

# Peninsula Parents Place Programs

WINTER 2012

Special Event **SAVE THE DATE! THURS., MAR. 15, 2012**

## Mind in the Making: The Seven Essential Life Skills Every Child Needs

A PRESENTATION BY RENOWNED AUTHOR ELLEN GALINSKY



Peninsula Parents Place is excited to announce that Ellen Galinsky, the president and co-founder of the Families and Work Institute, will be presenting two talks based on her new best-selling book *Mind in the Making: The Seven Essential Life Skills Every Child Needs* (Harper Collins, 2010).

In *Mind*, she identifies seven life skills essential to success—in school, the workforce, and life: focus and self-control, perspective taking, communicating, making connections, critical thinking, taking on challenges, and self-directed engaged learning. Of *Mind*, Lisa Belkin of the *New York Times* wrote: "It may well be the next iconic parenting manual, up there with Spock and Leach and Brazelton."

Galinsky is the past president of the National Association for the Education of Young Children. She is also a former professor at the Bank Street College of Education, as well as the author of *Ask the Children*, *The Preschool Years*, and *The Six Stages of Parenthood*, along with more than 125 articles in academic journals, books, and magazines.

HEAR THIS DYNAMIC WRITER, EDUCATOR, AND SPEAKER IN TWO PROGRAMS ON THURS., MAR. 15.

**1:30 – 4:00 pm.**  
A PROGRAM FOR EDUCATORS, CLINICIANS, AND OTHER PROFESSIONALS  
CEU credits available  
\$100 fee  
At Parents Place in Palo Alto, 200 Channing Ave.  
Register at [www.parentsplaceonline.org](http://www.parentsplaceonline.org) or call 650-688-3040

**7:30 – 9:00 pm.**  
A PROGRAM FOR PARENTS AND COMMUNITY MEMBERS  
**FREE!**  
At Mountain View High School, 3535 Truman Ave.  
Register at <http://ellengalinskymvla.eventbrite.com/>

*Mind in the Making presentations are co-sponsored by Peninsula Parents Place, Mountain View Los Altos School Speaker Series, and Mountain View Parents Nursery School.*

## Come to Parents Place for Coaching and Consultation

Do you have concerns about your child's development, interactions, or behavior? At Parents Place we offer individual parent and family consultations or observations at your child's preschool. Our areas of expertise include: behavior management, positive discipline, temperament, sleep habits, toilet learning, school choices, learning differences, school issues, adolescent issues, and more. Contact:

**In Palo Alto:** Contact Karen Friedland-Brown; 650-688-3032; [KarenFB@jfcs.org](mailto:KarenFB@jfcs.org)

**In San Mateo:** Contact Stephanie Agnew; 650-931-1841; [StephanieA@jfcs.org](mailto:StephanieA@jfcs.org)

## Center for Special Needs

Our Center for Special Needs provides comprehensive services for children with learning, behavioral, physical, developmental, neurological, and emotional disabilities. Services include mental health counseling and speech/language and occupational therapy. In addition, we offer assessment and diagnosis, planning and coordination of services, social skills groups, and advocacy with schools. Call Mimi Ezray at 650-688-3028 or [MimiE@jfcs.org](mailto:MimiE@jfcs.org).

## Bullying Prevention

Parents Place's **Bullying Prevention Program** features the evidence-based programs *Second Step* for preschool through grade 3 and *Steps to Respect* for grades 3 – 6. We provide education on cyberbullying, Internet safety, and digital media in collaboration with Common Sense Media. Our bullying prevention trainings include teacher professional development programs and parenting education programs. For information, contact Holly Pedersen, MFT, PhD, at 650-688-3037, 415-359-2442, or [HollyP@jfcs.org](mailto:HollyP@jfcs.org). If you are concerned about bullying behavior at your school, contact Parents Place.

## FREE! Domestic Adoption Orientation Workshop

This introductory workshop will explain the process of domestic open adoption and the services of Adoption Connection, JFCS' adoption agency. **Tues., Jan. 10, 7:00 - 8:30 pm.** Visit us at [www.adoptionconnection.org/workshops.asp](http://www.adoptionconnection.org/workshops.asp) for the full workshop calendar. RSVP required. To preregister, call 415-359-2462 or email [MaliaK@jfcs.org](mailto:MaliaK@jfcs.org).

