

# Parent University 2010

is brought to you  
through the partnership of:

**Naperville School District 203**

and

**Indian Prairie School District 204**

in cooperation with

the various community agencies of  
**Naperville's Collaborative Youth Team**



District 203 website: [www.naperville203.org](http://www.naperville203.org)

District 204 website: [www.ipSD.org](http://www.ipSD.org)

# Parent University 2010

## Real-World Parenting 101

**Saturday, February 6, 2010  
8 AM-2:15 PM**

Neuqua Valley High School  
2360 95th Street, Naperville  
(enter at Auditorium door #7)

\$30/person full day or  
\$20/person half day

## Need a few extra parenting credits?

Join us for a day of informative and interactive workshops designed to provide practical lessons for parenting kids in preschool through high school.

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### REGISTRATION

Parents may choose between two options:

- 1) \$30 for full day (8 AM – 2:15 PM) which includes breakfast, lunch, keynote address and attendance at both workshop sessions
- 2) \$20 for half day (8 – 11:55 AM) which includes breakfast, keynote speech and attendance at Session A workshop

There are 13 workshops offered each session presented by local experts in child and adolescent development. A description of each is provided on pages 4 through 7. During lunch, attendees will have the opportunity to chat informally with presenters and pick up information from a variety of community social service agencies regarding the health and well being of children, youth and families.

**Participants will be registered on a first come, first-served basis. Please note: space is limited in each workshop, so early registration is strongly encouraged. A first and second choice of workshop for each session is required on all registrations. This event is designed for parents only; please do not bring your children.**

Please complete the appropriate green 2-sided registration form in this booklet (either the full day or half day option) and send with your check (payable to Naperville District 203 Parent University) to Parent University, c/o Indian Prairie School District 204 Crouse Education Center, 780 Shoreline Dr., Aurora, IL 60504 by January 29, 2010.

No individual confirmation will be sent; you are registered unless you are specifically notified otherwise. No refunds will be given after February 1. If you have questions about registration, please contact Jason Altenbern at 630-375-3017 or [Jason\\_altenbern@ipsd.org](mailto:Jason_altenbern@ipsd.org) or refer to the FAQ sheet located on both district websites: [www.ipsd.org](http://www.ipsd.org) and [www.naperville203.org](http://www.naperville203.org).

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### AGENDA

- 8:00 AM:** Check-in/continental breakfast  
**8:30 AM:** Keynote speaker Gloria DeGaetano  
“Parenting Well in a Media Age”  
**10:25-11:55 AM:** Session A workshops  
**11:55 AM-12:40 PM:** Lunch  
**12:40-2:10 PM:** Session B workshops  
**2:15 PM:** Turn in evaluations

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### KEYNOTE SPEAKER

#### **Gloria DeGaetano** “Parenting Well in a Media Age”



In our screen-saturated society parents are continually bombarded with choices—choices that are not always easy to make and often have unintended consequences. Gloria DeGaetano, founder and CEO of The Parent Coaching Institute (PCI) has spent over 25 years addressing parents concerns about media related issues.

From her book, *Parenting Well in a Media Age*, Gloria reveals how mass media impacts the emerging self-identity of our kids and how that, in turn, determines their behaviors, attitudes, and values. She will outline a “sane parenting plan” that provides the necessary environment for kids to grow up in this era of social media, texting and sexting, cyber-bullying and

violent video games with a strong sense of self, prepared to control screen technologies proactively, effectively, and wisely.

Gloria will describe the new parenting tasks fundamental to our times, with a focus on what she terms “The Vital Five” — five developmental needs that often get short-changed in a media-driven society. Gloria will share with parents how to meet those needs for our children and teens in daily decision-making.

An internationally and nationally acclaimed educator, author, and speaker, Ms. DeGaetano is a sought-after favorite for keynotes and workshops at major national and international conferences. The Parent University 2010 audience will experience Gloria’s real life experience mixed with wit, humor, empathy and compassion.

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## WORKSHOPS FOR ALL AGES

### **A Return to Slow...to Grow**

*Presenter: Gloria DeGaetano, Parent Coaching Institute*

Quick...what parts of the human brain are the fastest? What parts are the slowest? To find out come to this informative workshop about the relationship of slow to growing children's motivation for learning, attention span, and overall enjoyment of life. In a fast-paced, screen-machine world, children and teens vitally need to slow down. Improve children's learning, play experiences, peer relationships, and school success with Gloria's Six Truths about the "Slow" Brain, the take away handout from this workshop.

