

LAKE ZURICH DISTRICT 95

PRESENTS



PARENT  
UNIVERSITY

## 16<sup>th</sup> Annual Celebration for Parents Encouraging Parents

**Invest 4 Hours of Time...Gain a Lifetime of Knowledge!  
Motivating Speakers...Topics that Touch our Lives!  
So Much For Only \$10-Child Care Available \$5!  
W. Kim Tae Kwon Do...Demo Team~Kids Club!**



**Saturday, February 27, 2010 ~ 8:15 a.m. – 12:45 p.m.  
Lake Zurich Middle School North – Hawthorn Woods**

For further information about the event, access the Parent University website at:

<http://www.lz95.org/parentu/parentuhome.htm>

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### **Back by Popular Demand--Keynote Speaker Bob Leece PARENTING IS HARD WORK!**

Back by popular demand from our November Parent University Part 1, presenter Bob Leece will present **PARENTING IS HARD WORK!** Bob holds a Masters Degree in Guidance and Counseling, a Special Education Certification and has over 37 years experience working with teens at area high schools. Join Bob as he discusses the challenges and stress that our children face. Learn effective parenting methods that will touch you and leave you empowered to take an active role in your child's life...it's never too early to start!

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### **Special Presentation on Internet Safety: A Crash Course for Parents**

In our High Tech World, children are exposed to numerous threats on the internet. Learn how to protect your child by understanding this confusing environment and ways you can effectively communicate with your child about the potential online dangers. Our speaker, **Joe Taylor**, is an Academic Technology Coordinator at Buffalo Grove High School and is an award-winning instructor in technology related issues.

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### **Your Choice of Interesting and Informative Breakout Sessions Include:**

- **Keeping Your Family Grounded and Connected**
- **The Changing Moods of Adolescence: What is Normal and When to be Concerned**
- **Creating the Right Individual Education Plan (IEP) For Your Child**
- **Parenting Boys and Their Emergence Into Adolescence—Time of Greatest Opportunity For Parental Impact**
- **Developing Courage, Confidence and Self-Esteem in Your Child**
- **Recognize and Improve the Skills Your Child Needs to Plan, Organize and Monitor Daily Activities—Executive Functioning**
- **Nurturing Confidence in Young Girls: Paving the Way For Successful Adolescence**
- **Alcohol & Drug Awareness – What Parents Need to Know**

**EDUCATION IS NOT JUST FOR OUR CHILDREN~DON'T MISS THIS GREAT OPPORTUNITY!**

## PARENT UNIVERSITY REGISTRATION FORM

Name \_\_\_\_\_ Home or Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Child(ren)'s School \_\_\_\_\_

### Your Choice of the Following Sessions:

- Session 1:** 1(A) Keeping Your Family Grounded and Connected  
 10:00 – 11:15 1(B) The Changing Moods of Adolescence: What's Normal and When to be Concerned  
 1(C) Creating the Right Individual Education Plan For Your Child  
 1(D) Parenting Boys and Their Emergence Into Adolescence-Time of Greatest Opportunity For Parental Impact



- Session 2:** 2(A) Developing Courage, Confidence and Self-Esteem in Your Child  
 11:30 – 12:45 2(B) Recognize and Improve the Skills Your Child Needs to Plan, Organize and Monitor Daily Activities—Executive Functioning  
 2(C) Nurturing Confidence in Young Girls: Paving the Way For Successful Adolescence  
 2(D) Alcohol & Drug Awareness – What Parents Need to Know

*Indicate your first and second choices below for each Session:*

| 1 | Session 1              | Choice          | Session 1 | Session Title |
|---|------------------------|-----------------|-----------|---------------|
| 1 | 10:00 am -<br>11:15 am | 1 <sup>st</sup> |           |               |
|   |                        | 2 <sup>nd</sup> |           |               |
| 2 | Session 2              | Choice          | Session 2 | Session Title |
| 2 | 11:30 am –<br>12:45 pm | 1 <sup>st</sup> |           |               |
|   |                        | 2 <sup>nd</sup> |           |               |

