



FEBRUARY 2010

classes for parents

Most classes are free!

CLASSES HELD AT: Children's Health Council
650 Clark Way, Palo Alto, CA 94303

PRE-REGISTRATION IS REQUIRED:
Call **650.688.3675** or email parented@chconline.org

all ages

SPECIAL EVENT

Self Advocacy and Resiliency: "I Can!" / **NEW CLASS**

Class # 3 **THU, FEB 11, 7:00 – 9:00 PM**
Karen Grites, M.S., Rosalie Whitlock, Ph.D. and Joan Baran, Ph.D.

Does your child understand how to advocate for himself and his learning style? When learning styles are demystified and a child can articulate how he learns best, he gains a sense of power and creates the groundwork for a better self-image. This class will address ways your child can weather the challenges that come with each new grade or situation and create resiliency to bounce back from setbacks.

FREE CLASS / PRE-REGISTRATION REQUIRED

ADHD: Medication Options / **NEW CLASS**

Class # 4 **WED, FEB 17, 7:00 – 9:00 PM**
Glen R. Elliott, Ph.D., M.D.

Although not all children with Attention Deficit/Hyperactivity Disorder (ADHD) need or benefit from medications, many do. Dr. Elliott will discuss current practices using medications with attention issues. This class is directed toward parents who are deciding whether or not to try medications or who already are using medications to treat their child but are dissatisfied.

FREE CLASS / PRE-REGISTRATION REQUIRED

young child

Setting Limits that Build Better Relationships / **NEW CLASS**

Class # 5 (6 sessions) **TUE 9:15 – 11:15 AM**
Julianne Idleman, **FEB 23, MAR 2, 9, 16, 23, 30**
Program Director, Hand in Hand

Stop the battles and partner with your child to create the caring family atmosphere we all want. In this workshop, you'll learn skills to increase cooperation, flexibility and trust and connect with your child as you're setting limits. *Co-sponsored with Hand in Hand*

\$200 - 1st parent; \$340 - two parents (discount on 2nd parent's fee)
PRE-REGISTRATION REQUIRED

school age

MathBusters! Multiplication and Division: 4th & 5th Graders / **C**

Class # 1 (6 sessions) **TUE 6:00 – 7:30 PM**
Ann E. Lyke, M.Ed. **FEB 2, 9, 16, 23, & MAR 2, 9**

In this interactive parent-child class, your child will practice multiplication and division facts through games, activities and a mnemonic technique within a fun, supportive environment. The class is designed for students who have not fully mastered memorizing the basic multiplication and division facts.

Fee: \$150 per parent-child pair (class size limited to 10 students)
PRE-REGISTRATION REQUIRED

I Hate Homework! Help Your Child with Homework and Organizational Skills: 3rd – 8th Graders

Class # 2 **THU, FEB 4, 7:00 – 9:00 PM**
Erin Powers, M.Ed., BCET and Ann E. Lyke, M.Ed.

Does your child spend more time getting started on homework than actually doing it? How involved should parents be helping their child with homework? Learn how to minimize homework stress and help your child develop systems to organize homework, assignments and materials.

FREE CLASS / PRE-REGISTRATION REQUIRED

Positive Discipline

Class # 6 (7 sessions) **WED 7:00 – 9:00 PM**
Sue Garber, M.A. and **FEB 24, MAR 3, 10, 17, 24, 31, APR 7**
Linda Krenicky, Certified Positive Discipline Associate

My child doesn't listen to me! Homework is a battle every night! Bedtime is a struggle for us. If any of this sounds familiar, join us to learn practical methods for resolving family issues. Based on the work of Dr. Jane Nelsen, participants will learn how to use discipline that teaches important skills.

Fee: \$120 - 1st parent; \$200 - both parents (discount on 2nd parent's fee)
PRE-REGISTRATION REQUIRED

preteen/teen

Using Technology to Become a More Effective Reader
(middle school to high school and college) / **NEW CLASS**

Class # 7 **SAT, FEB 27, 9:30 AM – 12:00 PM**
Shelley Haven, ATP, RET, Assistive Technology Consultant

Assistive technology (AT) can help students struggling with reading, but when AT is coupled with effective learning strategies, students will make bigger gains in their study skills. This class shows parents and teachers how to apply AT to reading issues such as too much to read, seeing the big picture, comprehension and retention. Includes demonstrations.

FREE CLASS / PRE-REGISTRATION REQUIRED