



Fall 2013

# Parenting Workshops

and other resources for families



A RESOURCE FOR PARENTS, CHILDREN AND THE COMMUNITY

Registration is ongoing at the Family Center

**Parenting Question Line**  
Call 354-6900

Ask to speak to a Parenting Educator!  
We are happy to discuss your questions about your child (pre-K-12th grade)

## Welcome to The Family Center

*The Family Center is the early childhood education and family resource component for the School District of Clayton. We opened our doors in 1975 out of a commitment to support the growth, development and well being of parents and children in our community. We know that healthy families support children's academic success in school and life and make for a strong community. This public school program model of parent and early childhood education has inspired many similar programs in the St. Louis area and throughout the country. **Here are the programs you will find at the Family Center:***

- **Parenting Education:** *We offer workshops for parents of kids 0-18 years on a range of topics from toddler tantrums all the way to the tricky teen years. In connection with our extensive parenting library, we read and discuss topics of interest that help support your important role as a parent.*
- **Parent Coaching:** *We offer short-term parent coaching for families who feel 'stuck' in a difficult spot and could use a neutral, compassionate ear and some new parenting strategies.*
- **Parents as Teachers:** *This is a free program for parents of children prenatal through kindergarten entry. A parent educator will visit with you either in your home or at the center to discuss parenting questions or concerns you may have, offer community resources and share developmental information to prepare you for upcoming developmental milestones. PAT also offers an annual development screening.*
- **Stay, Play & Learn:** *This playtime for parents, caregivers and children ages birth-5 meets in our open and airy playroom full of places to climb, draw, pretend, paint, read, build with blocks, make new friends and more!*
- **Early Childhood Education:** *The Family Center has a full early childhood program for children 15 months through kindergarten entry. For more information and full class listings, see our website listed at the bottom of this page.*
- **Early Childhood Special Education:** *The School District of Clayton provides free and appropriate education to children identified as eligible according to the Missouri state education plan. Parents of children 3-5 years old or approaching 3, who suspect their child may have a developmental delay that may affect them educationally, should contact their PAT parent educator. Families not participating in PAT should contact the Family Center.*

# Parenting Workshops

## For Parents of Children Birth-18 years

*"If a community values its children, it must cherish their parents." Dr. John Bowlby*

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Parenting workshops at the Family Center offer you a dedicated time to explore new ideas and tools for parenting and discuss questions and concerns within a safe and supportive learning community. Our focus is not on being perfect parents, but being parents who are intentional about growing in our understanding of ourselves, our kids, and integrating new strategies that help our families thrive.

### Q. How are the workshops structured?

*Our workshops are small, usually 6-12 people. We meet in the parenting library of the Family Center for an 1 1/2 hour discussion, often based on something everyone has read, on a particular topic of interest related to parenting and family life.*

### Q. Who can attend the workshops?

*All are welcome. Workshops are open to all residents of Clayton and the St. Louis community. Parents from Chesterfield, O'Fallon, University City, Ladue, Kirkwood and Webster have attended our workshops. See specific class descriptions for resident and non-resident fees.*

### Q. Why take a parenting workshop?

*Here's what some of this year's participants had to say:*

*"I moved to Clayton with 2 teenage boys and a daughter in middle school. I attended a parenting workshop at the Family Center that provided invaluable support in helping my husband and I to manage some of the tough issues of raising teens. It also helped me make friends and begin to feel at home in my new community.." (CHS parent)*

*"One of the best decisions I made recently for my family's happiness was to take a parenting class at the Family Center. Not only have I learned new strategies on how to parent compassionately and confidently, I have made new friends who brighten my days. It's a win, win!" (Family Center parent)*

*"The classes are so helpful and comforting. I never felt shy about sharing my concerns, successes and hiccups along the way. I got so many great tips and ideas to use with the kids-and they work!" (Meramec parent)*

# Parent Coaching

## For Parents of Children Kindergarten-High School

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Parenting is one of the most challenging jobs in life and all of us get 'stuck' sometimes, unsure how to solve problems and move forward with our kids. To this end, the School District of Clayton offers parent coaching to help you decrease stress in your families and increase the parenting tools in your "toolbox." Call 854-6900 to schedule an appointment.