| Guidelines and Policies                                                                                                                                                                                                                                                                     | Fees                                                                                                                                                                                                                                                                                         |            |  |                                                        |  |              |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--|--------------------------------------------------------|--|--------------|--|
| Registration ends February 20, 2010. <b>Walk-ins welcome.</b><br>Registration is non-refundable.<br><br>Make checks payable to <b>Parent University</b> and mail check and completed registration form to:<br><b>Karen Abry</b><br><b>1033 Cormar Drive</b><br><b>Lake Zurich, IL 60047</b> | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Adult \$10</td> <td style="width: 20%;"></td> </tr> <tr> <td>Children \$5 per child or a maximum of \$12 per family</td> <td></td> </tr> <tr> <td><b>Total</b></td> <td></td> </tr> </table> | Adult \$10 |  | Children \$5 per child or a maximum of \$12 per family |  | <b>Total</b> |  |
| Adult \$10                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                              |            |  |                                                        |  |              |  |
| Children \$5 per child or a maximum of \$12 per family                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                              |            |  |                                                        |  |              |  |
| <b>Total</b>                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                              |            |  |                                                        |  |              |  |

**Kids Club Registration:** On-site child care is provided at a cost of \$5 per child or a maximum of \$12 per family for ages 3-12 by Parent University volunteers. Children will be grouped by age, unless you request siblings to be kept together. Snack provided along with entertainment by the W. Kim Tae Kwon Do Demo Team!

| Name of Child | Age/Grade | Diet, Medical or Additional Concerns | On-Site Contact No. |
|---------------|-----------|--------------------------------------|---------------------|
|               |           |                                      |                     |
|               |           |                                      |                     |
|               |           |                                      |                     |

## SCHEDULE

|                  |                                                    |
|------------------|----------------------------------------------------|
| 8:00 – 8:15 am   | Registration and Continental Breakfast             |
| 8:15 – 9:00 am   | Keynote Speaker Bob Leece: Parenting Is Hard Work! |
| 9:00– 9:45 am    | Internet Safety With Joe Taylor                    |
| 9:45– 10:00 am   | Break                                              |
| 10:00 – 11:15 am | Session 1                                          |
| 11:15 – 11:30 am | Break                                              |
| 11:30 – 12:45 pm | Session 2                                          |

### SESSION 1 DESCRIPTIONS:

#### 1A) Keeping Your Family Grounded and Connected

Our kids live in a busy, fast paced, electronic world that offers them many opportunities and conveniences. However, with all the advantages of a technical world, also come some concerns. Kids seem to be “tuned –in” electronically, but “tuned-out” emotionally. They seem strongly attached to things, yet disconnected from families and adults. They are overloaded with information on celebrities, but lack self-awareness and coping skills. They are experts at being busy, but are unable to be alone and quiet. In order for kids to feel grounded, they must feel more connected at home. This workshop shows parents how to give kids what they really need to be successful in life: time, attention, values, coping skills, and acknowledgment of feelings, limits and responsibility. Strategies are offered to nurture all of these areas and more.

**(Preschool through Middle School)**

*Parent University is proud to welcome back Karen Jacobson, MA, LMFT, LCPC, and Lauren Bondy, MSW. As co-founders of Parenting Perspectives, they have presented their original, interactive workshops and multi-week course to thousands of parents and have appeared on ABC-7’s “Connect with Kids”. They are experts on a wide variety of parenting topics. Karen and Lauren are passionate about helping parents enhance their parenting tools to promote healthy development and nurture the unique potential of their children. Both are certified parenting instructors through the International Network for Children and Families and affiliated members of the National Effective Parenting Initiative. Each has a private parent coaching practice. In addition, they have first-hand experience as mothers.*

#### 1B) The Changing Moods of Adolescence: What is Normal and When to be Concerned

All young people “feel blue,” sad or stressed out from time to time. It is often difficult for parents to tell when these feelings are typical teenage emotions or a sign of something more serious. This session will help parents recognize the red flags of concern in children's behavior and the steps to take to deal with emotional changes and possible depression. Parents will also learn about social and emotional changes that have taken place over the course of your child’s development during the school years and how to respond to these changes to nurture your child’s emotional growth. The Erika's Lighthouse Parent Handbook on Childhood and Adolescent Depression will be given to each attendee.

