



# Parenting Today 2011-12



Workshops will be held from 6 – 8 p.m. at Educational Support Services – Jameswood School, 1 Braintree Crescent (off Olive & Ness). Free pizza supper will be offered from 6:00 - 6:30 p.m. and session will take place from 6:30 – 8:00 p.m. To register, please call Susan Ralph at 837-5886 Ext. 230 or email [ptregistrations@sjsd.net](mailto:ptregistrations@sjsd.net)

**\*\*Saturday, October 22, 2011**

## **Positive Parenting: Families Working Together'**

*An all day special event from 10:00am-2:30 p.m.*

*Presented by Kathryn Kuhl, Social Worker, Matthew Janzen, Social Worker, Jeffery Kerr, Social Worker & Sarah James, Behavior Intervention Teacher, Supported by the Behavior Intervention Team, Educational Support Services, St. James-Assiniboia School Division.*

The event will be held at Educational Support Services located on #1 Braintree Crescent. All family members are invited to participate in this free event which will include free childcare for those three years of age and under, exciting hands on activities for children ages four through twelve years, and an interactive Triple P (Positive Parenting Program) workshop for parents. Beginning at 10:00am and ending at 2:30pm, the Positive Parenting event will include a free lunch for everyone as well as a free gift for all participants. Pre-registration is required.

*To register please contact Sarah James at 885-1334 extension 2225 or email [sjames@sjsd.net](mailto:sjames@sjsd.net).*

**Wednesday, October 26, 2011**

## **Social Media**

### **Watch Your Step: Protecting Your Digital Footprint**

*Presented by Andy McKiel, St. James-Assiniboia School Division*

The power of social media tools in helping people to connect & collaborate.  
Ethical and responsible use of various social networking platforms (e.g., Facebook & Twitter)  
How social media is changing the way that we teach and the way that kids learn.  
Ease of creating content online and managing your digital footprint.

**FREE CHILDCARE IS PROVIDED FOR SESSIONS.** When registering please indicate for how many children and their ages. Once registered, if you cannot attend, please be sure to cancel by contacting Susan Ralph at 837-5886 Extension 230 or email [ptregistrations@sjsd.net](mailto:ptregistrations@sjsd.net). If cancelling your registration the day of the session please notify Debbie Neufeld at 885-1334 Extension 0 or email [dneufeld@sjsd.net](mailto:dneufeld@sjsd.net)

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**Monday, November 7, 2011**  
**Triple P- Seminar 1: 'The Power of Positive Parenting'**

*Presented by Sarah James, Behavior Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division*

This seminar will introduce parents to the 5 core principles of positive parenting:

- ensuring a safe, engaging environment for children
- creating a positive learning environment
- using assertive discipline
- having realistic expectations
- taking care of yourself as a parent

**Monday, November 14, 2011**  
**Triple P- Seminar 2: 'Raising Confident, Competent Children'**

*Presented by Sarah James, Behavior Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division*

This seminar will show parents how they can use positive parenting principles to teach children important values and skills, such as:

- encouraging respect and cooperation
- learning to be independent
- learning how to develop healthy self-esteem
- learning how to become good problem-solvers

**Monday, November 21, 2011**  
**Triple P- Seminar 3: 'Raising Resilient Children'**

*Presented by Sarah James, Behavior Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division*

This seminar will focus on how parents can help children learn how to:

- recognize and accept feelings
- express their feelings appropriately
- build positive feelings
- deal with negative feelings
- deal with upsetting or stressful life events

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**Tuesday, December 6, 2011**  
**Occupational Therapy**  
**Topic: TBA**

*Presented by Monica Desgagnes, Divisional Occupational Therapist, St. James-Assiniboia School Division*

**Tuesday, January 17, 2012**  
**Understanding Youth**

*Presented by Derek Stewner -Life Skills Coach/ Counsellor; Urban Circle Training Centre -Exploring the Impact of Family, Community and Society on Youth; A Holistic Approach*

Using the Medicine Wheel we'll review: normal/ average life cycle development, explore the impact of unmet needs and the effects of a traumatic upbringing, understanding the purpose of "acting out" behavior and "What Can You Offer?"; ideas that foster positive learning and development opportunities for your family.

**Tuesday, February, 21, 2012**  
**Parenting for Prevention: Kids, Alcohol, and Other Drugs**

*Presented by Sheri Lysy, Addictions Foundation of Manitoba - Community-Based Youth Services (AFM)*

The decision whether to try alcohol or other drugs may be one of the biggest your child could face. A prevention & education consultant from the Addictions Foundation of Manitoba's Youth Services will facilitate an information session for parents and caregivers on this important issue. Together we will look at current trends and statistics, understanding why kids experiment, how to talk to your child about drugs, parent prevention strategies, and community resources available to parents and youth including AFM programs.

**Wednesday, March 7, 2012**  
**Autism Spectrum Disorder**

*Presented by Dr. Janine Montgomery.*

Researchers and theorists have attempted to explain the primary problems in autism in various ways, yet no one approach accurately captures the experiences for any one child, or for individuals across the spectrum. This session will introduce attendees to several of the competing explanations for the types of problems children and youth with autism demonstrate, with emphasis on the implications of the research for everyday living and individual, school, and family based interventions.

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## **Tuesday, March 20, 2012**

### **Gangs**

*Presented by Elder Michael Pierre, Headingly Corrections*

Everyone who plays a role in caring for children should be knowledgeable about gang culture, and should recognize the warning signs that a child may be involved in a gang. Criminal gangs can form in all types of neighbourhoods and their members come from all cultures and socio-economic backgrounds. They can intimidate children, families and communities...but only if we let them.

Elder Michael Pierre will be discussing the warning signs and factors placing our children at risk of joining a gang. He will also discuss how increasing cultural awareness can protect our children

## **Thursday, April 12, 2012**

### **Fostering Healthy Body Image in Children and Teens**

*Presented by volunteers from Women's Health Clinic*

In today's society it's quite common for children and teens, both male and female, to have struggles with their body image. This workshop will offer parents a chance to discuss influences on body image (the media, peers, etc.) and to learn about ways to encourage healthy relationships with food and healthy body image.

## **Tuesday, April 17, 2012**

### **Autism**

*Presented by Dr. Paula Kluth.*

Dr. Paula Kluth is a consultant, author, advocate, and independent scholar who works with teachers and families to provide inclusive opportunities for students with disabilities and to create more responsive and engaging schooling experiences for all learners. Paula is a former special educator who has served as a classroom teacher and inclusion facilitator. Her professional interests include differentiating instruction and inclusive schooling

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**Thursday, April 26, 2012  
Helping Your Shy or Fearful Child**

*Presented by Dr. John Walker, Clinical Psychologist – St. Boniface General Hospital*

Many children have some difficulties with shyness or fearfulness. If these difficulties are limiting your child's enjoyment of life there are things that you can do as a parent. We will discuss patterns of anxiety, how common these problems are in children, some of the causes, and practical things that parents can do to help.

**Wednesday, May 16, 2012  
Speech and Language Summer Activities**

*With Mary-Alex Willer and Kristy Benoit, Speech-Language Pathologists, Educational Support Services, St. James-Assiniboia School Division*

Students who receive speech and language support during the school year benefit from continued practice over the summer. The purpose of this presentation is to provide parents with simple, quick, and easy activities that can be done as a part of the daily routine. We will provide suggestions for helping your child continue to practice the speech sounds and language skills they have learned throughout the school year.

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