



Family Talk

Information and News
from The Family Room



Issue 1.Vol 7
Spring 2011

Staffed with professionals in early childhood development, The Family Room provides supportive and educational programs for families with children under the age of four. We are a non-for-profit continually looking for support from the community and local businesses.

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Letter from the Executive Director

Greetings!

I think it is spring, as I have green shoots coming up in my garden, but the snow lingers. This happens to be the busiest time of the year for The Family Room, as cabin fever sets in. Take advantage of those fleeting warm and sunny days!

This edition of our newsletter explores the thoughts we have had about the media frenzy over Amy Chua's book, *Battle Hymn of the Tiger Mother*. Being in the business of parenting, you can imagine the rich conversations we have had on this topic. We hope you enjoy pondering the questions this issue has raised. As you have heard us say many times, there is no one right way to parent, or even the best way. We can strive to be "good enough." We would love your thoughts about this subject, as in this type of discussion, we can explore why we make the choices we do as parents, and

Cont. on page 4

There Is No Perfect Parenting

by Jill Adler and Lisa Fowler

There are as many ways to parent as there are children to parent. Our community is very diverse and full of varying ways to help children develop to their full potential, and the task is difficult enough without criticism. For some reason, we can at times go after each other – judging and condemning any method that does not match the one we believe to be the most appropriate. This can leave us questioning and alone, doing a job that is so much easier when we share and cooperate.

An unusual amount of fear and guilt has entered into parenting over the past decade. It seems to be getting worse, and all the media attention to the negative doesn't help. We often hear someone start a sentence with, "I'm a bad mom because..." followed with a perceived infraction from some "perfect parenting" guidebook. While life would be much easier if there was one "perfect" book, we can actually do a lot of learning on the job, without an instruction manual.

We can learn from and with each other, just as much as we can learn from our children. This is a big part of what we want parents to feel comfortable doing at The Family Room. During Together Time, parents can talk to each other and with staff, who are all professionals in the field and most of whom are also parents. Our families can discuss various parenting methods, share opinions and values, and above all else, make room for all points of view and support each other. Why is it that so often we would rather judge and criticize each other, instead of considering the possibility that another parent may have a different, and still effective, method from which we may be able to learn?

There are very few wrong ways to parent, and children can thrive in many situations. Our children are precious and we always want what is best for them, but they are also resilient and can succeed and achieve with the encouragement of parents who have good intentions, not just "perfect parenting skills." And we can teach them important lessons about inclusion, acceptance, peace and tolerance by making an example of ourselves.





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FAMILY TALK

is the newsletter of the Family Room, distributed quarterly.

Letter from the Board of Directors

Dear Friends of The Family Room,

The Family Room is fast approaching its tenth anniversary! Those of you who know about, visit and support our center already know that our business is about helping families make and maintain all kinds of connections. In fact, this year **Connections** is the theme of our annual dinner and silent auction at The Orrington Hotel on Friday April 15. We hope you and people you are connected to will join us for this yearly celebration.

The earliest and most sustaining task of parenthood is attachment: creating a unique and lasting bond between parent and infant. It's a connection of a lifetime that sets children on a path of healthy development and healthy relationships throughout their lives. For parents, it's the emotional glue that compels us to take care of our kids even in the most difficult circumstances. But parents and kids don't develop these relationships easily or without stress in isolation.

The Family Room is a place where healthy connections can be made in support of the parent/child bond. Here, parents connect with other parents and a caring and knowledgeable professional staff of child development experts, and also have access to resources in the community they might not otherwise discover. We're more than just a play space. We're a great play space that is the core of a network of connections for parents, caregivers and kids — connections that have led to healthy attachments between parents and their children, parents and parents, parents and staff, and staff and families. The Family Room can offer support to young families in a very hands-on, face-to-face way.

You can offer support to young families by supporting The Family Room. Please consider a tax-deductible donation to us, and please join us in our celebration at The Orrington Hotel on April 15!