**(Upper Elementary through High School)**

*Sally McQuillen, Executive Council of Erika's Lighthouse, has her Masters in social work and is a mother of three, including two teenagers and a 10 year old. Erika's Lighthouse is comprised of an adult Board of Directors of concerned parents, mental health professionals and educators, and an active Teen Club, working together to break stigma and educate communities about mental health issues through various programs directed toward schools, teachers, parents, the kids themselves and most recently physicians and other health professionals.*

#### 1C) Creating the Right Individual Education Plan For Your Child

Drs. Price and Rastrelli will discuss how to utilize different forms of data to create a comprehensive Individual Education Plan (IEP) for your child. The presentation will include information about how to understand results of evaluations, response to intervention data, and progress monitoring and how to best use this data as part of the special education process. Any parent living with, raising and educating children with special needs will find the information presented at this session invaluable to their daily lives.

**(Preschool through High School)**

*Parent University is proud to welcome back Drs. Peter Rastrelli and Josh Price, school psychologists in private practice at Psychoeducational Resource Services in Skokie. With their history of working within the public school system with children of all ages, they offer a unique perspective to parents when it comes to the developmental needs of children.*

#### 1D) Parenting Boys and Their Emergence Into Adolescence—A Great Opportunity For Parental Impact

The years from age eight through adolescence are ones during which parents can make perhaps the greatest impact on a boy's development--creating healthy and vital patterns and interests that can last a lifetime. In this session, we will look at key strategies for parents to implement to take full advantage of this time, teach parents what they can do to best help boys develop into young men and explain what boys really need from parents during these years. The discussion will focus on how a boy develops a sense of himself; how parents can be positive role models; how parents should help boys define failure and success; how to effectively use discipline techniques to set boundaries; and how media and technology impacts development and defining roles in the family.

**(Elementary through High School)**

*Tom Bass, LCSW, is the Clinical Director of Family Service of Winnetka in Northfield, Illinois. He has worked for over 30 years with children, adolescents, parents and families. His area of expertise includes developing effective parental partnerships, helping children with life transitions and communicating with adolescents.*

## **SESSION 2 DESCRIPTIONS:**

### **2A) Developing Courage, Confidence and Self-Esteem in Your Child**

Parents often ask for help on how they can help their children become more self-confident. At any time in a child's life, lack of self-confidence can cause serious problems with not feeling lovable and capable. Tweens and teens who lack self-confidence are less likely to do well in school, participate in activities and form meaningful friendships. Without having higher self-esteem, children may isolate themselves, act out in the classroom and/or become involved in self-destructive behavior. This session will provide parents with strategies on how to build courage, confidence and self-esteem in your child that can last a lifetime.

**(Elementary through High School)**

*Bob Leece holds a Masters Degree in Guidance and Counseling, a Special Education Certification and has over 37 years experience working with teens at area high schools. Bob has also been running parent groups and presenting at parenting workshops on a variety of issues facing parents and adolescents.*

### **2B) Recognize and Improve the Skills Your Child Needs to Plan, Organize and Monitor Daily Activities—Executive Functioning**

Executive Functioning refers to the ability of a person to use the thinking skills necessary to plan, organize and monitor daily activities. Students with weaknesses in executive functioning skills have a hard time knowing when to start something, how to plan ahead and figure out if they are doing the things the right way and at the right pace. These problems can occur with students with ADHD and with those with other learning disabilities, such as autistic spectrum disorders. This presentation will discuss recognizing signs of executive function weaknesses in your child and how you can work with your child's school to teach skills to improve your child's executive functioning. Join Dr. Frey as he offers parents practical ideas that they can use at home with their children and adolescents to help manage these challenges. Dr. Frey will also address recognizing the signs of reading disabilities and possible dyslexia, autistic spectrum disorders and anger management.

**(Preschool through High School)**

*Parent University is proud to welcome back Dr. Michael Frey, a Licensed Clinical Psychologist who specializes in counseling children, adolescents and their families. He has been the clinical coordinator for two Child Psychiatry Units and currently has a private practice in Arlington Heights. He also provides consultation services for several programs and school districts.*

### **2C) Nurturing Confidence in Young Girls: Paving the Way to Successful Adolescence**

Girls are more likely to navigate adolescence successfully when parents have nurtured inner confidence beginning at a young age. In this session, you will learn practical, effective tips and strategies to help parents meet the developmental needs of young girls. Parents will gain a deeper understanding of the challenges that today's girls will face and opportunities for overcoming those challenges in a sensitive manner. You will discover how different parenting strategies will either help or hinder the development of true self-confidence and strong decision-making skills in your girl, which are so vital to fully develop prior to entering adolescence.