## Our New Online Family Resource Center: Parents Place Online Education

Through our partnership with Digital Parent,™ we are extending our offerings to provide online parent education and services. In addition to providing consultation, clinical services, support groups and workshops, Parents Place now offers you an online education library, webinars, discussion forums, and developmental tools. Unlimited access is available for a small quarterly or annual membership fee. Visit us at [www.digitalparent.com/parentsplace](http://www.digitalparent.com/parentsplace) to learn more and begin your free, two-week trial membership.

## Preschool and Early Elementary Social Skills Group

We offer 10-session groups for children ages 3 – 5 years old or 5 – 7 years old who are experiencing difficulty in preschool or classroom settings. Using music, play, games, and books, children will practice and learn how to interact with peers in a group setting. A parent component includes opportunities to learn about your child's progress and receive group support. For more information, contact Mimi Ezray at 650-688-3028 or [MimiE@jfcs.org](mailto:MimiE@jfcs.org).



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

KORET FAMILY RESOURCE CENTER

200 Channing Avenue  
Palo Alto, CA 94301

## 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 Staff

**Stephanie Agnew**, BA, Parent Education Coordinator, San Mateo: specialist in early childhood education and child development; discipline, school choice, preschoolers

**Mimi Ezray**, LCSW, MPH, Coordinator for Center for Special Needs: specialist in coping with difficult life transitions, parenting children with special needs, challenges of single parenthood, and adoption issues

**Karen Friedland-Brown**, MA, Director of Parents Place on the Peninsula: specialist in early childhood, school problems, discipline, sleep, couples relationship, bullying prevention

**Holly Pedersen**, MFT, PhD, Community Education Coordinator: expert in childhood abuse and trauma, domestic violence and violence prevention, conflict resolution, and bullying prevention

**Nirit Zandman**, MA, Coordinator of the Center for Special Needs on the Peninsula: developmental and educational specialist in sensory integration, inclusion, and special education

**Susan Stone Belton**, BSE, parent coach: child development specialist

**Danielle Beres**, BA, parent educator and child development specialist

**Diana Blank**, LCSW, therapist: divorce and separation specialist

**Tracy Cubbison**, BA, teacher with specialty in special needs, playroom facilitator

**Sue Dinwiddie**, MA, parent educator and staff trainer: child development specialist

**Sheila Dubin**, MS, parent guidance specialist: school-age issues, adolescence, and development of girls

**Elizabeth Eastman**, LCSW, therapist: specialist in new parent adjustment and couples

**Heidi Emberling**, MA, early childhood and parent educator: specialist in child development, toilet learning, sleep, temperament, and discipline

**Torrey Mandell Freeman**, MS, counselor and parent educator

**Jomary Hillard**, PhD, psychologist: expert in boy development and school adjustment

**Lori Longo**, MA, early childhood educator: child development specialist

**Erica Pelavin**, LCSW, PhD, family therapist: specialist in temperament, siblings, relationship issues, work-life balance, Internet safety, and bullying prevention

**Elaine Rose**, BA, expressive arts teacher and playroom facilitator

**Karen Ross**, MA, RD, nutritionist, registered dietician, and health educator

**Denise Salin**, LMFT, high school counselor: early childhood specialist in friendship, temperament, and adolescent development

**Kirk Stuepfert**, MSW, school social worker: specialist in childhood friendship and social skills

**Karen Vezinaw**, BA, credentialed teacher and playroom facilitator

Peninsula  
parentsplace  
WINTER 2012



Check [www.parentsplaceonline.org/peninsula](http://www.parentsplaceonline.org/peninsula) for full workshop descriptions.

“The instructors at Parents Place are smart, empowering, understanding—and deliver the information in a helpful way. They are great!

We were given many ideas, phrases, and tips to use, and our confidence

as parents really grew.”

Discounted fees are available for couples, partners, and other family members registering for the same group. Subsidies are available for all. Inquire when you call to register. **Cancellation Policy:** Please choose your workshops carefully. If you contact our office to cancel with at least **one-week advance notice**, we will apply your payment to another workshop. You may reschedule one time per quarter. If you cancel after the one-week deadline, we cannot issue a credit. If Parents Place cancels a workshop, you are entitled to a full refund or credit.

