

**Strong Children
Strong Communities**
19th Annual Parent Institute Day

presented by



17314 S. Kedzie Avenue
Hazel Crest, IL 60429

Friday, March 26, 2010



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Directions to Prairie State College

From the north: Drive south on I-94 to I-80 west exit. Follow I-80 west about two miles to Halsted Street south exit (Route 1). Take Halsted Street south about three miles to the campus.

From the north/west: Take the Tri-State Tollway (294) south to I-80/94 east. Follow I-80/94 east about one mile to Halsted Street south exit (Route 1). Take Halsted Street south about three miles to the PSC campus.

From the south: Drive north on I-57 to the Vollmer Road exit. Follow Vollmer Road east about five miles to the PSC campus on your right.

From the east: Follow I-80 west to Halsted Street south exit (Route 1). Take Halsted Street south about three miles to the campus.

Parking: For your convenience please park in Lot A (south of Vollmer on Halsted). Enter through the south parking lots doors watch for posted signs to guide you to registration. Registration will be held in the main atrium.

For a campus map and additional information visit the Prairie State College website at www.prairiestate.edu



Friday, March 26, 2010
Prairie State College
202 S. Halsted Street • Chicago Heights, IL • 60411

Good Shepherd Center
FOR EXCEPTIONAL CHILDREN
presents
**19th Annual
Parent Institute Day**



**Strong Children
Strong Communities**

Dear Friends,

On behalf of this years' planning committee we invite you to join us on Friday, March 26, 2010 for this years Parent Institute Day—Strong Children Strong Communities Conference. We have a jam packed day planned for you, with a wide range of topics. The conference is unique as we bring parents, educators and the community to network together on behalf of children. The day is filled with strategies and new ideas to support parents and educators to nurture children along the way. In addition, the day is enriched with an interactive, inspiring Keynote presentation.

Hope to see you there,
Brendan McCormick
Executive Director



Keynote Presentation: John L. Farrell, Ph.D.

Understanding the Five Love Languages of Children

Each child, like an adult, expresses and receives love best through one of five different communication styles. Learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in the relationships you have with children. Join Dr. John Farrell as he lends his interactive insight to the work of the best selling author Gary Chapman and Chapman's book titled; *The Five Love Languages of Children*. You will walk away thinking, "Wow—that was good information!"

John L. Farrell, Ph.D. works with a broad cross-section of age groups. He engages adults in fostering stronger relationships with children through improved positive communications.

Conference Schedule

7:30 am-8:30 am	Registration Open
7:45 am-8:45 am	Early Bird Session
8:50 am-10:05 am	Breakout Sessions
10:15 am-11:45 am	Keynote Presentation
11:45 am-1:15 pm	Lunch, Networking and Explore Vendors and Exhibitors
1:15 pm-2:30 pm	Breakout Sessions

Conference Tracks

- Health and Wellness
- Ages and Stages
- Special Needs
- Family Relationships
- Bits and Pieces

For more information, go to www.gscenter.org

Strong Children, Strong Communities

is sponsored by



Workshops

Early Bird Breakout Sessions

A1 Healthy Eating for Kids

Kim Kramer, Registered Dietitian, Licensed Dietitian

This presentation will educate parents about growth charts, give healthy food options for kids of all ages, and provide tips if your child is a picky eater. Program options in the area will also be discussed.

A2 How to Help Children Develop Emotionally

LaQuitha Price, Counselor (M.S. in Counseling)

This presentation will provide an overview of the eight basic needs of children. The presenter will provide parents and caregivers with techniques and practices that encourage learning as well as help children to gain a positive self image.

A3 My Boyfriend Hurts Me, Don't Tell My Parents: How to Become an Ally to Teen Dating Violence Victims

Kelly McLaughlin, B.S.W. Presentation Specialist, South Suburban Family Shelter

Parents will gain a better understanding of teen dating violence by becoming more aware of the warning signs, dynamics, and facts. Parents will discover how to become an ally and efficiently help teens in abusive dating relationships.