*Sessions offered: A & B*

### **Can We Be Friends?**

*Presenters: Patti McIntire, District 203 Social Worker; Debbie Shipley, Parent*

Friendships are important to all children no matter what their age. Some children experience difficulties developing friendships while others may have difficulty sustaining them. Parents often wonder what they can do to help their children deal with the challenges that occur within every relationship. This workshop will present the social skills needed for children to make and keep friends, contrast the characteristics of healthy and unhealthy friendships and discuss the parents' role in helping their child make positive choices in their development of relationships.

*Sessions offered: A & B*

### **Positive Parenting: A Focus on Study Skills**

*Presenters: Becky Bewersdorf & Camille Jones, West Suburban Educational Associates*  
Learn key parenting skills: How to create a positive learning environment at home, be an effective homework coach, help your child develop better study techniques and test taking skills, encourage study habits to ensure success.

*Sessions offered: A & B*

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## EARLY CHILDHOOD WORKSHOPS

### **Engaging Young Children in Early Numeracy Activities**

*Presenters: Cynthia Navin O'Meara, District 203 Early Childhood School Psychologist;  
Theresa LaLoggia, Madison Junior High School Psychologist*

Math concepts at school entry are the strongest predictors of later achievement, even stronger than literacy skills. This presentation will include research supporting the importance of early numeracy skills and the five main areas of early math development. Creating a math rich environment within the home will be discussed and specific activities will be presented.

*Session offered: A*

### **Keep On "MOVING" Right Along**

*Presenters: Virginia Helmus, District 204 Physical Therapist;  
Eileen Redding, District 204 Occupational Therapist*

As parents, we can help our children learn to develop their bodies through movement activities. This workshop will provide suggestions for activities that reinforce motor skills such as balance, strength, body awareness, rhythm, and eye-hand and eye-foot coordination. The focus is to provide enjoyable experiences to help children gain competence and confidence in their motor skills.

*Session offered: B*

### **Taming the TV: Developing Healthy Media Habits**

*Presenter: Beth Miller, M. Ed. PCI Certified Parent Coach*

Screen entertainment has become the new national pastime for our children. This interactive workshop will offer effective strategies for encouraging healthy media habits in your household. Explore activities that will help reduce screen time and enhance your child's creativity and development.

*Sessions offered: A & B*

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## ELEMENTARY WORKSHOPS

### **Raising and Appreciating The Average Kid**

*Presenter: Amy Padron, Licensed Marriage & Family Therapist,  
Samaritan Interfaith Counseling*

Our community is full of families with exceptional children. As soon as we are able to keep score we acclaim the accomplishments of our exceptional offspring. Society tries to measure anything that can be – the smartest, most athletic or most popular. However, much of what makes children special cannot be measured in the ways society measures success. This workshop will focus on finding balance between pushing our children toward "perfection" and supporting and appreciating our child for who he or she is.

*Sessions offered: A & B*

### **Raising Self-sufficient and Responsible Kids**

*Presenter: Claudia Evenson, CSADC Director of Outreach Services, Rosecrance*

Parents will gain a better understanding of what it means to allow their children the ability to fall and fail, without feeling guilty. Participants will also be able to explore myths about parenting and expectations that society places upon us.

*Sessions offered: A & B*

### **What Should I Say or Do Now?**

*Presenters: Ron Hume, Executive Director & Kari Wittmann Lata, Clinical Director, NCO Youth & Family Services*

This interactive panel workshop will provide parents with practical solutions to common behavior issues for elementary age children. NCO family therapists will take the most common and challenging struggles parents of elementary aged children face on a daily basis and role-play how to handle these situations. There will be additional discussion regarding how to apply some new skills within your own household. Parents will learn more about how to deliver clear messages to their children, avoid power struggles, effectively use natural and logical consequences as well as engage cooperation from their children.

*Sessions offered: A & B*

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## **MIDDLE/HIGH SCHOOL WORKSHOPS**

### **Cyber Bullying, Sexting, Social Networking...and the Law**

*Presenter: Sergeant Kathy Anderson, Naperville Police Department Supervisor of School Resource Officer Unit*

It's hard to keep up with all the new techno-lingo in today's technology-driven culture, but there are a few terms like "cyber bullying," "sexting" and "social networking" that parents and students really need to be aware of and understand. Existing criminal laws are being updated to specifically address new trends in the use of technology. New laws will go into effect on January 1, 2010, with much tougher penalties that can result in long-term effects, including mandatory sex-offender registration and possible incarceration. Know the behavior and the law so you can help your child understand the life-altering consequences of inappropriate cell phone and computer use.

