

A Brand-New Online Option for Parenting Advice

Thanks to a partnership with Digital Parent,™ Parents Place is now providing parenting education and services through an online library, webinars, discussion forums, and developmental tools. Access is available for a free two-week trial membership, followed by a small quarterly or annual fee. Learn more about the free trial membership at <http://www.digitalparent.com/parentsplace>.



Coaching and Consultation for Parents

If you have concerns or questions about your child's development, behavior, or interactions with you or others, a consultation with a parent educator or child clinician at Parents Place can offer valuable assistance. Through the consultation process, our expert staff will listen to your concerns, help problem-solve, and recommend the best options for your particular circumstances. To schedule a consultation or obtain more information, call 415-491-7959. Learn about our Parents Place staff at www.parentsplaceonline.org/marin/parent-coaching.

Parent Education Options—Why Take a Parenting Series?

Most of our parent education programs are stand-alone two-hour workshops, each providing specific information addressing a common parenting challenge. This winter, however, we are offering two multi-session parenting programs: **Triple P Positive Parenting Program** and **How to Talk So Kids Will Listen and Listen So Kids Will Talk**.

Why consider a multi-session class? These series are less about solving a particular problem or addressing a single developmental issue—and more about creating a foundation of parenting skills that can be applied to many situations

over time. They provide opportunities to try new approaches, see what does and doesn't work, and fine-tune approaches. If you want to learn and practice some more effective ways of interacting with your children, a parenting series is worth your time.

Not ready to commit to a series? Check out our free introductory sessions.

For more information about all of our parenting workshops, visit us at www.parentsplaceonline.org or call 415-491-7959.

Staff Spotlight



Rebecca Wood Breen, LCSW

In addition to coordinating Parents Place programs, Rebecca offers parent counseling and consultations to address concerns that arise at home and in school. She also leads our new mothers' support group. Rebecca's broad range of experience with children and youth includes strength-based, behaviorally focused treatment for youngsters and adolescents engaging in at-risk behavior. She is certified in the Triple P (Positive Parenting Program) model of parent coaching, which uses a parent-led skill-building approach. Her other areas of expertise include play therapy, treatment of post-traumatic stress disorder in children, and resources for parents of children with special needs. Rebecca has a BA in psychology from Bates College and an MSW from the University of Michigan, with a concentration in interpersonal practice with children, youth, and families.



A program of Jewish Family and Children's Services of San Francisco, the Peninsula, Marin and Sonoma Counties

DR. GEORGE SUGARMAN SWIFT BUILDING

600 Fifth Avenue, San Rafael, CA 94901

Donate your vehicle

Receive a tax benefit. Help shape a child's life.

With one simple phone call, **turn your car into care** and help provide essential services to at-risk children and families in our community.

We pick up the car and handle the paperwork. All YOU have to do is call.

1-888-415-4847 (HUGS)

Parents Place workshops are also available in a convenient Southern Marin location. In cooperation with Congregation Kol Shofar, Parents Place is co-sponsoring the following classes at 216 Blackfield Drive, Tiburon (the synagogue's location): **Infant and Child CPR, Infant Sleep Solutions, and Understanding Toddlers and Twos**. Check the calendar descriptions for dates and times in Tiburon and San Rafael.

קול שופר KOL SHOFAR

Parents Place Staff

COUNSELORS AND WORKSHOP LEADERS

Rebecca Wood Breen, LCSW

Susan Byrd, LCSW

John Gusman, LCSW

Casey Heckman, MA

Janina Nadaner, MFT

Leslie O'Connell, PhD

Holly Pedersen, MFT, PhD

Bonnie Romanow, BA, early childhood mental health consultant

Robert Scott, MSW

Sam Sweet, PhD

Liana Day Williams, MFT

OTHER WORKSHOP LEADERS

Heidi Bonfigli, MA

Mical Falk, PhD

Danielle Hougard, certified Anusara® Yoga instructor

Tracy Johnson, MA

Julie King, JD

Sarah Middleton, MA, CD, PCD (DONA)

