schools. Learn some of the strategies she shares with her clients for how parents can help their children prepare for testing and group visits. Carolyn Means is the founder/owner of School Solutions, dedicated to helping families find the right school for children ages 3-16. In the past six years, School Solutions has worked with over 320 students who are now attending over 80 different private and public schools in the Greater Houston area.

### Redirecting Children's Behavior, Thursdays, October 6,13,20,27, November 3and 10, 9:15-11:45am,

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. \$20.00 for childcare for all 6 sessions*

### Baby Sign Language –Empowering Parents, Tuesday, October 25, 9:15am

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.

### Beyond St. Paul's School, Thursday and Friday, November 3and 4

#### **Part 1: School Forum Information Days Thursday & Friday, Nov.3 & 4 • 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, November 4 • 9:15 to 10:15am*

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

All about Kindergarten, Thursday, December 1, 9:15-10:15am

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.

Positive and Effective Tools and Strategies for Discipline, Wednesday, January 25, 9:15am

The word discipline comes from the root word disciple. It simply means to teach or train. This is a big part of our job requirement as a parent. If you are like most parents and find yourself making idle threats or overwhelmed in the heat of the moment by your child's poor behavior, you are not alone. Learn how to be proactive. Develop your family's plan to handle age appropriate discipline and consequences. Have your strategies and techniques ready to go and planned out, well before the colossal behavior breakdown occurs.

With a passion for parenting and a background in teaching, Patina Sehorn shares her wisdom and experiences with us. She is a co-author of Answer Keys: Teachers Lesson Plans for Successful Parenting.

Preventing Prejudice, Tuesday, February 21, 9:15-10:15am, The Miller Early Childhood Initiative of A WORLD OF DIFFERENCE Institute of the Anti-Defamation League provides anti-bias training and resources for the early childhood community. This parent workshop will parallel the training St. Paul's teachers in classes 5-9 will receive. The workshop will focus on how parents are children's "first teacher" when it comes to developing a sense of identity and combating stereotypes and negative attitudes. All participants receive *Bias-Free Foundations: Activities for Families*

Ideas for Facilitating Language Development, March 1, 1:00pm This presentation will help parents understand how they can improve children's expressive, receptive and pragmatic language with simple, practical tips and ideas for facilitating language development at home. There are many activities that can be easily incorporated into the daily routine that will help at-risk children with their language skills (red flags will be outlined) and boost the development and communication skills of all children.

The activities are based on language skills that are developmentally appropriate and necessary for building a solid foundation that can support academic proficiency.

Dawn Reinartz, M.S., CCC-SLP is a certified speech language pathologist at The Parish School working in the classroom with their youngest students, children 2-3 years of age with language and/or developmental delays. She has been in the field for almost 20 years and was recently chosen as a consultant on a project with the Children's Learning Institute to develop an intervention for childcare teachers to promote language skills for at-risk toddlers.

Establishing Healthy Eating Habits for Your Preschooler, Thursday, April 19, 1:00pm

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.