



PARENT / COMMUNITY Network

Volume 15, Issue 1

Winter 2008/2009

Mark your Calendars

Parent University
February 7, 2009

Lyons Township
High School
South Campus

8:15 a.m.-1:30 p.m.

Keynote Speaker
Margie Salyer
"Keeping
Relationships
Healthy"

Sampling of Break- out Session Topics:

- Raising Responsible Resilient Children
- Managing Anger
- Raising Boys
- Cyberspace Teens
- Raising Money Smart Kids
- Getting Ready to Read
- 10 Most Common Parenting Mistakes
- Effects of Substance Abuse
- And many more!

Parent University brochure and registration forms will be available in late December. They will be distributed via the schools or can be downloaded from www.lths.net/InfoFor/Parents/PCN

Are We "Over" Doing It: How Much is Too Much?

There is a lot of talk that today's parents are:

- Over-involved in their children's lives
- Over-indulging and buying too much
- Over-scheduling children with too many activities
- Over-pressuring kids, wanting them to succeed and be superstars
- Over-praising children hoping that they will have good self-esteem
- Over-stimulating kids with computers, videos, electronic games, and cell phones
- Over-focusing on our children's happiness

New evidence suggests that in our efforts to give children the best, we end up over-doing it and unknowingly creating some negative consequences for our children. If you are questioning whether you are over-doing it with your children, it helps to remember the things that your children really need and want.

True Gifts Children Need And Want:

- Connections with parents and other appropriate adults
- Time and Attention
- Acceptance for Who They Are
- Unconditional Love
- Limits/Boundaries/Consequences
- Empathy
- Downtime/Boredom
- Struggle/ Disappointment/Conflict
- Responsibilities
- Allowing for Mistakes/Imperfection
- Accepting All Feelings even Unpleasant Ones
- Teaching Values

Karen Jacobson, MA, LCPC, LMFT and Lauren Bondy, MSW are co-founders of PARENTING PERSPECTIVES. They provide parent workshops, parent coaching, parent training courses and other services designed to support parents. They will present at Parent University on February 7. They can be contacted at 312.330.3194 or visit their website at: www.parentingperspectives.com.

What is Parent & Community Network?

By Linda Dunne

When I was asked to write an article about Parent & Community Network, PCN, I realized how far the PCN had progressed since an initial workshop in 1995 given by Dr. Gary Fields.

PCN's mission:

to enhance communication and support among parents, schools, and other community members in promoting a healthy and safe environment for our youth.

This mission was a big challenge then and is still a challenge today. Yet PCN,

through the dedication of hundreds of parents, representatives in every private and public school in District 204, the Township of Lyons, Community Memorial Foundation and many other community organizations, has been able to fulfill its' mission. The PCN has organized Parent University since 1998, distributed an informational newsletter twice a year to over 10,000 parents, and hosted numerous informational seminars on a variety of parenting topics. Many parents, thirteen years ago, realized they were not alone in their concerns for the health and safety of

Continued on page 2

Parent Community Network

Continued from page 1

To help with PCN, contact Jeanne Widing, 708.579.6507 or e-mail at jwiding@lths.net

their children and welcomed the support and education PCN provided. Parenting is not any easier today than it was in 1995! The network continues to help parents identify and understand the types of pressures children face in our communities. I would encourage parents to continue their generous support of this important organization.

Assistance Program Coordinator at Lyons Township High School, I loved working with the PCN, not only because they were a wonderful group of individuals to work with, but also because they provided me with great support as I raised three teenagers.

Get involved, you will never be sorry you did!

How can you support PCN? Volunteer for the organization, be a school representative, communicate with other parents about issues of importance to our children, and/or provide support to each other. When I was the Student

Linda Dunne
Retired Student Assistance Program Coordinator
Lyons Township High School

“Quality time does not need to have a specific agenda or planned activity”

Quality Family Time *by Treva Williams, Family and Consumer Sciences OSU*

The expression “quality time” is very common in our society today.

Quality family time doesn't need to have a specific agenda or planned activity. This time can be spontaneous and varied in length from a few minutes to several hours depending on the situation.

- Taking time to talk to your child is very important to building an open and honest relationship.
- Remember to listen well.
- Stimulate curiosity by asking lots of why and how questions.
- Allow children to talk about themselves and what they like to do, their feelings and concerns.
- Read to your child, encourage them to explore and discover the world around them.
- Go places and do things together. Visit parks, libraries, the zoo, museums.
- Give attention to providing experiences in seeing, hearing, touching, tasting and feeling things that are new.
- Learn to do a new hobby together.
- Spend time spent working a puzzle, throwing a ball, helping with homework, or even selecting an outfit - it is all important. Take time to enjoy your family!!

Children Learn What They Live

by Dorothy Law Neite



12th Annual

*Better Parenting
Through Education*

If a child lives with criticism, he learns to condemn.
If a child lives with hostility, he learns to fight.
If a child lives with ridicule, he learns to be shy.
If a child learns to feel shame, he learns to feel guilty.
If a child lives with tolerance, he learns to be patient.
If a child lives with encouragement he learns confidence
If a child lives with praise, he learns to appreciate.
If a child lives with fairness, he learns justice.
If a child lives with security, he learns to have faith.
If a child lives with approval, he learns to like himself.
If a child lives with acceptance and friendship, he learns to find love in the world.