Georgia Montgomery, CD, CCE, LE BLS

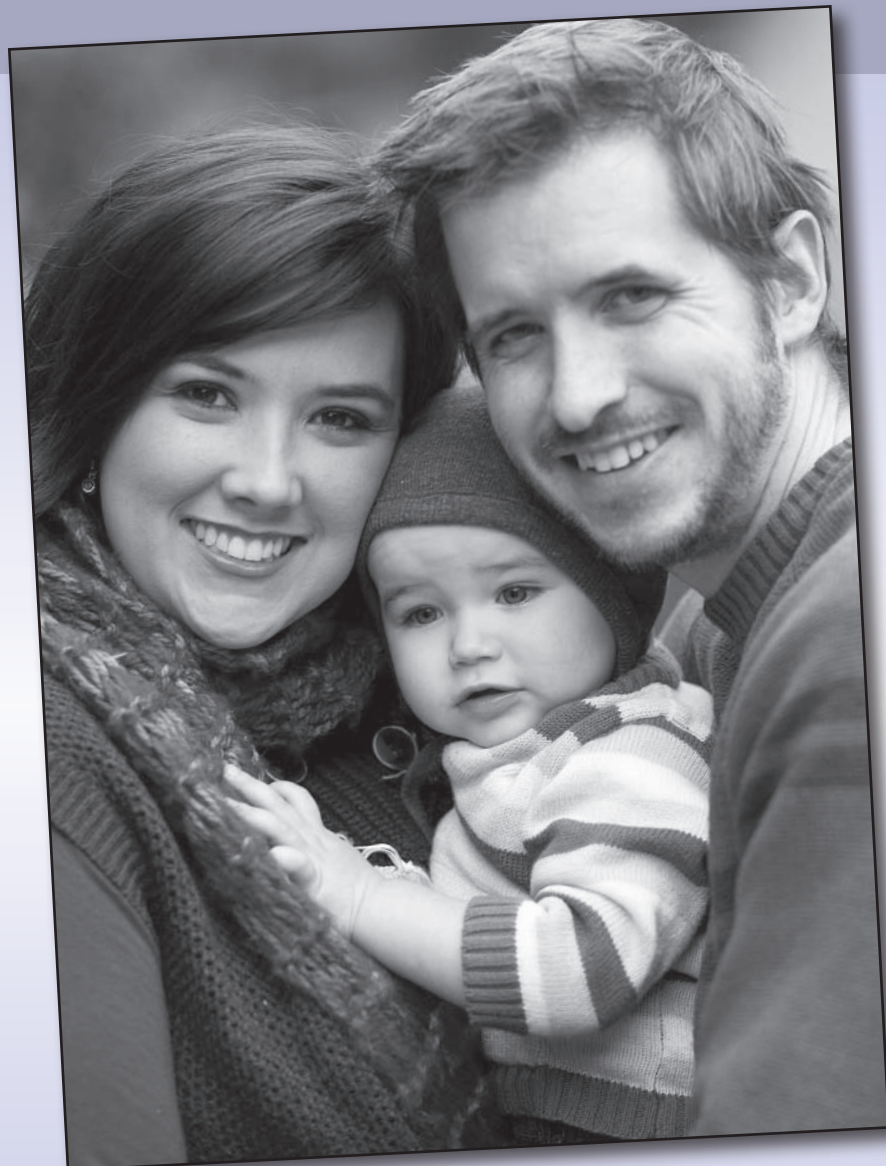
Rona Renner, RN, host of *Childhood Matters* radio show

Lee Ann Slaton, MS

Susan Theobald, LCSW

Susan Zelinsky, singer, songwriter, and performer

Marin County
parentsplace
WINTER 2012



Check www.parentsplaceonline.org/marin for full workshop descriptions.

Conveniently located one block from the freeway in central San Rafael (600 Fifth Avenue, San Rafael), with plenty of parking available adjacent to the building. Preregistration three days prior to the session is required for groups and workshops. To register or receive more information, contact us at 415-491-7959 or email ParentsPlaceMarin@jfcs.org. Workshop fees are per adult registrant; playroom fees are per family, unless otherwise noted. Reduced fees are available. No one will be turned away.

PARENT-CHILD GROUPS

SING, SIGN, AND PLAY WITH SUSAN Z (birth – 5 years) Delightfully engaging children's performer Susan Z has created a music series for children birth to five years old that incorporates music, dance, and expression with American Sign Language. Along with your little ones, dance and sing to well-known children's songs and fun, original music. \$70 for one child/\$35 for each sibling for five-week series. (Siblings under 6 months free.) With Susan Zelinsky, an award-winning singer/songwriter/actor and Mountain Play lead performer who regularly gives live concerts in the San Francisco Bay Area. **Fridays, Jan. 20 – Feb. 17 OR Mar. 2 – 30, 10:00 – 10:45 am.** **FREE demonstration class on Fri., Jan. 13, 10:00 – 10:45 am.** Preregistration required.