**(Elementary through Middle School)**

*Parent University is proud to welcome back Karen Jacobson, MA, LMFT, LCPC, and Lauren Bondy, MSW. As co-founders of Parenting Perspectives, they have presented their original, interactive workshops and multi-week course to thousands of parents*

*and have appeared on ABC-7's "Connect with Kids". They are experts on a wide variety of parenting topics. Karen and Lauren are passionate about helping parents enhance their parenting tools to promote healthy development and nurture the unique potential of their children. Both are certified parenting instructors through the International Network for Children and Families and affiliated members of the National Effective Parenting Initiative. Each has a private parent coaching practice. In addition, they have first-hand experience as mothers.*

### **2D) Alcohol & Drug Awareness – What Parents Need to Know**

Join teen substance abuse counselors, along with parents and teens who have experienced the dangers and difficulties of teen substance abuse, to hear what parents and children face when struggling with this serious problem. Recovering teens will share their experiences, strengths and hopes about sobriety and abstinence. You will also learn from fellow parents about watching for certain signs and signals of drug and alcohol use and abuse, ranging from clothing to behavior changes that you may not even think would be linked to substance abuse.

**(Middle School through High School)**

*John McGuinness is the Director of Families & Adolescents in Recovery ("F.A.I.R."), a treatment center that focuses on getting teens sober and back to being a productive family or community member. The staff of F.A.I.R. are licensed professional counselors or certified addiction counselors.*

## Registration

- Complete the attached registration form and send it with your check **made payable to Parent University** to:

**Karen Abry**  
**1033 Cormar Drive**  
**Lake Zurich, IL 60047**

[Do not send registration materials to your school.](#)

- Registration closes February 20, 2010. **No confirmations will be mailed.**
- Check-in is from 8:00 a.m. to 8:15 a.m. A continental breakfast will be served.

## Fees

- \$10 per person. The program fee includes a registration packet, continental breakfast, a keynote speaker, a special presentation on Internet Safety, and two sessions of your choice.
- Childcare: \$5 per child with a maximum of \$12 per family.
- Financial assistance is available if needed. Call Karen Abry at 847-726-7031 for information.

## Kids Club

- On-site Childcare for children ages 3-12 (no children in diapers) provided by Parent University volunteers from 8:00 a.m. to 12:45 p.m.
- Children will be grouped by age, unless otherwise specified. Planned activities include a demonstration by the **W. Kim Tae Kwon Do Demo Team**, crafts and supervised games. Children may go outside depending on weather—please dress your child accordingly.
- A mid-morning snack will be served. If your child has food allergies, please provide your own snack.
- **NOTE:** Kids Club check-in is at Spencer Loomis Elementary School, which is connected to Middle School North.
- Childcare will only be provided for parents who have **pre-registered** their children.
- Parking is available at both Middle School North and Spencer Loomis Elementary School, which are connected buildings.

## Directions to Lake Zurich Middle School North:

- From the intersection of Midlothian Road and Old McHenry Road, continue northwest on Old McHenry Road past Fairfield Road (the YMCA will be on your left) to the stop light at the intersection of Old McHenry Road and North Abbey Glen Drive. Make a left turn at the stop light and the school will be straight ahead (Hubbard Lane is not marked). Parking is in the rear of the school.
- From the intersection of Rand Road (Route 12) and Old McHenry Road, go southeast on Old McHenry Road to the stoplight at the intersection of Old McHenry Road and North Abbey Glen Drive. Make a right turn at the stoplight and the school will be straight ahead (Hubbard Lane is not marked). Parking is in the rear of the school.

## For Further Information

- Additional questions? Please leave a message at 847-540-4702. Someone will get back to you as soon as possible.



**W. Kim Tae Kwon Do** is dedicated to the positive development of children and adults through martial arts training.

Guiding Principles:

Courtesy, Integrity, Perseverance,  
Self-Control & Indomitable Spirit!

**471 S. Rand Rd, Lake Zurich**  
**847-540-7727**