Morning Breakout Sessions

B1 Building Relationships with Your Children That Last a Life Time

Lori Schoessler and Jeanie Spada, Senior Director of Children's Ministry at Family Harvest Church

During formative years children need structure, boundaries and a relationship with their parent. When the child is grown and mature that relationship you nurtured can turn to a friendship where your child prefers you. In this class you'll see how to instruct while building a relationship that will last a lifetime

B2 Psychological First Aid for Communities

Anne Parry, Director, Office of Violence Prevention; Chicago Department of Public Health

Psychological First Aid is a tool that equips adults in providing IMMEDIATE help to children following a potentially traumatic event. This adaptation focuses on equipping communities and families with positive, pro-active healing responses to those who have been exposed to community and/or domestic violence. Just as we know what to do when someone is choking or bleeding, so too shouldn't we know how to apply first aid for people's spirits and emotional hurt?

B3 Managing Your Money in Tough Times

Kimberly Nute-Jones, MA Ed., Consumer and Family Economics Educator

Basic money management strategies will be discussed. Some topics include rules for saving and investing, credit and debt management, and tax and estate planning.

B4 How are you Different from your Adolescent?

Eileen Quinn Knight, PhD

This presentation will compare those rites of passage in parents' lives and the rites of passage of teens. It will include attention to the internet, cell phones, Facebook and other aspects of the adolescent life.

B5 Please, Here My Cry: How to Detect and Prevent Suicide

Gladys Kendrick, School Counselor

Participants will learn how to recognize and respond to the risk of children and teen suicide. In addition, they will understand the impact of how rage, isolation, and depression affect suicidal behavior, and understand the difference.

B6 Create, Participate, Educate!

Traci Mason, Early Childhood Educator, Author, Presenter, B.S. Early Childhood, M. Ed.

You are your child's first teacher. This hands-on workshop will share exciting learning opportunities for you and your young child to experience together at home.

B7 Encourage Your Child's Use of Measurement Tools

Dr. Margaret Kelly Carroll, Professor at Saint Xavier University

Children love to learn when they can "do it themselves." Using simple tools, your child can gain daily living skills and school curriculum skills in measurement. Find out how!

B8 Brothers and Sisters of Special Needs Siblings

Sheila Bauer, MSW, Resource Specialist, STARNET REGION VI, Social Worker

Siblings of children with special needs are often in need themselves of support and comfort and understanding. This presentation will provide information about the unique needs of siblings and the opportunities to build, support, and strengthen their relationships among family and friends.

B9 The Fundamentals of Fostering Literacy Development in Young Children

Dawn Ellis, M.Ed., Early Childhood Education Consultant

Fostering literacy skills in young children is crucial to their cognitive development. This workshop will focus on strategies for care-givers and parents to use in order to help children thrive academically.

B10 Habits of a Happy and Healthy Family

Dr. Alexis Landgrebe and Dr. Charlie Landgrebe,

Nutrition and Food Science, B.S. Chiropractic doctorate, Psychical Therapy, and Pediatric Adjusting

Our presentation focuses on the importance of parents to be the role models when it comes to forming healthy habits on topics such as nutrition, fitness, attitude, and sickness prevention. Children look to their parents for guidance and are very mindful of body image. This presentation is about mirroring a healthy lifestyle.

B11 Building Strong Relationships with your Children for Maximum Influence

Kim Olver, MS, NCC, LPC, LLC, President of Coaching for Excellence

Without solid relationships, there is no real influence. You will learn the five basic needs that motivate all human behavior, discuss alternatives to power struggles with children, and practice methods of negotiating that result in win/win outcomes that strengthen your relationship with the child. Enhance relationships while still remaining the parent/teacher.

B12 Raising a Thinking Child

Merrick O'Connell and Silvia Palmerin, Social Service Manager at El Valor

Parents are invited to participate in this presentation to teach young children how to resolve everyday conflicts and get along with others.

Afternoon Breakout Sessions

C1 Cultural Barriers in Education

Eugene Dumas and Glen Barwegian, Center for Multicultural Communities

Come join us for a powerful presentation that will engage you in an interactive discussion about cultural barriers in education. To help you understand what cultural barriers families face in education today; but guide you to advocate for your children and cultural community.

C2 Understanding and Supporting the Young Child with a lot of Energy or A.D.D.