WELCOMING BABY

INFANT AND CHILD CPR* (birth – onset of puberty) Learn to recognize an infant or child in distress, rescue measures for choking, CPR techniques, and infant sleep safety. Includes hands-on practice with mannequins. Pre-crawling babies welcome. This class is ideal for expectant parents, parents, grandparents, and caregivers. \$35. Georgia Montgomery, hospital perinatal health educator at UCSF and Kaiser, is now offering this workshop at two Marin locations. **AT PARENTS PLACE IN SAN RAFAEL: Thurs., Jan. 19 OR Mar. 22, 6:30 – 8:30 pm.** **AT CONGREGATION KOL SHOFAR, 215 BLACKFIELD DRIVE, TIBURON: Sun., May 6, 10:00 am – 12:00 pm.** *Please arrive 10 minutes before class start time.

INFANT SLEEP SOLUTIONS (birth – 12 months) Learn some great techniques to help your little one—and you!—sleep. We will discuss baby sleep needs and the best ways to help young ones learn good sleep habits. We will cover the importance of a baby schedule; challenges to baby sleep habits (developmental milestones); new SIDS research and guidelines; pros and cons of various sleep methods; infant/child sleep products; and choices (family bed, crib, room sharing). Pre-crawling babies welcome. \$35. With infant sleep expert Sarah Middleton, MA, CD, PCD. **AT PARENTS PLACE IN SAN RAFAEL: Mon., Mar. 19, 1:00 – 3:00 pm. OR Tues., Apr. 17, 6:30 – 8:30 pm.** **AT CONGREGATION KOL SHOFAR, 215 BLACKFIELD DRIVE, TIBURON: Sun., Feb. 5, 1:00 – 3:00 pm.**

JUGGLING TWO (birth – 10 years) Ease the transition of a new arrival in the family with practical tips and insights on preparing your first child (and yourself) for the new demands of an expanding family. \$35. With Bonnie Romanow, childhood development specialist. **Tues., Jan. 24, 6:30 – 8:30 pm.**

MOM AND BABY YOGA (pre-crawling babies) Mom, nurture your relationship with yourself and your body—with your baby right by your side. Bring a mat, a blanket for your baby to lie on, and toys. \$50 for four classes; \$62.50 for five classes. With Danielle Hougard, a certified Anusara© yoga instructor, recognized in the August 2010 *Marin Magazine* as the Editor's Choice for Best Mom and Baby Yoga classes. **Tuesdays, Jan. 3 – 31, Feb. 7 – 28, Mar. 6 – 27, OR Apr. 3 – 24, 1:30 – 2:30 pm.**

FREE! NEW MOMS' SUPPORT GROUP (birth – 9 months) Join other new mothers to discuss the joys and challenges of becoming a mom, make new friends, and network. We will discuss both practical and emotional issues of parenting, including helping your baby sleep through the night; breast- and/or bottle-feeding; changing relationships with friends, family, and partner; and taking care of yourself. Five-week series. Free, but preregistration required. With Rebecca Breen, LCSW. **Wednesdays, Feb. 1 – 29, 10:30 – 11:30 am.**

TRIPLE P (POSITIVE PARENTING PROGRAM) OFFERINGS

RAISING CONFIDENT, COMPETENT CHILDREN (all ages) Acquire strategies to help children develop social skills, such as respect for others, good communication, problem-solving, and independence. \$35. With Bonnie Romanow, childhood development specialist. **Mon., Jan. 30, 6:30 – 8:30 pm.**

RAISING RESILIENT CHILDREN (all ages) Learn effective strategies to help children deal with their feelings and cope with life's stressors. \$35. With Bonnie Romanow, childhood development specialist. **Tues., Feb. 28, 6:30 – 8:30 pm.**

TRIPLE P (POSITIVE PARENTING PROGRAM) SERIES (18 months – 10 years) Triple P is one of the few parenting programs based on evidence from clinical research on effective parenting. For more than 30 years, Triple P's easy-to-understand and practical strategies have been shown to help families all over the world, in all types of situations. This eight-week series combines group and individual sessions and provides an opportunity to set goals, learn strategies, and practice what you've learned. \$175 for the series. With Bonnie Romanow, childhood development specialist. **Tuesdays, Apr. 3 – 24 and May 22, 6:30 – 8:30 pm.** **FREE introductory session: Tues., Mar. 20, 7:00 – 8:00 pm.** Preregistration required.