Counselors: Jani Holyan, M.A., Carol Kaplan-Lyss, M.A.T.

### **Fees for 60-minute sessions:**

- \$57 Residents with Family Center membership, parenting workshop enrollment or child(ren) enrolled in Clayton schools
- \$70 Other Clayton residents
- \$77 Non-district residents

## **Registration Information**

### **You are considered a resident if:**

You live in, or own residential property in the school district of Clayton, have a child in Clayton's K-12 school program (including voluntary transfer program), or your child's grandparents live in the school district of Clayton. (for workshops and Stay, Play & Learn only)

**Non-residents** are welcome to attend our programs.

See specific programs or workshop descriptions for non-resident fees.

### **Childcare:**

Childcare is available for morning workshops with a minimum of 3 children. Children are typically supervised in the same room by an Early Childhood Educator.

\*All workshops are held in the Parenting Library at the Family Center unless otherwise noted.

### **Volunteer!**

Volunteers are an integral part of the Family Center program. There are several ways for you to become actively involved, and you are always welcome to bring your own child. For more information or to participate in the following areas, contact JoAnn Dunn (314) 854-6900. Volunteers assist the early childhood educators during parenting workshops. When you volunteer, you are asked to commit to the full duration of the class, which may range from 3 to 7 sessions. Substitute volunteers take the place of a regular volunteer who is unable to assist in a class on a given day. You will earn hour-for-hour tuition credit toward a class or Center membership.

### **Financial Assistance:**

We strive to make workshops and parent-child activities available to all interested families. If you are in need of financial assistance to meet the cost of any of our programs, these options are available.

- In-kind payment: volunteer hours are credited for fees for parenting workshops and Stay, Play and Learn.
- PTO Scholarship grants for residents only; requests for grants are to be addressed to the Family Center Director, Debbie Reilly.
- Any other fee reduction to be arranged with the Director.

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SIX SESSIONS  
Wednesdays

9:15-10:45 a.m.

JANI'S OFFICE

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***Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kids. (book by Kim John Payne)***

September 11, 18, 25, October 2, 9, 16, 2013

Adult discussion (maximum 6 people)

*Simplicity Parenting* by Kim John Payne, is an invitation to slow ourselves and families down: to reduce the clutter of too many toys, books and noise in our homes, establish rhythms and rituals that ease daily tensions, create battle free meal-time and bedtimes, and learn to tune in better when our children are overwhelmed. We'll look at how to schedule 'intervals of calm and connection' with our kids and ourselves so we don't miss this wonderful time in the life of our families by being constantly overwhelmed. (Please obtain a copy of the book before the first class.)

Jani Holyan

Resident parent \$125

Non-resident parent \$139

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FOUR SESSIONS  
Tuesdays

9:15-10:45 a.m.

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***Siblings Without Rivalry***

September 17, 24 October 1, 8, 2013

Adult discussion and children's program (minimum 3 children)

In this timeless book by Adele Faber & Elaine Mazlish, we'll get some great ideas about how to empower our kids to have healthy sibling relationships without us getting stuck as referee or judge. Sibling squabbles can be a great opportunity for kids to learn to see another point of view, to learn ways to be open and compassionate, and to look for solutions that meet every one's needs. What great life skills! (Please obtain a copy of the book before the first class.)

Jani Holyan and early childhood education staff

Resident parent \$81; parent and child \$113; additional child \$46

Non-resident parent \$93; parent and child \$125; additional child \$55

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THREE SESSIONS  
Wednesdays

1:00-2:30 p.m.

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***Smart but Scattered (ages from grades 3-8)***

September 25, October 2, 9, 2013

Adult discussion

Does that describe your child...or you? Using the book of the same title by Dawson and Guare, we'll talk about concrete ways to help your child get organized, resist impulses, and follow through on tasks. The hope: less nagging.

Carol Kaplan-Lyss

Resident parent \$61

Non-resident parent \$70

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SIX SESSIONS  
Thursdays

1:00-2:30 p.m.