## Palo Alto PROGRAMS

Unless otherwise specified, all workshops are held at the **Koret Family Resource Center**, 200 Channing Avenue. 650-688-3040.

### PARENT/CHILD ACTIVITY GROUPS

**DROP-IN PLAY** (birth – 5 years) Join us in our fun, safe, and stimulating playroom for an hour and a half of play with your child. Enjoy musical instruments, books, dolls, a pretend kitchen, construction trucks, Play-Doh, and much more! A parenting educator is on hand to talk about your parenting concerns. Meet friends and make new ones with children the same age! Play time ends with an optional circle song time. \$8 per session; \$35 for five-session card. No preregistration required. With Parents Place staff.

**Tuesdays and Thursdays, 10:30 am – 12:00 pm; Wednesdays 3:30 – 5:00 pm.**

#### SPECIAL DROP-INS:

##### ASK THE SPECIAL EDUCATION EXPERT

An opportunity for parents to ask questions or share concerns about your child's development. With Nirit Zandman, MA, developmental and educational specialist.

**First Thursday of the month, 10:30 am – 12:00 pm.**

##### TWIN DROP-IN

Bring your twins (and other siblings) and meet other families with multiples. Share and discuss tips for raising multiples. With Lori Longo, MA.

**First Friday of the month, 9:30 – 11:00 am.**

##### FROM INFANT TO TODDLER: I'M NOT A BABY ANYMORE!

(9 – 15 months) While your children play, discuss the milestones and dramatic changes that occur between infancy and toddlerhood. Weekly discussion topics include adjusting to parenthood, dealing with new family dynamics, the benefits of socialization for parents and baby, language development, sleep and eating concerns, positive discipline, and more. Ends with a circle song time. \$80 for four sessions. With Torrey Freeman, MS.

**Tuesdays, Feb. 7 – 28, 3:30 – 5:00 pm.**

**TODDLER SOCIAL CLUB** (16 – 24 months) Discuss the joys and challenges of getting to know your new toddler! We begin with an art project, changing the medium each time (chalk, paints, glue, glitter, etc.). Then parents, along with the parenting educator, discuss topics related to the toddler years, including sleep issues, eating/nutrition, language development, positive discipline / limit-setting techniques, early brain development, social/emotional development, tantrums, temperament, and more. We end with a circle song time. \$200 for 10 sessions. With Torrey Freeman, MS.

**Thursdays, Jan. 19 – Mar. 22, 9:00 – 10:30 am.**

##### TERRIFIC TWOS – GETTING READY FOR PRESCHOOL

(2 – 3 years) While children learn to separate from their parents and play in a preschool-like setting, parents discuss the huge developmental changes of the 2-year-old. Topics include the 2-year-old's thinking processes, emotional and social development, play and learning, and positive discipline and guidance strategies. \$300 for 10 sessions (includes \$100 playcare for children). With Karen Friedland-Brown, MA, and Elaine Rose, BA.

**Wednesdays, Jan. 18 – Mar. 21, 9:30 – 11:00 am.**

##### MUSIC TOGETHER

(birth – 4 years) A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. \$168/\$100 for sibling for eight sessions (includes illustrated songbook and 2 CDs). With Drew Wanderman.

**Mondays, Jan. 23 – Mar. 19** (no class on Feb. 20), **9:30 – 10:15 am OR 10:30 – 11:15 am.**

### WORKSHOPS FOR PARENTS

#### FOR PARENTS OF CHILDREN OF ANY AGE

##### MOTHERS AND SONS – GROWING BOYS INTO MEN

(all ages) \$35. With Jomary Hillard, PhD.

**Mon., Feb. 13, 7:00 – 9:00 pm.**

##### FOR DADS ONLY: THE JOYS AND CHALLENGES OF RAISING DAUGHTERS

(all ages) \$35. With Kirk Stuepfert, MSW.

**Thurs., Mar. 1, 7:00 – 9:00 pm.**

##### BUSY FAMILIES CAN BE ORGANIZED, TOO

\$35. With Lori Krolik, professional organizer, owner of *More Time for You*.

**Tues, Mar. 20, 7:00 – 9:00 pm.**

#### FOR PARENTS OF YOUNG CHILDREN

##### PARENTING YOUNG CHILDREN THROUGH SEPARATION AND/OR DIVORCE

(birth – 8 years) \$60 for two sessions. With Diana Blank, LCSW.