FOR PARENTS OF CHILDREN OF ALL AGES

BREAKING THE CYCLE OF BULLYING: TOOLS TO HELP YOUR CHILD (3 – 12 years) Whether a child bullies, is bullied, or is a bystander, he or she is affected by bullying. Examine how parents can empower their children to help break the cycle of bullying. Topics include: What is bullying? How does it differ from conflict and teasing? How and when should you intervene? What tools are available to help if your child is being targeted, using bullying behavior, or is a bystander? \$35. With Holly Pedersen, MFT, PhD. **Tues., Mar. 13, 6:30 – 8:30 pm.**

HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK (PART 1) A FOUR-WEEK SERIES ... OR A ONE-DAY INTENSIVE (3 – 8 years) Are you worn down by bedtime challenges, morning-rush madness, whining, and other challenging behaviors? Do you too often resort to threats, bribes, or a raised voice? Learn practical strategies to improve cooperation and discipline, strengthen character, and enhance your relationships at home. Based on the bestsellers by Faber and Mazlish, this entertaining workshop consistently receives rave reviews such as "...immensely helpful, practical, and insightful." \$199 per person; \$299 per couple—includes fee for one \$10 workbook. With Julie King, JD. **Mondays, Mar. 12 – Apr. 2, 7:00 – 9:00 pm.**

ABSOLUTELY CAN'T MAKE A FOUR-WEEK SERIES? The same workshop will be offered in a one-day version. **Sun., Mar. 18, 10:00 am – 4:30 pm.** Same fee as above.

FREE! INTRODUCTORY SESSION: HOW TO TALK SO KIDS WILL LISTEN Come to a free session to learn some concrete strategies you can use immediately and get a feel for the value of a whole series. Preregistration required. **Mon., Feb. 27, 7:00 – 8:30 pm.**

HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK (PART 2) A FOUR-WEEK SERIES ... OR A ONE-DAY INTENSIVE (3 – 8 years) Part 2 provides opportunities to review and expand on Part 1's concepts and covers three additional topics: encouraging autonomy; the pitfalls of praise; and freeing children from playing roles. \$189 per person; \$289 per couple—bring workbook from Part One. (Lost your workbook? Purchase a new one for \$10.) With Julie King, JD. **Mondays, Apr. 16 – May 7, 7:00 – 9:00 pm.** **ONE-DAY VERSION: Sun., Apr. 22, 10:00 am – 4:30 pm.** Same fee as above.

KEEPING YOUR MARRIAGE ON TRACK AFTER YOU HAVE CHILDREN (all ages) Having children can be life's greatest blessing, but it often comes with unintended consequences—less time, money, and sleep, along with an increase in stress and worry. Couples can take steps to keep their marriages on track and make the children an ongoing source of pleasure and connection rather than burden and distance. The bonus: a happy marriage increases the happiness of the children! \$35. Joshua Coleman, PhD, psychologist featured on *20/20*, *Good Morning America*, *Today*, *Sesame Street*, and NPR. **Wed., Feb. 22, 7:00 – 8:30 pm.**

MOTHERS AND SONS: RAISING EMOTIONALLY-STRONG BOYS (2 – 10 years) Mothers can be a strong influence on their sons' emotional growth. Yet the often-mixed messages around raising boys leave moms confused and needing clear direction. This workshop will provide guidance and essential tools to help you navigate your important role in your sons' development. \$35. With Mical Falk, PhD. **Thurs., Mar. 15, 7:00 – 9:00 pm.**

PEDIATRIC FIRST AID (18 months – 7 years) Once your child starts crawling, you will want to learn the basics of pediatric first aid. During this class, you will learn about preventative care, as well as dealing with bleeding and wound care, shock, burns, sudden illness, poisoning, heat stroke/frostbite, pets, and much more! \$40. With Georgia Montgomery, hospital perinatal health educator. **Thurs., Feb. 16, 6:30 – 9:00 pm.**

RAISING SONS (2 – 10 years) Boys are different from girls. We will explore those differences and ways to support our sons' growth into emotionally healthy adults. \$35. With Robert Scott, MSW. **Wed., Apr. 18, 6:30 – 8:30 pm.**



RELATIONAL AGGRESSION: HOW GIRLS BULLY (10 – 14 years) Unlike boys, who tend to bully acquaintances or strangers, girls frequently bully within a network of "friends." This dynamic makes it more difficult to identify girls who are bullying, which, in turn, intensifies the harm to the victim. We will address how to understand and recognize relational aggression and bullying among girls, how girls use cyberspace to bully, how to empower your daughter if she is being bullied, and how to prevent your daughter from bullying. \$35. With Holly Pedersen, MFT, PhD. **Thurs., Feb. 2, 6:30 – 8:30 pm.**

