

Workshop Calendar:

Workshops are offered on Monday evenings from 7:30-9pm, and include light refreshments.

Registration in advance is required.

\$10/couple or individual

Dates:

October 26 Dads are Key

November 30 Get Ready for Preschool

January 25 Beyond Super Nanny:
Creative and Lasting Discipline Strategies

February 22 What to do during the
“Witching Hour?”

March 22 The Transition to Parenthood

April 26 The Doctor is In

May 24 Welcoming the Second Child

June 28 Toilet Training 101

The Family Room
3009 Central St.
Evanston, IL 60201
847-328-PLAY
www.famroom.org

The Family Room

2009-2010

Parent Education

Workshop Series



logo

October 26 Dads are Key

Did you know that there is a real difference between "Mommying" and "Daddyding?" There are some interesting and compelling data out there that show us the importance of the father's role in infant and early childhood development. Dads, and moms too, are invited to a discussion of this sometimes underappreciated part of parenthood and childrearing. It really is a mom and pop business!

This workshop is led by Lou Weiss, our new Family Room Board President. Lou has years of experience as a psychotherapist working with individuals and families, and has a particular fondness for helping dads understand and appreciate the father's role in parenting, and he is also a father and grandfather.

November 30 Get Ready for Preschool

Choosing a preschool that is a good fit for your child and your family can be an overwhelming task. This workshop will focus on: components of a good developmental program, assessing your child's readiness for preschool, the variety of preschool philosophies and the application process. Join other parents as we explore the process of choosing a preschool and help reduce stress around this developmental milestone!

Workshop is led by Lynn Altschul, LMFT, co-founder of The Family Room and current board member. For nearly thirty years Lynn has demonstrated her commitment to the lives of families who have young children through a range of experience and training.

January 25 Beyond Super Nanny: Creative and Lasting Discipline Strategies

Parenting can be exhausting. Parents do not want to constantly monitor their child's behavior and be the police officer of the home. Parents want to know that their child will behave appropriately whether the parent is watching or not. In this workshop, parents will learn how to avoid becoming the rule enforcer in the home by helping their children develop an inner sense of right and wrong. The skills that will be discussed are helpful for parents of children ages 1-19.

Workshop is lead by Dr. Adam Levin who is a former Family Room participant with his own children, and is a clinical

psychologist in private practice in Deerfield and Evanston. Dr. Levin works with children and adolescents and with parents on parenting skills. He speaks to many parents about how to improve parent/child relationships, reduce conflict, discipline effectively, and gain influence on the important issues that children face today.

February 22 What to Do During the "Witching Hour?"

Besides the middle of the night wake-ups, the hours between 3-6pm can be the most daunting for families, sometimes known as the "Witching Hour." We will discuss strategies for coping with tired and cranky toddlers at this difficult time of day, and will share ideas for fun and meaningful activities to fill this time.

Workshop led by Paula Biliter, co-founder and Assistant Director at The Family Room, and Sue Sklansky, Executive Director of The Family Room. Both have a combined 40 years of experience working with families, and also survived their own "Witching Hours" and lived to tell about it.

March 22 The Transition to Parenthood

A woman's transition to parenthood brings many challenges to the surface, and is often a time when many new mothers examine themselves a little more deeply. What kind of mother would I like to be, should I return to work, how does the baby impact other relationships, are just a few questions that preoccupy a new mother. This transition into motherhood is an opportunity to think about these questions and find answers the best reflect what feels right to you.

This workshop is led by Dr. Noel Blackburn, board member of The Family Room. Noel Blackburn, LCSW,PH.D. is a psychotherapist and has had a private practice in Evanston for over 15 years. She works with new mothers, children, and families.

April 26 The Doctor is In

Do you ever want more time with your pediatrician to discuss your questions in more detail? Our board member and pediatrician, Dr. Sharon Robinson, is at your disposal! Come with questions about immunizations, allergies, healthy nutrition, dealing with the flu, and any other burning questions you may have. Dr. Robinson will do an overview of the latest information on these topics and more.

Dr. Robinson is a practicing pediatrician in Evanston, and on the board of The Family Room.

May 24 Welcoming the Second Child

Join other parents in a discussion about the joys and challenges of welcoming another baby into your family. Topics will include how to prepare your first child for the new arrival, developmental milestones in your toddler's world, the baby's homecoming and tips on making it a smooth transition, and your changing role as a parent.

Workshop is led by Terri Drews, staff member of The Family Room. Terri Drews, MSW, has been in the field of Early Childhood Development and Family support for twelve years.

June 28 Toilet Training 101

Many parents find toilet training their toddler a stressful task. But understanding your child's developmental needs and identifying some basic strategies can help make this process less daunting. Join us for this workshop where we will focus on developmental tasks of 2 and 3 year olds; signs of readiness, and basic strategies for toilet training. Sufficient time will be allowed for questions and shared experiences!

Workshop is led by Lynn Altschul, LMFT, co-founder of The Family Room and current board member. For nearly thirty years Lynn has demonstrated her commitment to the lives of families who have young children through a range of experience and training.

Photo

Parent Workshop Series

Registration

Name: _____

Address: _____

Phone: _____

Email: _____

Please check all workshops you would like to attend:

- € October 26 Dads are Key
- € November 30 Get Ready for Preschool
- € January 25 Beyond Super Nanny: Creative and Lasting Discipline Strategies
- € February 22 What to do during the "Witching Hour?"
- € March 22 The Transition to Parenthood
- € April 26 The Doctor is In
- € May 24 Welcoming the Second Child
- € June 28 Toilet Training 101

The cost is \$10/session per family.