Lou Weiss,
Board President

Letter from Executive Director, cont. from page 1

equally as important, honor the choices that others make and respect others for being the best parents they can be.

Two exciting things are on our horizon! First, our summer camp registration has begun. See the last page of this newsletter for the sign-up form. Details about the camp can be found on our website. Kathy and Lisa are busy planning this year's adventures. Last year, our first year of camp, was such a great success. We are thrilled to be bringing this idea back. We will continue to have drop-ins during the summer on a more limited basis than during the school year and to use our outdoor space as well for a wonderful summer experience. Hope you will join us!

Secondly, our Annual Benefit will be held on April 15th at the Orrington Hotel. We hope you will want to join us for this wonderful evening. Ticket purchases can be made on our website. The theme of the event is Connections. Look for ways you can participate in this in the coming weeks.

Happy Spring!

Sue Sklansky.
Executive Director

PS. A special thanks to our two Erikson Institute students, Jill and Heather, who have made such a wonderful impact on the lives of our families. They will end their time with us at the end of April. Thanks for your time and talents and expertise!!



Featured Events

Annual Benefit Dinner "Connections"

Orrington Hotel
Friday, April 15, 2011
6-10pm

*Tickets purchased on our
website*

Rummage Sale

Friday and Saturday
June 3 and 4, 2011
8am to 1pm

Thursday night preview
for Family Room
Families, 6:30pm

**DROP OFF DONATIONS
ANY TIME!**

Summer Camp 2011!! Register NOW!

Bring your 3 or 4 year old child to The Family Room this summer for a drop-off Family Room Summer Camp! We will offer activities inspired by great classic children's literature, such as *Ask Mr. Bear* by Marjorie Flack and *Make Way for Ducklings* by Robert McCloskey. The activities will include the use of The Family Room indoor facility, as well as our beautiful outdoor side yard. Campers will participate in a variety of structured and unstructured activities such as story time, music, games and art.

We will offer five two-week long sessions. Each session will meet Monday, Wednesday, and Friday from 9:30-11:30AM, with snack time included. We prefer that children are toilet trained and at least three years old by the time they attend camp (please discuss any exceptions with our staff). Cost is \$200 per two-week session. Children can attend multiple sessions, as each will have a different literary theme, with new and exciting activities each session.

See the last page of this Newsletter for the sign-up form.

Craft Corner

How to Make WINDSOCKS, by Lisa Friedland and Kathy Reddy

Supplies:

- Small cardboard tubes (toilet paper rolls)
- Springtime pictures cut from magazines
- Glue
- Yarn or ribbon or crepe paper

Instructions:

Start by going through some magazines and having children cut or tear springlike pictures. Next, let your children decorate the cardboard tubes by gluing on the pictures. Help them glue several long pieces of ribbon or thin strips of crepe paper to one end of their tubes. At the other end, make a hanger by tying on string or yarn. Have the children hang their windsocks outdoors to see which way the wind is blowing.



This project is a good way to use paper towel tubes, work together as a family and show the neighborhood how hopeful you are about the coming of spring!

The Book Corner, by Terri Drews

Raising America: Experts, Parents, and a Century of Advice about Children by *Ann Hulbert*

While all societies nurture their children and worry whether they are well-cared for, American society seems to be particularly absorbed in the raising of their children; and the ensuing angst and fears that come along with it preoccupy many waking moments in a parent's life. Anxious parents looking for reassurance fill bookstores, where they are bombarded with a plethora of child-rearing manuals that they must muddle through in order to make sense of the ever-conflicting advice on how best to raise a child.

In her provocative book, *Raising America: Experts, Parents and a Century of Advice about Children*, journalist and biographer Ann Hulbert examines the last century of child-rearing practices, its generations of experts, and how child rearing practice has blossomed into a science. She offers a social history of the ways in which our ideas about families, women, and children have or have not altered over the course of a century, and how these shifting attitudes feed into the frenzy and anxiety of today's parents.
