*Sessions offered: A & B*

### **Help Your Teen Survive and Thrive in High School and Beyond**

*Presenter: Dr. Amy Avery, North Central College*

Getting your kid ready for college involves more than making campus visits. And the time to begin is now. Learn, first hand, from a college Assistant Dean for Student Success, about the issues kids face as they transition toward late adolescence and head into the college years. Gain tips on ways to assist your teen in becoming a healthy, well-adjusted and successful student before they begin life after high school. Discover how to provide your young adult with the skills to not only survive, but thrive as they grow older.

*Sessions offered: A & B*

### **Helping the Underachieving Student Succeed in School and in Life!**

*Presenter: Dr. Michael Litow, The Education Center*

Learn four key skills that will: 1) empower your child; 2) increase their problem solving ability; 3) instill confidence in them, and 4) motivate them to succeed in life. This workshop will encourage you as a parent, and affirm the very best in you as an individual.

*Sessions offered: A & B*

### **What is My Teen Talking About?**

*Presenter: Wendy Pawelski, MS, LCPC, CADC, Clinical Therapist at Linden Oaks Hospital*

Trail Mix, Robo-Tripping, and Pocket Shots...these are only a few of the current "buzzwords" teens are using when talking about drugs and alcohol. Come and empower yourself, as you take a walk with a Certified Drug and Alcohol Counselor through the world of "teen lingo." Learn what you need to know to understand their world, and how to keep them safe through the ever changing trends in drugs and alcohol.

*Sessions offered: A & B*

### **Why Are They Doing That?**

*Presenter: Dr. Laura Faynor-Ciha, Licensed Clinical Psychologist*

Typical Adolescent Behavior versus Unhealthy Behavior. This workshop will help participants identify and understand the range of typical adolescent development and behavior, learn how to identify and cope with unhealthy behavior and distinguish typical adolescent behavior from behavior that is reason for concern.

*Sessions offered: A & B*



## REGISTRATION FORM - FULL DAY

Saturday, February 6, 2010

8:00 AM-2:15 PM, Neuqua Valley High School

### General Instructions

The **FULL DAY** cost for Parent University is \$30 per person and includes materials, continental breakfast and lunch, keynote speaker and both workshop sessions.

**Enclose check, made payable to Naperville District 203 Parent University, with completed form and mail to:**

Parent University  
c/o Indian Prairie School District 204 Crouse Education Center  
780 Shoreline Dr., Aurora IL 60504

**Registration forms must be received by Friday, January 29, 2010.** No individual confirmation will be sent; you are registered unless you are specifically notified otherwise. **Participants will be registered on a first-come, first-served basis; space is limited in each workshop.**

### Registration Information

Please complete all sections of this double-sided form. You may register up to 2 participants per form. **All contact information is required.**

#### Participant 1

Last name \_\_\_\_\_ First name \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

I am a:  Dist. 203 parent  Dist. 204 parent  Other (describe) \_\_\_\_\_

I would like a vegetarian lunch.

#### Participant 2

Last name \_\_\_\_\_ First name \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

I am a:  Dist. 203 parent  Dist. 204 parent  Other (describe) \_\_\_\_\_

I would like a vegetarian lunch.

**Each participant may attend one workshop from each of the two sessions: A and B.**

See the complete listing of workshops on the reverse side of this form and enter your choices as instructed.

**REGISTRATION - FULL DAY:** Each participant may attend one workshop from EACH of the two sessions: A and B. **Each participant must indicate a first and second choice of workshop for each session, as space is limited.** Put a 1 in the white box after your first choice of workshop for each session and a 2 in the white box after your second choice for each session. If a box is blacked out, the workshop is not available during that session. A description of each workshop is on the booklet page indicated. The designations below indicate the age level of child the workshop information will address:

