

## LWSD PTSA Sponsored Programs for Parents

March – April, 2009

Date	Time	Topic	Location	Audience
Monday, March 16	6:30 – 8:00 PM	<b>Jan Faull – Resisting Raising Children Who Feel Entitled</b>	Lakeview Elementary Cafeteria	For elementary school parents
Wednesday, March 18	7 – 9 PM	<b>Teen Driving Safety: What Parents Need to Know</b>	Redmond High Career Center	For parents of students age 15 and above
Thursday, March 19	7 – 9 PM	<b>Jan Faull – Parent-Child Power Struggles</b>	Mark Twain Elementary Library	For elementary school parents
Thursdays, March 19 – May 14	6:30 – 8:00 PM	<b>Parenting Your Child with ADD/ADHD</b> (A Parent Education & Support Group Series of Classes) <b>Pre-Registration Required</b>	LWSD Resource Center (Hughes Room)	For elementary or secondary school parents
Wednesday, March 25th	7 – 9 PM	<b>Ken Wong - Maintaining the Parent-Teen Relationship when Your Teen Asserts Their Independence</b>	Evergreen Junior High Cafeteria	For parents of students 13 and above

Monday, March 16<sup>th</sup> from 6:30 – 8:00 PM at Lakeview Elementary School Cafeteria  
10400 NE 68<sup>th</sup> Street, Kirkland 98033

**Jan Faull** presents **Resisting Raising Children Who Feel Entitled**

Today, many of our children are not only overindulged with material items, but parents often do not expect children to assume personal responsibility or assist with family chores. *Are your children entitled to every new electronic game and gadget their friends receive? Are they entitled to a car at age 16? Must they accompany you, their parents on every vacation? Are you managing some responsibilities for your children that they could manage themselves?* Come learn how to teach children the difference between *wanting* and *needing*; how to encourage hard work; and how much is too much.

Jan Faull, M.Ed is a local child development & behavior specialist with experience spanning over 30 years. She has written several books, taught for BCC parent groups, Evergreen Hospital and Overlake Hospital. She is probably best known for her Saturday weekly parenting column in the Seattle Times.

*Recommended for parents of elementary school students*

This event is sponsored by Lake View Elementary School PTSA & Counseling  
Questions? Contact Concha Lapuente, School Counselor at [clapuente@lwsd.org](mailto:clapuente@lwsd.org)

Wednesday, March 18<sup>th</sup> from 7:00 – 9:00 PM at Redmond High School Career Center  
17272 NE 104<sup>th</sup> Street, Redmond

### Teen Driving Safety

#### Do You Know?

- ★ 89% of new drivers get into a collision in their first three years of driving
- ★ Most common causes of teen driving collisions: Distractions (23%); Driving too fast for road conditions (21%); Eyes focused too low to see what is ahead (19%)
- ★ With the intermediate driver's license, if a teenager commits two driving violations, their driving privileges will be suspended for 6 months or until age 18, whichever is shorter. If a teen commits three driving violations, the license is suspended until 18.
- ★ If a student with an intermediate license drives another student under 21, the current violation ticket fee is \$125.

**Arthur VanDyke**, Manager of Training Programs for Swerve will present techniques in teaching teens to drive more safely and defensively. The discussion will include statistics on teen driving, when and where collisions are likely to occur, parenting guidelines for new drivers, liability issues & new technologies for monitoring teen driving.

**Paul Edwardsen**, Redmond High School Resource Officer will discuss Redmond area teen driving habits & common violations. What is happening around campus and in the City of Redmond.

#### ***Recommended for all LWSB parents of students 15 and up***

This event is sponsored by the Redmond High PTSA & the Lake Washington PTSA Council.  
Questions? Contact Joanne Hall at [jjjahall@juno.com](mailto:jjjahall@juno.com)

Thursday, March 19<sup>th</sup> from 7:00 – 9:00 PM at the Mark Twain Elementary School Library  
9525 130<sup>th</sup> Avenue NE, Kirkland 98033

#### **Jan Faull** presents Parent-Child Power Struggles

Power struggles are battles between parents (or caregivers) and children over who is in control. Many children learn from a young age how to manipulate their parents so that their parent gives in to their wishes. Parents sometimes engage in struggles over small matters not worth sweating. These struggles are known to increase as children enter the tween and teen years. Come learn how to get on the right path to avoiding and resolving power struggles with your children before adolescence; how to set firm limits; and how to ask the kinds of questions that will build independent decision making.

Jan Faull, M.Ed is a local child development & behavior specialist with experience spanning over 30 years. She has written several books, taught for BCC parent groups, Evergreen Hospital and Overlake Hospital. She is probably best known for her Saturday weekly parenting column in the Seattle Times.