STRATEGIES FOR ADDRESSING BULLYING: A SIX-WEEK GROUP FOR PARENTS (5 – 14 years) There's nothing more painful than watching your child be bullied or teased and not knowing how to intervene. Join our Bullying Prevention Program expert, Dr. Holly Pedersen, and other parents to discuss strategies to support your child and to collaborate with school administrators. Gain support and new ideas from other parents! The tools and skills you will receive are drawn from Barbara Coloroso's bestselling book *The Bully, the Bullied, and the Bystander*. \$180 for six sessions. With Holly Pedersen, MFT, PhD. **Thursdays, Mar. 22 – Apr. 26, 7:00 – 8:30 pm.**

STRENGTHENING YOUR SKILLS AS A DAD (2 – 10 years) You're a hands-on dad, always open to learning new techniques for supporting your ever-changing child. Join other dads in a discussion to help you strengthen your fathering skills, hear about new research and information, and have your questions answered by our parenting expert. \$35. With Robert Scott, MSW. **Mon., Feb. 13, 6:30 – 8:30 pm.**

TALKING TO YOUR KIDS ABOUT ADOPTION (all ages) Explore developmentally appropriate ways to communicate with your child about adoption, birth parents, and the questions and comments that others may express to them. \$35. With Heidi Bonfigli, MA. **Tues., Jan. 31, 6:30 – 8:00 pm.**

WAS THAT ME YELLING? (all ages) Yelling is a common form of discipline and can be caused by many factors, like being stressed, tired, or hungry. Often, feelings such as frustration, anger, or loneliness can also trigger yelling. Many parents report that they just don't know what to do when their children misbehave, especially when a child ignores requests. We'll discuss what causes yelling, and we'll talk about how to devise a plan to do discipline differently. \$35. With Rona Renner, RN, expert parent educator, temperament counselor, and host of *Childhood Matters* radio show. **Thurs., Jan. 26, 6:30 – 8:30 pm.**

WHAT TO DO WITH THE MAD YOU FEEL (4 – 10 years) Explore helpful perspectives on anger and self-control for both yourself and your children and learn strategies to help children develop self-regulation skills. \$40. With Bonnie Romanow, childhood development specialist. **Mon., Mar. 5, 6:30 – 9:00 pm.**

FOR PARENTS OF TODDLERS THROUGH KINDERGARTEN-AGE

PARENTING YOUR SPIRITED CHILD (2 – 6 years) Is your son always on the go, resisting change or insisting on having things his way? Does your daughter notice everything around her, boss the other kids around at school, or have meltdowns when you take her to the store? Some children are "more" (intense, sensitive, emotional, etc.), and learning about their temperament and yours will reduce tensions and increase harmony for the entire family. \$35. With Rona Renner, RN, expert parent educator, temperament counselor, and host of *Childhood Matters* radio show. **Wed., Mar. 28, 6:30 – 8:30 pm.**

POSITIVE AND EFFECTIVE DISCIPLINE: A CRASH COURSE (3 – 5 years) Starting with a basic understanding of developmental norms for 3- to 5-year olds, we will break down the components of discipline—communication, listening, modeling, consequences, and more—to learn about improving limit-setting, encouraging responsibility, and fostering communication. \$40. With Susan Byrd, LCSW. **Tues., Mar. 27, 6:30 – 9:00 pm.**

POTTY TRAINING (18 – 36 months) Toilet training can seem confusing and confounding to parents and toddlers alike. This workshop will make this developmental stage as pleasant and informative as possible. Topics include assessing readiness, toilet-training techniques, dealing with resistance, and nap and night training. \$35. With Lee Ann Slaton, MS. **Tues., Feb. 7, 6:30 – 8:30 pm.**

UNDERSTANDING TODDLERS AND TWOS: GUIDANCE AND DISCIPLINE (18 – 36 months) Get some help raising your toddler! We will address major developmental issues that arise during this year: discipline, beginning toilet training, eating issues, night and nap sleep changes, socialization, changes for parents, and more. \$35.

AT PARENTS PLACE IN SAN RAFAEL: Wed., Feb. 22, 6:30 – 8:30 pm. With Lee Ann Slaton, MS. **AT CONGREGATION KOL SHOFAR, 215 BLACKFIELD DRIVE, TIBURON: Mon., Apr. 30, 6:30 – 8:30 pm.** With Bonnie Romanow, childhood development specialist.