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Coordinating Organizations

- United Way of Greater Kansas City
- Crossroads
- Lee's Summit CARES
- Lee's Summit Christian Church
- Lee's Summit Medical Center
- Lee's Summit Parks and Recreation
- Lee's Summit Police Department
- Lee's Summit R-7 School District
- Lee's Summit R-7 PTA's
- Pleasant Hill School District
- ReDiscover
- Major Saver

Special thanks to

- Horn Printing
- Summit Litho

Parking

Pleasant Lea Middle School is located on Persels Road. Please park in the middle school or elementary school lots. Look for the Parent University banner.

For Expanded Workshop and Presenter Information

Visit the Parents University web page at
www.lscares.org or
www.leessummitmedicalcenter.com

Lee's Summit CARES
presents the 6th Annual

PARENT UNIVERSITY



Saturday, February 23, 2008
8:00 am – 12:45 pm

Pleasant Lea Middle School
630 SW Persels Road

Cost is \$7 per adult
Includes continental breakfast
and childcare, for a small fee

Scholarships are available.

Why Parent University?

Do you find parenting to be the most rewarding, yet most challenging job you have ever done? Would you like to have some new ideas for strengthening your family?

Join us to gain information from the experts and view a showcase of resources designed especially for parents. Parent University offers you a vast array of topics so you can select those that best fit your family

Parent University is fun for children too. Childcare is available for children between the ages of 1 and 12. Children will enjoy participating in a variety of structured activities supervised by childcare specialists and volunteers. Snacks will be provided.

The showcase will feature local organizations sharing valuable information and resources for parents. From 8:00 to 9:00 a.m. you can browse the exhibits and learn more about family resources available in our community.

There will be lots of great door prizes!

Parent University Schedule

Saturday, February 23, 2008

- 8:00 – 9:00 a.m. Packet Pick-Up
Walk-in Registration
Breakfast
Showcase
- 9:00 – 9:20 a.m. Welcome
- 9:30 – 10:25 a.m. Session I
- 10:35 – 11:30 a.m. Session II
- 11:40 – 12:35 p.m. Session III

Scholarships Are Available

Parent University Registration

Please register by February 17, 2008
Make checks payable to **Lee's Summit CARES**.
Registration fee is nonrefundable.

Mail or bring with payment to:
Lee's Summit CARES c/o ReDiscover
901 NE Independence Ave.
Lee's Summit, MO 64086

Name(s) _____

Address _____

City/St./Zip _____

Daytime Phone _____

Childcare for children ages 1 to 12 years is available by advance registration only.
Space is limited. Register Early!

First and Last Names of Children _____ Age _____

of children ____ X \$3.00= ____ (max. \$9.00)
of Adults ____ x \$7 = ____ total enclosed
Attending Breakfast: Adults ____ Children ____

Please send one check for Registration & Childcare
In-service Hours certificates will be available for childcare providers.



Workshop Selection
Please mark **ONE** choice for **EACH** session on the **back** of this registration form.

If you have specific registration or scholarship questions call the **Parents University Hotline** (816) 347-3269

Workshop Selection

Make one workshop choice in each session for each adult attending.

Session 1

- _____ Positive Approach to Discipline for Preschoolers
- _____ Internet Safety: What Parents Need to Know
- _____ Parenting Your Elementary School Age Child
- _____ When Living & Learning Hurts With Add/ADHD
- _____ Effective Family Communication
- _____ Blended Families
- _____ Putting Your Marriage First
- _____ Nutrition & Fun in the Kitchen With Your Kids
- _____ Teens—Who Are These People?
- _____ Character Development
- _____ Baby Sign Language
- _____ ABC's of Talking to Children About Money

Session 2

- _____ Setting Limits in a No Limit World
- _____ Stress Management
- _____ Rev/Up Family Wellness
- _____ ABC's of Talking to Children About Money
- _____ Character Development
- _____ Important Health Issues for Adolescent Boys
- _____ Baby Sign Language
- _____ Internet Safety: What Parents Need to Know
- _____ Parenting Your Elementary School Age Child
- _____ Discipline Strategies for Spanish Spking Families
- _____ Helping Your Child With Homework

Session 3

- _____ When Living & Learning Hurts: ADD/ADHD
- _____ Effective Family Communication
- _____ Helping Your Child Succeed in School
- _____ Putting Your Marriage First
- _____ Nutrition & Fun in the Kitchen With Your Kids
- _____ Teens—Who Are These People?
- _____ Stress Management
- _____ Rev/Up Family Wellness
- _____ Important Health Issues for Adolescent Girls
- _____ Discipline Strategies for Spanish Spking Families
- _____ Helping Your Child With Homework

Parent University Workshops

➤ *Positive Discipline for Preschoolers*

In today's hustle and bustle, keeping track of our children's behavior is difficult. Dr. Jerry Wyckoff teaches the basics of effective discipline and discusses ways to manage your most common discipline problems.

