

Parenting University Schedule for 2009-2010

<u>Date</u>	<u>Time</u>	<u>Location/ Counselor</u>	<u>Topic</u>
Oct. 8 th	9:00am-11:00am	ISMS- Hosted by ISMS and KMS	Bullying
Nov. 5 th	9:00am-11:00am	Friendship Elem.- Jennifer Cowen	Controlling Anger
Jan. 7 th	9:00am-11:00am	Shady Grove Elem- Karen Russell	How much is too much?
Feb. 18 th	9:00am-11:00am	Willis Lane Elem- Michele Price	Handling Childhood Conflicts (Including Sibling Rivalry)
Mar. 25 th	9:00am-11:00am	Florence Elem.- Angelina Bowen and Shannon Jenkins	Caring for the Traumatized Child
May 6 th	9:00am-11:00am	Eagle Ridge Elem.- Christina Jones	Bullying

BULLYING (*INTIMIDACION O ABUSO DE UN MENOR HACIA OTRO*)

Is it teasing or is it bullying? Find out whether it's teasing or bullying while learning practical solutions for the bully, victim, parents, and schools to apply. Sexual harassment is discussed briefly. This is a great class for both parents and school personnel.

CONTROLLING ANGER IN THE FAMILY (*CONTROLANDO EL ENOJO EN LA FAMILIA*)

"How can we control temper flare-ups?" Learn techniques that foster mutual respect and effective communication to diffuse anger in the family.

HOW MUCH IS TOO MUCH?

"Are we pushing our children to the edge?" Is your child overscheduled, overworked and over pressured to succeed? How many activities should a child have? Learn some guidelines for encouraging healthy competition and accomplishment by moderating activities and other events in the lives of our children. Identify the symptoms of kids under stress.

HANDLING CHILDHOOD CONFLICTS (Including Sibling Rivalry)

"She's looking at me!" "That's mine, don't touch it!" "He's breathing on me!" Sound familiar? Come learn some practical tips for handling childhood conflicts and sibling rivalry while promoting positive relationships. Find out how and when to intervene.

CARING FOR THE TRAUMATIZED CHILD

"What kind of behaviors can I expect?" Learn what types of issues arise when a child has been abused or traumatized and discover ways to meet their needs while caring for the child *and* yourself.