**Wednesdays, Jan. 25 and Feb. 1, 7:00 – 9:00 pm.**

##### TURNING NO INTO YES – ENCOURAGING COOPERATIVE BEHAVIOR IN YOUNG CHILDREN

(18 months – 3 years) \$60 for two sessions. With Heidi Emberling, MA.

**Mondays, Feb. 27 and Mar. 5, 7:00 – 9:00 pm.**

##### RAISING TWINS: THE CHALLENGES OF PARENTING TWINS OR MULTIPLES

(1 – 4 years) \$60 for two sessions. With Lori Longo, MA.

**Thursdays, Feb. 2 and 9, 7:00 – 9:00 pm.**

##### JUGGLING TWO: THE NEW BABY AND THE OLDER SIBLING

(2nd trimester – 3-month newborns) With Heidi Emberling, MA. \$35.

**Tues., Feb. 14, 9:30 – 11:30 am.**

##### FREE WORKSHOP

##### THE PRESCHOOL SEARCH: WHAT ARE YOUR CHOICES AND HOW DOES IT WORK?

(1 – 4 years) With Stephanie Agnew, BA.

**Wed., Mar. 21, 7:00 – 9:00 pm.**

#### FOR PARENTS OF PRESCHOOL AND ELEMENTARY-AGE CHILDREN

##### THAT MAKES ME SO MAD! CHILD ANGER

(3 – 8 years) \$35. With Sue Dinwiddie, MA.

**Tues., Jan. 24, 7:00 – 9:00 pm.**

##### YOU'RE DRIVING ME CRAZY! PARENT ANGER

(3 – 8 years) \$35. With Sue Dinwiddie, MA.

**Tues., Jan. 31, 7:00 – 9:00 pm.**

##### PARENTING THE POSITIVE DISCIPLINE WAY

(3 – 8 years) \$120 for four sessions. With Stephanie Agnew, BA.

**Wednesdays, Feb. 15 – March 7, 7:00 – 9:00 pm.**

##### RAISING A HIGHLY SENSITIVE CHILD

(2 – 8 years) \$35. With Denise Salin, LMFT.

**Tues., Feb. 28, 7:00 – 9:00 pm.**

##### BEYOND SIBLING RIVALRY: KEEPING THE PEACE

(3 – 8 years) \$35. With Erica Pelavin, PhD.

**Tues., Mar. 6, 7:00 – 9:00 pm.**

##### THE BIRDS AND THE BEES 101: KNOW WHAT YOU'LL SAY BEFORE THEY ASK

(5 – 10 years) \$35. With Torrey Freeman, MS.

**Thurs., Mar. 8, 7:00 – 9:00 pm.**

##### HELPING YOUR CHILD WITH FRIENDSHIPS AND SOCIAL HARDSHIP

(kindergarten – 3rd grade) \$35. With Kirk Stuepfert, MSW.

**Tues., Mar. 13, 7:00 – 9:00 pm.**

#### FOR PARENTS OF OLDER ELEMENTARY-AGE CHILDREN AND TEENS

##### CONNECTING WITH YOUR CHILD EVERYDAY

(4th – 8th grade) \$35. Susan Stone Belton, BSE.

**Tues., Feb. 7, 7:00 – 9:00 pm.**

##### DOMESTIC ADOPTION ORIENTATION

See the About Parents Place section for details.

**Tues., Jan. 10, 7:00 – 8:30 pm.**

## San Mateo PROGRAMS

Unless otherwise specified, all programs are held at the **Eleanor Haas Koshland Center**, 2001 Winward Way, San Mateo. 650-931-1840.

### PARENT/CHILD ACTIVITY GROUPS

**DROP-IN PLAY** (birth – 5 years) \$8 per session; \$35 for five-session card. No preregistration required. Parents Place staff.

**Mondays and Fridays, 9:30 – 11:00 am;**

**Tuesdays, 4:00 – 5:30 pm;**

**Wednesdays, 10:30 am – 12:00 pm.**

#### SPECIAL DROP-IN:

##### ASK THE SPECIAL EDUCATION EXPERT

An opportunity to ask questions or share concerns about your child's development. With Nirit Zandman, Parents Place Coordinator of the Center for Special Needs.