➤ *Setting Limits in a No Limit World*

Today's world offers us everything immediately. Parents are pressed to set limits for such an incredible array of entertainment and activities. Dr. Jerry Wyckoff helps parents make important choices.

➤ *ABC's of Talking to Your Children About Money*

The under 25 age demographic is the fastest growing group filing for bankruptcy! Protect your kids by teaching them to make and save money. Adrienne Taylor touches on compound interest, investing tips, credit card dangers, debt reduction and more!

➤ *Getting Your Life Under Control*

Stressed Out?? Feel like multi-tasking is a four letter word? In today's fast paced world, we find ourselves dizzy with all of our commitments. Jan Nelson will administer a quick stress inventory and teach you how to decrease stress.

➤ *Effective Family Communication*

Our families influence our behaviors and our responses to anxiety, tension and conflict. Dave Moore will show us how to recognize the patterns in your family, stay connected, maintain healthy boundaries, and respond rather than react to tension.

➤ *Rev/Up Family Wellness*

Rev/Up is a family focused approach to health, fitness, and nutrition designed to help families make better lifestyle choices. Joe Snook will share results of the RevUp pilot project recently conducted by the LS Parks and Recreation Department and outline new programs.

➤ *Parenting Your Elementary School Age Child*

Join Kerri Gray and learn practical strategies for getting children to listen, show respect and become responsible. Ideas will be shared for minimizing power struggles, helping out around the house and more.

➤ *Dealing with Change and Finding Hope in Blended Families*

American families have always shown remarkable resiliency to natural, economic and social change. Explore strategies with Carl Crabree on how to find unity and hope as we survive change in our families.

➤ *Helping Your Child Succeed in School*

What does each child need to succeed in school? Based on a survey of teachers, join Carl Crabtree in this workshop and learn the top 10 good things every child needs to experience success in school.

➤ *Baby Sign Language*

Infants are capable of communicating long before they are able to speak. Sign language allows them to express themselves and promote bonding. Melissa Finneseth will engage parents in signing activities.

➤ *Important Health Issues for Adolescent Girls/Boys*

Dr. Herb Dempsey and Stacie Kubicko will review the anatomy of the male/female reproductive systems and puberty. Sexually transmitted diseases and prevention, developmental milestones and strategies for communication will also be discussed.

➤ *When Living and Learning Hurts: Understanding ADD/ADHD*

Learning frustration causes emotional distress, which can lead to learning difficulties. Abuse, neglect and perfectionism can affect confidence and the ability to learn. With Tom Scott, find out how children learn and what parents can do to help.

➤ *Internet Safety: What Parents Need to Know*

Detectives Brian Roach and Maggie McGuire want to be sure your child is safe on the web. Understand social networking sites (i.e. My Space, Xanga, Facebook), learn about dangers and safety tips.

➤ *Teens—Who Are These People??*

Do you wonder what is going on in your teen's life and mind? Bring your questions and have them answered by a panel of teens, school resource officers, Geffen Liberman and other experts in the field.

➤ *Nutrition & Fun in the Kitchen with Your Kids*

Recipes will be demonstrated that can be made at home with your kids that they will love making AND eating! Lisa Medrow will teach tips to help get your kids to eat anything and utilize a pictorial cookbook.

➤ *Communicating With Character*

Utilize positive communication techniques when speaking with your family. Roby Little will share how to define, model, praise and correct for good character in your home.

➤ *Putting Your Marriage First*

Learn how to focus on a healthy relationship with your partner and examine how to maintain a strong marriage with children. Dr. Jerri Whiting will discuss ways to connect with your partner and revitalize the romance.

➤ *Discipline Strategies for Spanish Speaking Families*

Dolores Sheehan and Maria Brobst offer Spanish-speaking families winning strategies to communicate effectively with children and apply positive discipline. **Spanish Translation:** Esta es una presentación para familias de habla Hispana que sugerirá estrategias para comunicarse efectivamente con sus niños y para aplicar soluciones efectivas a los problemas disciplinarios de cada día.

➤ *Helping Your School Age Child With Homework*

No more homework hassles! Come learn how to communicate effectively with your child while assisting them with their homework. Jayme Richardson teaches positive strategies to doing homework together.