While anxiety over child-rearing is not a new phenomenon, the sheer number of expert advisors seems to have taken anxiety-stricken parents to a new level. Hulbert's prevailing message here is that the many generations of expert advice have clearly failed in easing modern parents of their anxiety. The ongoing battle between the two main approaches to child-raising, the more permissive "child-centered" versus the stricter "parent-centered," is divisive and inconclusive. Hulbert's observations suggest that parents would do best for themselves and their children to aim for a happy medium that works for them, and to rely more on their own instincts and less on expert advice. Perhaps the best war cry in this battle should be to stay calm and carry on!





























Little Pea by *Amy Krouse Rosenthal*; illustrated by *Jen Corace*

This entertaining and warm-hearted picture book with a playful twist is certain to charm toddlers and older children alike. It is a tale about picky eaters and the universal battle which takes place at the dinner table. Little Pea is a happy pea, living his very ordinary life with his parents and pea pals. But the one thing he has difficulty with is having to eat candy for his main course every night for dinner. He sits and whines and struggles to swallow his required five-piece serving of sweets, in order to get his favorite dessert – spinach! Children will get a kick out of the irony of being forced to eat CANDY in order to get rewarded with vegetables! The story is silly and fun, the illustrations are simple and cute, and the green peas are the most adorable peas you will ever meet.