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***Why Do They Act That Way?: A Survival Guide to the Adolescent Brain***

September 26, October 3, 10, 17, 24, November 7, 2013

Adult discussion

Why are teens so impulsive and how do we help them make good choices? What do we know about the teen brain that will help us be more patient with our kids and confident about setting appropriate limits? How do I talk to my teen in a way that he can hear? In this great book by David Walsh, we'll explore these questions and more to make parenting in the teen years a little less stressful for everybody. (Please obtain a copy of the book before the first class.)

Jani Holyan

Resident parent \$125

Non-resident parent \$139

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THREE SESSIONS

Tuesdays

1:00-2:30 p.m.

***The Secrets of Happy Families***

October 1, 8, 15, 2013

Adult discussion

*Bruce Feiler, NY Times bestselling author, looks to some unusual sources for parenting advice in his new book: The Secrets of Happy Families. What might we learn from Warren Buffet about setting an allowance? What if we applied the Green Berets' rules for family reunions? What can we learn about the characteristics of healthy families from watching ABC's "Modern Family"? We'll discuss these topics and other ideas to make family living more fun.*

Carol Kaplan-Lyss

Resident parent \$61

Non-resident parent \$70

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THREE SESSIONS

Thursdays

9:15-10:45 a.m.

***A Class for Nannies (for caregivers of children 12 to 60 months)***

October 3, 10, 17, 2013

Adult discussion and children's program (minimum 3 children)

*The important people who care for your children now have a workshop just for them! Discussion will focus on developmental expectations, working with a child's temperament, engendering cooperation, and offering smooth-sailing communication with the child and family.*

Carol Kaplan-Lyss and early childhood education staff

Resident parent \$61; parent and child \$86; additional child \$36

Non-resident parent \$70; parent and child \$94; additional child \$41

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SIX SESSIONS

Monday

6:00-7:30 p.m.

EVENING CLASS

***Why Do They Act That Way: A Survival Guide to the Adolescent Brain***

October 14, 21, 28, November 4, 11, 18, 2013

Adult discussion

*Why are teens so impulsive and how do we help them make good choices? What do we know about the teen brain that will help us be more patient with our kids and confident about setting appropriate limits? How do I talk to my teen in a way that he can hear? In this great book by David Walsh, we'll explore these questions and more to make parenting in the teen years a little less stressful for everybody. (Please obtain a copy of the book before the first class.)*

Jani Holyan

Resident parent \$125

Non-resident parent \$139

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SEVEN SESSIONS

Tuesdays

9:15-10:45 a.m.

***When Kids Push Your Buttons & What You Can Do About It***

October 15, 22, 29, November 5, 12, 19, December 3, 2013

Adult discussion and children's program (minimum 3 children)

*Ever feel like your kids are purposely trying to drive you nuts? Author Bonnie Harris will help us understand why kids push our buttons, how to dismantle them and stop taking our kids' behavior personally so we can teach and guide them. (Please obtain a copy of the book before the first class.)*

Jani Holyan and early childhood education staff

Resident parent \$145; parent and child \$197; additional child \$83

Non-resident parent \$163; parent and child \$223; additional child \$96

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THREE SESSIONS

Wednesdays

1:00-2:30 p.m.

***When in Rome...***

October 16, 23, 30, 2013

Adult discussion

*Do other countries nurture strengths in their children that we wish for our own children? What can we learn from Finland, Sweden, Germany, France, Japan, China and Italy? Using the new book, Parenting Without Borders by Christine Gross-Loh, we'll look at other countries' values in parenting and reflect on the strengths and liabilities of our own American culture. If your home country is other than the United States, we'd love for you to join us to share your observations.*

Carol Kaplan-Lyss

Resident parent \$61

Non-resident parent \$70

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SIX SESSIONS  
Tuesdays

1:00-2:30 p.m.

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***Parenting Teens for Authentic Success: Why Values & Coping Skills Matter More Than Grades, Trophies, or "Fat Envelopes."***

October 22, 29, November 5, 12, 19, December 3, 2013

*In this wise new book by Madeline Levine, a contributor to the film, "Race to Nowhere", we'll look at the effects of our hyper parenting culture and how it's producing "exhausted, externally driven kids who believe they are only as good as their last performance." We'll explore new strategies for raising independent, resilient, productive and well-adjusted kids who can experience authentic, rather than superficial, success in life. (Please obtain a copy of the book before first class.)*

**Jani Holyan**

*Resident parent \$125*

*Non-resident parent \$139*

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SEVEN SESSIONS  
Thursdays

9:15-10:45 a.m.