Nancy Pufahl,

B.A. in Educational and Physically Handicapped and M.S. in Early Childhood Education

An overview of attention deficit disorder will be presented. There will be a discussion on coping strategies for in home and family outings. The importance on collaboration between home and school will also be shared.

C3 Family First

Barb Fox, Occupational Therapist, Lifecoach, and Author

Family first is a value system of health and wellness. It contains proven ways to build a family that builds your child's resiliency and manage day to day stress.

C4 African-American Dream: Connecting Cultures

Dorothy L. Carpenter, M. Ed. Inner City Studies, Consultant

Learn to get a better understanding of the African American experience by gaining a better connection and cultural awareness. We learn that we are more alike than we are different.

C5 Building Better Relationships through Restorative Discipline

Kathryn Rayford,

Associate Director, F.U.T.U.R.E., Foundation Youth Services, Inc., Certified Trainer in Restorative Justice

Parents will learn how to create a caring environment and how to teach responsibility by using a different approach to discipline and relationship building with a restorative approach. You will learn how to help youth take responsibility and build skills based on this experience.

C6 Promoting Social and Emotional Competence: The Six Core Strengths for Healthy Childhood Development

Erin Hotz, MS, LSW

What is social emotional competence? What do young children need to become happy, productive members of our society? This training will discuss the "Six Core Strengths" model of development and how adults can help children develop to their fullest potential.

C7 Helpful Hints for Happy Homes

Dr. Sandra Burkhardt, Professor of Psychology, Saint Xavier University

Bring the positive habits back home with you. Discover ways to build your child's confidence- and yours!

C8 Creating Change from the Ground-Up: Your Role as an Advocate for Children and Families

Miguel Jimenez, Organizing Associate, Illinois Action for Children

This workshop will engage participants in a discussion about how advocacy and local action can shape the policies that impact children and families. Come learn basics of the policy process and how you and the families you serve can play a major role in creating positive change for children.

C9 Parenting Styles

Giesela Grumbach, Educator, Univ. of Illinois Extension

There are three parenting styles studied by Diana Baumrind. Most parents fall into permissive, authoritarian, and authoritative. Discover which style fits with your parenting skills and how this style impacts your disciplinary strategies.

C10 The Feeding Relationship: Nutrition and Feeding Milestones from Infancy to Childhood

Jennifer Conway RD., LDN, Primary Nutrition Specialists, Inc.

A parent's biggest comfort is when their child eats well. This workshop will examine the relationship involved in feeding children and the developmental progression of feeding.

C11 Love Languages

John L. Farrell PhD (Key Note Speaker), A.C.P.S.A

This session will be more interactive and allow participants to further explore the concepts of love and language so they can enhance their relationships.

Good Shepherd Center presents

Strong Children Strong Communities

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Date: March 26, 2010
Time: 7:30 AM - 3:00 PM
Place: **Prairie State College**
202 S. Halsted Street
Chicago Heights, IL 60411

Registration

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

Add me to the GSC E-mail alert list. E-mail _____

Parent Educator Child-care provider

Other _____

Please mark the three workshops you would like to attend:

A1 B1 B4 B7 B10 C1 C5 C9

A2 B2 B5 B8 B11 C2 C6 C10

A3 B3 B6 B9 B12 C3 C7 C11

C4 C8

(For planning purposes only)

Professionals wishing to receive CEU or CPDU training hours for attending this conference **must** pre-register for CEU or CPDU hours at **gscenter.org**. Instructions will follow on the web site for all in-service credits including CEU, CPDU, DCFS Hours and EI.

Payment options please check

Check Make payable to Good Shepherd Center

Money Order

School District Purchase order attached

PO Number _____ Contact Name _____

Credit Card Number _____ Expiration Date _____

Name on Card _____

Type of Card Visa Master Card Discover

Cardholder's Signature _____

Pre-Registration Fees* Number attending x 35.00 _____

Total amount enclosed _____

* Late registration begins March 15, 2010 **\$40.00** (Lunch cannot be guaranteed for late registrations)

Check Lunch Choice

Turkey Club Wrap includes bottle water and chips

Ham/Turkey Combo Wrap includes bottle water and chips

Veggie Wrap includes bottle water and chips

Registration questions, call (708) 957-2600 x227

Spanish program registration is available at www.gscenter.org