**Second Monday of the month, 10:30 am – 12:00 pm.**

##### MUSIC TOGETHER

(birth – 4 years). A joyful musical experience for parents or caregivers and children, with singing, dancing, and instrument play. \$199 for 10 sessions; \$115 for siblings 8 months and older. (Fees include illustrated songbook and two CDs.) With Mo Music! staff.

**Tuesdays, Jan. 10 – Mar. 13, 9:30 – 10:15 am, OR Thursdays, Jan. 12 – Mar. 15, 4:30 – 5:15 pm.**

### WORKSHOPS FOR PARENTS

#### FOR PARENTS OF CHILDREN OF ANY AGE

##### FREE! PUBLIC OR PRIVATE ELEMENTARY SCHOOL: MAKING THE BEST CHOICE FOR YOUR CHILD AND FAMILY

(all ages) With Stephanie Agnew, BA.

**Wed., Jan. 11, 7:00 – 9:00 pm.**

##### BOYS AND DISCIPLINE

(all ages) \$35. With Jomary Hillard, PhD.

**Wed., Feb. 8, 7:00 – 9:00 pm.**

##### FREE! WHERE TO START WHEN YOUR CHILD NEEDS AN "EVALUATION": THE WHAT, WHEN, AND HOW OF THE ASSESSMENT PROCESS

(all ages) With Janina Nadaner, MFT.

**Thurs., Feb. 2, 7:00 – 9:00 pm.**

#### FOR PARENTS OF BABIES AND YOUNG CHILDREN

##### BYE-BYE DIAPERS – TOILET LEARNING

(18 months – 4 years) \$35. With Heidi Emberling, MA.

**Wed., Jan. 18, 7:00 – 9:00 pm.**

##### TANTRUM TAMING FOR TODDLERS AND TWOS

(12 – 36 months) \$35. With Susan Stone Belton, BSE.

**Tues., Jan. 24, 7:00 – 9:00 pm.**

##### PARENTING AS A TEAM: FOR COUPLES

(18 months – 6 years) \$100/couple for two sessions. Childcare is available by reservation only: \$20 per session; \$10 for additional child. Call 650-931-1840 to reserve childcare at least two weeks in advance. With Erica Pelavin, LCSW, PhD.

**Tuesdays, Feb. 21 and 28, 6:30 – 8:30 pm.**

##### FREE! NIGHT, NIGHT – SLEEP TIGHT: SOLVING YOUR CHILD'S SLEEP ISSUES

(1 – 5 years) With Heidi Emberling, MA.

**Wed., Mar. 7, 7:00 – 9:00 pm.**

#### FOR PARENTS OF PRESCHOOL AND ELEMENTARY-AGE CHILDREN

##### DISCIPLINE WITHOUT GUILT

(3 – 8 years) \$35. With Sue Dinwiddie, MA.

**Wed., Jan. 25, 7:00 – 9:00 pm.**

##### KINDERGARTEN READINESS: WHEN SHOULD YOUR CHILD GO?

(3 – 5 years) \$35. With Stephanie Agnew, BA.

**Tues., Jan. 31, 7:00 – 9:00 pm.**

##### I'M TALKING – THEY'RE NOT LISTENING

(3 – 8 years) \$35. With Sue Dinwiddie, MA.

**Wed., Feb. 1, 7:00 – 9:00 pm.**

##### RAISING A SPIRITED CHILD

(3 – 8 years) \$60 for two sessions. With Karen Friedland-Brown, MA.

**Thursdays, Jan. 12 and 19, 7:00 – 9:00 pm.**

##### FEISTY 3'S AND 4'S

(3 – 5 years) \$60 for two sessions. With Lori Longo, MA.

**Wednesdays, Feb. 15 and 22, 7:00 – 9:00 pm.**

##### KIDS IN THE DIGITAL WORLD: HELP THEM BE SMART AND SAFE

(3rd – 8th grades) \$35. With Erica Pelavin, LCSW, PhD.

**Thurs., Mar. 8, 7:00 – 9:00 pm.**

##### PICKY EATERS AND MORE: SOLVING MEALTIME STRESS

(3 – 8 years) \$35. With Karen Ross, MA, RD.

**Tues., Mar. 13, 7:00 – 9:00 pm.**