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***Temperament: A Blueprint for Understanding Your Child***

October 24, November 7, 14, 21, December 5, 12, 19, 2013

**Adult discussion and children's program (minimum 3 children)**

*Is your child an extrovert or an introvert? A thinker or a feeler? And what difference does this make in how you parent them? How do you work with a highly persistent child who has their own plans and throws a fit when he has to stop an activity? How can you be patient with a child who is sensitive to every shirt tag and seam in her sock? How do you help highly intense children learn ways to calm themselves and avoid melt downs? Mary Sheedy Kurcinka in her great book, *Kids, Parents & Power Struggles* will help you discover new things about your children, what triggers them, and how to find ways to work **with** them instead of getting into exhausting power struggles. (Please obtain a copy of the book before the first class.)*

**Jani Holyan and early childhood education staff**

*Resident parent \$145; parent and child \$197; additional child \$83*

*Non-resident parent \$163; parent and child \$223; additional child \$96*

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FOUR SESSIONS  
Fridays

11:10-11:50 a.m.  
MULTI PURPOSE ROOM

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***Toddler Music (ages 12-30 months)***

November 1, 15, 22, December 6, 2013

*Enjoy songs, movement and fun for parents and young children together.*

**Carol Kaplan-Lyss**

*Resident Parent and child \$52; additional child \$26*

*Non-resident Parent and child \$60; additional child \$30*

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THREE SESSIONS  
Wednesdays

1:00-2:30 p.m.

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***Too Much Worry***

November 6, 13, 20, 2013

**Adult discussion**

*When worry dominates the life of either child or parent, there are ways to kick some of it out of the window. Whew!*

**Carol Kaplan-Lyss**

*Resident parent \$61*

*Non-resident parent \$70*

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TWO SESSIONS  
Wednesdays

1:00-2:30 p.m.

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***Difficult Conversations***

December 11, 18, 2013

**Adult discussion**

*Stymied about having a sticky conversation with another adult? We will look at the how-to and practical advice in the book of the same title by Douglas Stone.*

**Carol Kaplan-Lyss and early childhood education staff**

*Resident parent \$40*

*Non-resident parent \$46*

# Parents as Teachers

## For Parents of Children Prenatal-Kindergarten Entry

*Because you are your child's first and most important teacher.*

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The concept for Parents as Teachers (PAT) was pioneered in Missouri in 1981 to help parents embrace their important role as their child's first and best teacher. Today, PAT is an international organization equipping parent educators with information and tools to support today's families. Clayton School District believes that investing in quality early childhood and parenting education is foundational to the success of our children, families and community. PAT is offered **free** to Clayton residents **and** families with children enrolled in our early childhood classrooms.

### **Parents as Teachers is designed to:**

Support you as you strive to be the best parent you can be  
Enhance your knowledge of child development and parenting practices  
Increase early detection of developmental delays and health issues  
Promote safe and healthy relationships with your child and your family  
Help you learn about community resources  
Provide specific family-oriented activities and lectures  
Improve kindergarten readiness and school success

### **Here's some of what you can expect at a PAT visit:**

Your parent educator will discuss with you any observations, questions or concerns you have about parenting or your child's development.

You will receive researched-based, development information, including brain development and ideas for things you can be doing at home with your child to promote their healthy development.

Through age appropriate activities, you and your parent educator will observe your child with an eye toward how your child is learning through play.

PAT also provides a free, annual development screening. If a delay is noted, your parent educator will refer you to the appropriate agency for early intervention.

Children under the age of 3 will be screened with your parent educator on a personal visit. Children 3-5 will be screened at the Family Center on select weekends. See the dates below.