If you enjoy this book, check out these other Amy Krouse Rosenthal books: **Little Oink**, about a pig who likes to stay clean, and **Little Hoot**, about an owl who likes to go to bed at bedtime. Delightful and topsy-turvy tales!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p> Together Time 9:30-11am</p> <p> More for Four 3:30-5pm</p>	<p>2</p> <p> Together Time 9:30-11am</p> <p> Together Time 3:30-5pm</p>	<p>3</p> <p> Together Time 9:30-11am</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7</p> <p> Together Time 9:30-11am</p> <p>NEW Baby-N- Me 1-2:30</p> <p>Together Time 3:30-5pm</p> <p>Auxiliary 7:30pm</p>	<p>8</p> <p> Together Time 9:30-11am</p> <p> More for Four 3:30-5pm</p>	<p>9</p> <p> Together Time 9:30-11am</p> <p> Together Time 3:30-5pm</p>	<p>10</p> <p> Together Time 9:30-11am</p>	<p>11</p>	<p>12</p> <p> DAD'S DAY! 10-11:30</p>
<p>13</p>	<p>14</p> <p> Together Time 9:30-11am</p> <p>Baby-N-Me 1-2:30</p> <p> Together Time 3:30-5pm</p>	<p>15</p> <p> Together Time 9:30-11am</p> <p> More for Four 3:30-5pm</p>	<p>16</p> <p> Together Time 9:30-11am</p> <p> Together Time 3:30-5pm</p>	<p>17</p> <p> Together Time 9:30-11am</p> <p> 3 & 4 Explore 3:30-5</p>	<p>18</p>	<p>19</p> <p>Happy Birthday!</p> <p> Have your party here!</p>
<p>20</p>	<p>21</p> <p> Together Time 9:30-11am</p> <p>Baby-N-Me 1-2:30</p> <p>Together Time 3:30-5pm</p>	<p>22</p> <p> Together Time 9:30-11am</p> <p> More for Four 3:30-5pm</p>	<p>23</p> <p> Together Time 9:30-11am</p> <p> Together Time 3:30-5pm</p>	<p>24</p> <p> Together Time 9:30-11am</p>	<p>25</p>	<p>26</p> <p> DAD'S DAY! 10-11:30</p>
<p>27</p> <p></p>	<p>28</p> <p> Together Time 9:30-11am</p> <p>Baby-N-Me 1-2:30</p> <p> Together Time 3:30-5pm</p>	<p>29</p> <p> Together Time 9:30-11am</p> <p> More for Four 3:30-5pm</p>	<p>30</p> <p> Together Time 9:30-11am</p> <p> Together Time 3:30-5pm</p>	<p>31</p> <p> Together Time 9:30-11am</p>	<p></p>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Happy Birthday!  Have your party here!
3	4 ★ Together Time 9:30-11am Baby-N-Me 1-2:30 ★ Together Time 3:30-5pm Auxiliary 7:30pm	5 ★ Together Time 9:30-11am  More for Four 3:30-5pm	6 ★ Together Time 9:30-11am ★ Together Time 3:30-5pm	7 ★ Together Time 9:30-11am	8	9  DAD'S DAY! 10-11:30
10	11 ★ Together Time 9:30-11am NEW Baby-N-Me 1-2:30 ★ Together Time 3:30-5pm	12 ★ Together Time 9:30-11am  More for Four 3:30-5pm	13 ★ Together Time 9:30-11am ★ Together Time 3:30-5pm	14 ★ Together Time 9:30-11am	15  Everybody Move! Family Room Benefit Event!	16
17	18 ★ Together Time 9:30-11am Baby-N-Me 1-2:30 ★ Together Time 3:30-5pm	19 ★ Together Time 9:30-11am  More for Four 3:30-5pm	20 ★ Together Time 9:30-11am ★ Together Time 3:30-5pm	21 ★ Together Time 9:30-11am  3 & 4 Explore 3:30-5	22	23  DAD'S DAY! 10-11:30
24	25 ★ Together Time 9:30-11am Baby-N-Me 1-2:30 ★ Together Time 3:30-5pm	26 ★ Together Time 9:30-11am  More for Four 3:30-5pm	27 ★ Together Time 9:30-11am ★ Together Time 3:30-5pm	28 ★ Together Time 9:30-11am	29  Everybody Move!	30 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 ★ Together Time 9:30-11am <i>Baby N Me</i> 1-2:30 ★ Together Time 3:30-5pm Auxiliary Mtg 7:30	3 ★ Together Time 9:30-11am  More for Four 3:30-5pm	4 ★ Together Time 9:30-11am ★ Together Time 3:30-5pm	5 ★ Together Time 9:30-11am	6  Everybody Move!	7 Happy Birthday!  Have your party here!
8 HAPPY MOTHER'S DAY!!!	9 ★ Together Time 9:30-11am <i>Baby N Me</i> 1-2:30 ★ Together Time 3:30-5pm	10 ★ Together Time 9:30-11am  More for Four 3:30-5pm	11 ★ Together Time 9:30-11am ★ Together Time 3:30-5pm	12 ★ Together Time 9:30-11am	13  Everybody Move!	14  DAD'S DAY! 10-11:30
15	16 ★ Together Time 9:30-11am <i>NEW! Baby N Me</i> 1-2:30 ★ Together Time 3:30-5pm Auxiliary 7:30	17 ★ Together Time 9:30-11am  More for Four 3:30-5pm	18 ★ Together Time 9:30-11am ★ Together Time 3:30-5pm	19 ★ Together Time 9:30-11am  3 & 4 Explore 3:30-5	20  Everybody Move!	21
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29	30 Closed for Memorial Day	31 ★ Together Time 9:30-11am  More for Four 3:30-5pm				



The Family Room Summer Camp Registration:

Priority will be given to current Family Room attendees, then the general public, on a first come first serve basis.

Parent's Name: _____

Child's Name: _____

Date of Birth (must be 3 by the start of camp): _____

2nd Child (50% off): _____

Date of Birth: _____

Address: _____

City: _____

Email address: _____

Phone: _____

Cell Phone: _____

Emergency Contact: _____

Phone: _____

List all individuals who have authorization to pick up your child from camp:

Session Selection:

- June 13- June 24
- June 27 – July 8 [camp will not be in session on July 4, therefore this session is prorated at \$170]
- July 11- July 22
- July 25- August 5
- August 8 – August 19

Deposit of \$50 per session per child is due at the time of registration and is not refundable unless a session is cancelled. Registration is due Friday, April 29, 2011. The balance of \$150 per session is due by Wednesday, June 1, 2011.

**Return deposit and registration form to:
The Family Room
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Evanston, IL 60091
Questions? 847-328-7529
Email at familyroom5@hotmail.com**