Helpful Hints for Getting Along as a Family

Do....

- Say “please” and “thank you”
- Use proper table manners
- Disagree without being disagreeable
- Listen attentively
- Be willing to compromise
- Treat others as you would like to be treated
- Apologize sincerely when apologies are called for
- Celebrate each others successes
- Try to understand each other’s pain
- Be thoughtful to each other
- Take responsibility for your own actions and words
- Smile

Don’t...

- Lie
- Hit
- Snoop
- Whine
- Interrupt
- Use crude language
- Tell each other’s secrets
- Be afraid to speak up when you feel something is wrong
- Embarrass your parents, siblings or children in front of friends

Suggested Book List for Parents

Submitted by past Parent University Speakers

Anger Kills: 17 Strategies for Controlling Hostility That Can Harm Your Health by Redford Williams, M.D.

Bringing Up Boys by James Dobson

Raising Boys by Steve Biddulph

Raising Cain: Protecting the Emotional Life of Boys by Kindlon & Thompson

Girl in the Mirror, Mothers and Daughters in the Years of Adolescence by Nancy Snyderman, M.D.

Girl Wars: 12 Strategies that Will End Female Bullying by Cheryle Dellasega, Ph.D and Clarisse Nixon, Ph.D

Guiding Your Child Through Grief by Mary Ann and James Emswiler

Mother-Daughter Wisdom by Christiane Northrup, MD

My Space Unraveled: A Parent’s Guide to Teen Social Networking by Larry Magid and Anne Collier

Odd Girl Out: The Hidden Culture of Aggression in Girls by Rachel Simmons

Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher

Systematic Training for Effective Parenting by Dinkmeyer and McKay

Teens And Computers—What Is A Parent To Do? by Donna Bast

Uncommon sense for Parents with Teenagers by Michael Riera, Ph,D

The Female Brain by Louann Brizendine, M.D.

Raising Your Spirited Child, a Guide for Parents whose Child is More Intense by Mary Sheedy Kurcinka

Raising a Happy, Confident, Successful Child: 52 Lessons to Help Parents Grow by Trish Magee

1-2-3 Magic Effective Discipline for Children (ages 2-12) by Thomas Phelan



Web Sites for Interested Parents

Effective Parenting from SIU Psychologist

www.siu.edu/~jejewel/Family%20Index.html

7 Tips for Effective Parenting

www.goodparentingskills.com/Seven-Tips-For-Effective-Parenting.php

Suggestions for Parenting Books and other resources from Alefiya Lindo, LCSW

<http://lindocounseling.googlepages.com/>



P.O. Box 129
Western Springs, IL 60558

Contact Jeanne Widing

Phone: 708.579.6507
E-mail: jwiding@lths.net
Email: pcn4lt@yahoo.com



Parent and Community Network is a network of parents and community members sharing the goal of supporting each other in raising drug and violence-free children through communication, sharing of information, and providing positive activities for our young people. Through ongoing programs, the Parent and Community Network's mission is to enhance communication and support among parents, schools, and other community members in promoting a healthy and safe environment for our youth. The network encourages parents to talk with one another about their children and their children's plans. It is felt that children need guidance to help them avoid unhealthy situations.

Parent Community Network

Non-Profit Organization
U.S. Postage Paid
La Grange, IL 60525
Permit No. 86

The distributor of this flyer neither endorses nor sponsors this organization or activity represented in this material. Distribution or display of this material is provided as a community service.

Helping Children Cope in Unsettling Times

from NASP materials

Tips for Parents and Teachers from the National Association of School Psychologists

Current world events can be unsettling. The war, economic difficulties, and the nation's heightened state of alert can cause justifiable anxiety. **Adults need to help children feel safe**, even if they themselves feel vulnerable. Parents can help children understand what is happening factually, how events do or do not impact their lives, and how to cope with their reactions.

Remain calm and reassuring. Children will take their cues from you, especially young children.

Acknowledge and normalize their feelings. Allow children to discuss their feelings and concerns and encourage any questions they may have regarding events. Listen and empathize. An empathetic listener is very important.

Take care of your own needs. Take time for yourself and try to deal with your own reactions to a situation as fully as possible.

Maintain a normal routine. Keeping to a regular schedule can be reassuring and promote physical health. Ensure that children

get plenty of sleep, regular meals, and exercise.

Spend family time. Doing enjoyable activities with you reinforces your children's sense of stability and normalcy.

Emphasize people's resiliency. Focus on children's competencies in terms of their daily life and in other difficult times.

Be a good listener and observer. Let children guide you as to how concerned they are or how much information they need. If they are not anxious or focused on current events, don't dwell on them. But be available to answer their questions to the best of your ability. Young children may not be able to express themselves verbally. Pay attention to changes in their behavior or social interactions. Most school age children and adolescents can discuss their concerns although they may need you to provide an "opening" to start a conversation. Don't push, but ask what they think about current events. Even if they don't want or need to talk now, they may later and they will know you care what they think and feel.