Developmental screenings appointments are available are on **Sunday mornings from 8:45-12:30pm** and takes about an hour. Please call the Family Center at 854-6900 to schedule on **one** of the following dates:

October 13, 2013	February 9, 2014
November 17, 2013	February 23, 2014
December 8, 2013	March 30, 2014
January 2, 2014	April 1, 2014



# Stay, Play & Learn

## For Parents, Grandparents, Nannies & Children 0-5 years

*"Play is our brain's favorite way of learning."*  
Diane Ackerman

Stay, Play & Learn is a wonderful gathering place for adults, and a fun, educational place for young children to explore. Children use big muscles to climb and slide on the climber, learn about spatial relationships as they build tall block towers or have fun creating masterpieces with paint or clay in the art studio. Imaginations are engaged in the play kitchen where a child can 'cook' dinner for mom or play dress up with grandpa. Social skills are enhanced as children practice taking turns with a favorite toy or the rocking horse. Digging in the sand table with a friend is all kinds of fun for the senses. For a little slower pace, our library provides a quiet corner to read one of our many wonderful children's books. The perfect book on bedtime routines, temper tantrums or fun, family meals can be found there too, along with a wide variety of other helpful titles for parents. In addition to all this great learning, Stay, Play and Learn is a place to meet and make new friends. They might be from your own neighborhood or from anywhere in the big wide world. You will hear Russian, Mandarin, Spanish, French or many other languages given the rich ethnic diversity of our community.

Friendly staff and parent educators, are on hand to help you feel welcome, introduce you to new friends, suggest a great parenting book or discuss any parenting questions you might have. Parents and caregivers supervise their own children. Each play sessions ends with clean up and special Family Center songs.

### "New Name, New Time!"

"Open Times" now has a new name of "Stay, Play and Learn" to better reflect what actually happens in this great program. We also have a new starting time of 9:15 instead of 9:30 to better accomodate families dropping off children in our early childhood program.

### Resident Fees

<u>School Year</u> (8/14/13-5/30/14)	\$391
Families currently enrolled in our early childhood program	\$274
<u>First Semester</u>	\$255

### Non-Resident Fees

<u>School Year</u> (8/14/13-5/30/14)	\$599
Families currently enrolled in our early childhood program	\$274
<u>First Semester</u>	\$364

### Fall Semester Stay, Play & Learn

August 14, 2013 - December 20, 2013

Monday, Wednesday and Friday mornings  
9:15–11:30 a.m.

Tuesday and Thursday afternoons  
3:30–5:00 p.m.

Selected Weekends 10:00–11:30 a.m.

Saturdays: 10/19, 11/2, 12/14

Sundays: 10/6, 11/10, 12/8

NEW STARTING TIME

### Membership

Residents and non-residents may register at any time for center membership, which becomes active as soon as you enroll!

### Punch Card Option

Families who want to participate in Stay, Play & Learn only occasionally may purchase a ten-session punch card for \$120. Option is available only for Tuesday and Thursday afternoons, and selected weekends.

# Fall Calendar

Wednesday	<b>August 14</b>	Stay, Play & Learn and Early Childhood Education begin
Tuesday	<b>August 20</b>	Family Center Parent Night Open House, starting time 7:00 p.m.
Monday	<b>September 2</b>	LABOR DAY (Center Closed)
Wednesday	<b>September 11</b>	9:30 Late Start Day for staff professional development Parenting Workshops begin
Wednesday	<b>October 2</b>	9:30 Late Start Day for staff professional development
Thursday	<b>October 10</b>	ECE Conference Preparation Day. <b>No Four morning ECE Classes</b>
Friday	<b>October 11</b>	ECE Conference Preparation Day. <b>No ECE Classes</b> Stay, Play & Learn is ON!
Saturday	<b>October 12</b>	Tons of Fun Vehicle Fair, 9:00-11:00 a.m., Family Center
Monday	<b>October 14</b>	Family Center Conference Night
Thursday	<b>October 17</b>	ECE Four-Morning Conference Day. <b>No Four morning ECE Classes</b>
Friday	<b>October 18</b>	ECE Conference Day. <b>No ECE Classes or Stay, Play &amp; Learn</b>
Wednesday	<b>October 23</b>	9:30 Late Start Day for staff professional development
Wednesday	<b>November 13</b>	9:30 Late Start Day for staff professional development
	<b>November 27-29</b>	THANKSGIVING HOLIDAY (Center Closed)
Wednesday	<b>December 11</b>	9:30 Late Start Day for staff professional development

**Winter Break** - Begins with the close of program on Friday, December 20 and reopens at the regular time on Monday, January 6.