#### ***Recommended for parents of elementary school students***

This event is sponsored by Mark Twain & Helen Keller Elementary Schools  
Questions? Contact Jennifer Watanabe from Twain at [jenniferwatanabe@msn.com](mailto:jenniferwatanabe@msn.com) or Tina Millican from Keller at [KellerParentEd\\_Tina@hotmail.com](mailto:KellerParentEd_Tina@hotmail.com)

Wednesday, March 25<sup>th</sup> from 7:00 – 9:00 PM at Evergreen Junior High School Cafeteria  
(6900 208<sup>th</sup> Avenue, Redmond)

### Maintaining the Parent-Teen Relationship as Your Teen Asserts their Independence

**Ken Wong** returns to help further refine our parent-teen communication. *Are you finding yourself at odds with your teen over academic expectations, work ethic, chores, family rules, friends, appearance and/or time commitments?* You are not alone. These are common sources of conflicts between parents and teens. *Are emotions running higher than they have in the past? Are you sometimes flustered on how to manage certain situations?* Come learn strategies for keeping the lines of communication open; how to support your teen in stressful situations; and how your reactions impact your teen? Ken will discuss dealing with anger, disappointment, frustration, and the highs and lows of this tremendous growth period. Ken Wong, Director of Teen Programs for the City of Redmond is a passionate & dynamic speaker with more than 20 years of experience working with youth.

#### ***Recommended for all LWSD parents of students 13 and up***

This event is sponsored by the Evergreen & Redmond Junior High PTAs & the Lake Washington PTSA Council.  
Questions? Contact Joanne Hall at [jjjahall@juno.com](mailto:jjjahall@juno.com)

## PARENTING YOUR CHILD WITH ADD/ADHD **A Parent Education & Support Group**

### **PRE-REGISTRATION REQUIRED**

*Classes Beginning Thursday, March 19, 2009 \* Register by Tuesday, March 17th*

A series of eight 90 minute classes to empower parents to navigate the joys and challenges of children with **Attention Deficit Disorder** or **Attention Deficit Hyperactivity Disorder**. Handouts will be provided.

1. Overview of **Attention Deficit Hyperactivity Disorder** (ADHD)  
What is ADHD? ADD? What related conditions might exist with ADHD?
2. Current Medical Practices & Treatment for Children and Teens – *Guest Developmental Physician*  
The science of ADHD • Assessment & Evaluation Process • Treatment options (medications and psychosocial interventions) • How to decide on a treatment plan
3. Social & Emotional Development & Support Strategies  
Age appropriate positive behavior interventions that work • Smart discipline with rewards & consequences
4. The Impact of ADHD on the Family  
Finding balance • Support strategies including social skill development
5. Working with Schools & Study Related Problems  
Plans of Accommodation (Section 504 and IEP) • The importance of strong parent/teacher communication • Tips for organizing school work & supplies
6. Resources – Local & National Organizations; Books, Magazines, Newsletters and Websites

Instructor & Facilitator: **Sandy Malone-Long** Sandy taught group ADD/ADHD classes for parents & children for 10 years at Group Health Cooperative. She has over 30 years experience in individual and group counseling with expertise in both ADHD and highly capable. Sandy is currently the psychologist for the Lake Washington School District Highly Capable/ Quest Program.

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**Dates:** Eight Thursdays – March 19, 26; April 9, 16, 23, 30 & May 7, 14  
**Time:** 6:30 – 8:00 PM  
**Location:** Lake Washington School District Resource Center at Redmond Town Center  
16250 NE 74<sup>th</sup> Street, Redmond, WA 98073 (Class is in Hughes Room)  
**Cost:** \$150. There is no additional charge for a 2<sup>nd</sup> parent or partner.  
*Financial assistance available & is worked out with the instructor.*

**PRE-REGISTRATION REQUIRED**

To register or for additional information contact **Joanne Hall** at: [jjjahall@juno.com](mailto:jjjahall@juno.com)

✂ \_\_\_\_\_ **Please Register** \_\_\_\_\_ ✂ \_\_\_\_\_ **by Tuesday, March 17, 2009** \_\_\_\_\_

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Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_

# Children: \_\_\_\_\_ Age(s)/Grade(s): \_\_\_\_\_

School(s): \_\_\_\_\_

Email Address(es): \_\_\_\_\_

*Please make your check for \$150 payable to LW PTSA Council, and send with this stub to:  
Joanne Hall, Lake Washington PTSA Council, P.O. Box 97039, Redmond, WA 98073*