Please enclose a check made out to:

The Family Room

Please contact Sue or Paula if fee assistance is needed to attend these programs.

Parent Workshop Series

Registration

Name: _____

Address: _____

Phone: _____

Email: _____

Please check all workshops you would like to attend:

- € October 26 Dads are Key
- € November 30 Get Ready for Preschool
- € January 25 Beyond Super Nanny: Creative and Lasting Discipline Strategies
- € February 22 What to do during the "Witching Hour?"
- € March 22 The Transition to Parenthood
- € April 26 The Doctor is In
- € May 24 Welcoming the Second Child
- € June 28 Toilet Training 101

The cost is \$10/session per family.

Please enclose a check made out to:

The Family Room

Please contact Sue or Paula if fee assistance is needed to attend these programs.

Parent Workshop Series

Registration

Name: _____

Address: _____

Phone: _____

Email: _____

Please check all workshops you would like to attend:

- € October 26 Dads are Key
- € November 30 Get Ready for Preschool
- € January 25 Beyond Super Nanny: Creative and Lasting Discipline Strategies
- € February 22 What to do during the "Witching Hour?"
- € March 22 The Transition to Parenthood
- € April 26 The Doctor is In
- € May 24 Welcoming the Second Child
- € June 28 Toilet Training 101

The cost is \$10/session per family.

Please enclose a check made out to:

The Family Room

Please contact Sue or Paula if fee assistance is needed to attend these programs.

The Family Room

2009-2010 Parent Education

Workshop Series



October 26 Dads are Key

Did you know that there is a real difference between "Mommying" and "Daddyding?" There are some interesting and compelling data out there that show us the importance of the father's role in infant and early childhood development. Dads, and moms too, are invited to a discussion of this sometimes underappreciated part of parenthood and childrearing. It really is a mom and pop business!

This workshop is led by Lou Weiss, our new Family Room Board President. Lou has years of experience as a psychotherapist working with individuals and families.

November 30 Get Ready for Preschool

Choosing a preschool that is a good fit for your child and your family can be an overwhelming task. This workshop will focus on: components of a good developmental program, assessing your child's readiness for preschool, the variety of preschool philosophies and the application process. Join other parents as we explore the process of choosing a preschool and help reduce stress around this developmental milestone!

Workshop is led by Lynn Altschul, LMFT, co-founder of The Family Room and current board member.

January 25 Beyond Super Nanny: Creative and Lasting Discipline Strategies

Parenting can be exhausting. Parents do not want to constantly monitor their child's behavior and be the police officer of the home. Parents want to know that their child will behave appropriately whether the parent is watching or not. In this workshop, parents will learn how to avoid becoming the rule enforcer in the home by helping their children develop an inner sense of right and wrong. The skills that will be discussed are helpful for parents of children ages 1-19.

Workshop is led by Dr. Adam Levin who is a former Family Room participant with his own children, and is a clinical psychologist in private practice in Deerfield and Evanston.

February 22 What to do during the "Witching Hour?"

Besides the middle of the night wake-ups, the hours between 3-6pm can be the most daunting for families, sometimes known as the "Witching Hour." We will discuss strategies for coping with tired and cranky toddlers at this difficult time of day, and will share ideas for fun and meaningful activities to fill this time.

Workshop led by Paula Biliter, co-founder and Assistant Director at The Family Room, and Sue Sklansky, Executive Director of The Family Room. Both have a combined 40 years of experience working with families, and also survived their own "Witching Hours" and lived to tell about it.

March 22 The Transition to Parenthood

A woman's transition to parenthood brings many challenges to the surface, and is often a time when many new mothers examine themselves a little more deeply. What kind of mother would I like to be, should I return to work, how does the baby impact other relationships, are just a few questions that preoccupy a new mother. This transition into motherhood is an opportunity to think about these questions and find answers the best reflect what feels right to you.

This workshop is led by Dr. Noel Blackburn, board member of The Family Room. Noel Blackburn, LCSW,PH.D. is a psychotherapist and has had a private practice in Evanston

for over 15 years. She works with new mothers, children, and families.

April 26 The Doctor is In

Do you ever want more time with your pediatrician to discuss your questions in more detail? Our board member and pediatrician, Dr. Sharon Robinson, is at your disposal! Come with questions about immunizations, allergies, healthy nutrition, dealing with the flu, and any other burning questions you may have. Dr. Robinson will do an overview of the latest information on these topics and more.

Dr. Robinson is a practicing pediatrician in Evanston, and on the board of The Family Room.

May 24 Welcoming the Second Child

Join other parents in a discussion about the joys and challenges of welcoming another baby into your family. Topics will include how to prepare your first child for the new arrival, developmental milestones in your toddler's world, the baby's homecoming and tips on making it a smooth transition, and your changing role as a parent.

Workshop is led by Terri Drews, staff member of The Family Room. Terri Drews, MSW, has been in the field of Early Childhood Development and Family support for twelve years.

June 28 Toilet Training 101

Many parents find toilet training their toddler a stressful task. But understanding your child's developmental needs and identifying some basic strategies can help make this process less daunting. Join us for this workshop where we will focus on developmental tasks of 2 and 3 year olds; signs of readiness, and basic strategies for toilet training. Sufficient time will be allowed for questions and shared experiences!

Workshop is led by Lynn Altschul, LMFT, co-founder of The Family Room and current board member.

Call to register 847-328-PLAY today.

Workshops are Monday evenings from

7:30-9, with refreshments. \$10 per family.