ALL-All ages EC-Early childhood EL-Elementary MS/HS-Middle school/High school

Workshop Topic and Presenter	Age Level	Participant 1		Participant 2	
		Session A	Session B	Session A	Session B
<b>A Return to Slow...to Grow</b> - Gloria DeGaetano, Parent Coaching Institute (p. 4)	ALL				
<b>Can We Be Friends?</b> - Patti McIntire, District 203 Social Worker; Debbie Shipley, Parent (p. 4)	ALL				
<b>Positive Parenting: A Focus on Study Skills</b> - Becky Bewersdorf & Camille Jones, West Suburban Educational Associates (p. 4)	ALL				
<b>Engaging Young Children in Early Numeracy Activities</b> - Cynthia Navin O'Meara, District 203 Early Childhood School Psychologist; Theresa LaLoggia, Madison Junior High School Psychologist (p. 4)	EC				
<b>Keep On "MOVING" Right Along</b> - Virginie Helmus, District 204 Physical Therapist; Eileen Redding, District 204 Occupational Therapist (p. 5)	EC				
<b>Taming the TV: Developing Healthy Media Habits</b> - Beth Miller, M. Ed. PCI Certified Parent Coach (p. 5)	EC				
<b>Raising and Appreciating The Average Kid</b> - Amy Padron, Licensed Marriage & Family Therapist, Samaritan Interfaith Counseling (p. 5)	EL				
<b>Raising Self-sufficient and Responsible Kids</b> - Claudia Evenson, CSADC Director of Outreach Services, Rosecrance (p. 5)	EL				
<b>What Should I Say or Do Now?</b> - Ron Hume, Executive Director & Kari Wittmann Lata, Clinical Director, NCO Youth & Family Services (p. 5)	EL				
<b>Cyber Bullying, Sexting, Social Networking...and the Law</b> - Sergeant Kathy Anderson, Naperville Police Department Supervisor of School Resource Officer Unit (p. 6)	MS/HS				
<b>Help Your Teen Survive and Thrive in High School and Beyond</b> - Dr. Amy Avery, North Central College (p. 6)	MS/HS				
<b>Helping the Underachieving Student Succeed in School and in Life!</b> - Dr. Michael Litow, The Education Center (p. 6)	MS/HS				
<b>What is My Teen Talking About?</b> - Wendy Pawelski, MS, LCPC, CADC, Clinical Therapist at Linden Oaks Hospital (p. 7)	MS/HS				
<b>Why Are They Doing That?</b> - Dr. Laura Faynor-Ciha, Licensed Clinical Psychologist (p. 7)	MS/HS				



## REGISTRATION FORM - HALF DAY

Saturday, February 6, 2010

8:00 AM-11:55 AM, Neuqua Valley High School

### General Instructions

The **HALF DAY** cost for Parent University is \$20 per person and includes materials, continental breakfast, keynote speaker and one workshop session. **Enclose check, made payable to Naperville District 203 Parent University, with completed form and mail to:**

Parent University  
c/o Indian Prairie School District 204 Crouse Education Center  
780 Shoreline Dr., Aurora IL 60504

**Registration forms must be received by Friday, January 29, 2010.** No individual confirmation will be sent; you are registered unless you are specifically notified otherwise. **Participants will be registered on a first-come, first-served basis; space is limited in each workshop.**

### Registration Information

Please complete all sections of this double-sided form. You may register up to 2 participants per form. **All contact information is required.**

#### Participant 1

Last name \_\_\_\_\_ First name \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

I am a:  Dist. 203 parent  Dist. 204 parent  Other (describe) \_\_\_\_\_

I would like a vegetarian lunch.

#### Participant 2

Last name \_\_\_\_\_ First name \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_

I am a:  Dist. 203 parent  Dist. 204 parent  Other (describe) \_\_\_\_\_

I would like a vegetarian lunch.

**Each participant may attend one workshop from session A.** See the complete listing of workshops on the reverse side of this form and enter your choices as instructed.

**REGISTRATION - HALF DAY:** Each participant may attend one workshop from session A. **Each participant must indicate a first and second choice of workshop for that session, as space is limited.** Put a 1 in the white box after your first choice of workshop for the session and a 2 in the white box after your second choice for the session. A description of each workshop is on the booklet page indicated. The designations below indicate the age level of child the workshop information will address:

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		Session A	Session A
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<b>Positive Parenting: A Focus on Study Skills</b> - Becky Bewersdorf & Camille Jones, West Suburban Educational Associates (p. 4)	ALL		
<b>Engaging Young Children in Early Numeracy Activities</b> - Cynthia Navin O'Meara, District 203 Early Childhood School Psychologist; Theresa LaLoggia, Madison Junior High School Psychologist (p. 4)	EC		
<b>Taming the TV: Developing Healthy Media Habits</b> - Beth Miller, M. Ed. PCI Certified Parent Coach (p. 5)	EC		
<b>Raising and Appreciating The Average Kid</b> - Amy Padron, Licensed Marriage & Family Therapist, Samaritan Interfaith Counseling (p. 5)	EL		
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