



Parent University  
January 23, 2010  
8 A.M. - 12 p.m.  
Rotolo Middle School

*Come join us for a morning of wonderful speakers on the subjects that affect our family's lives. Attend the Keynote and choose one of the four Breakout Sessions. Refreshments and child care (for ages 3 and up) will be provided.*

### Keynote Session: 9:00 a.m. – 10:15 a.m.

*Parenting: Are We Having Fun Yet?*

Charlotte Wenc

Do you feel exhausted from dealing with your children all day? Do you worry if you are parenting correctly? Do you often ask yourself, "Now what do I do?" Are your children the only ones having fun in your home? If you answered "yes" to these questions, this presentation is for you. Through a series of personal stories and examples, you will learn some valuable ideas which will enable you to enjoy this lifetime profession called parenting. Experience the energy and magnetism of this award-winning educator. Enjoy and grow from her stirring program that gives you step-by-step the ability to substantially improve in your parenting. Ms. Wenc will have books available for purchase during the break.

### Breakout Session One: 10:45 – 12:00

*Homework Hassles*

Michael Cortina

This presentation will discuss how to implement a more effective homework study program for your children. Mike will demonstrate ways to eliminate reactive power struggles and promote a proactive response to poor study habits and/or motivation. This program is designed for parents NOT the student. This information is appropriate for parents of students of any age.

### Breakout Session Two: 10:45 – 12:00

*Food For Thought:*

*How to Choose Food to Properly Fuel Your Brain and Body.*

Janet Triner

In this presentation, parents will look at how food choices impact their children's brain, behavior, and health. Parents will learn easy tips to guide their family in making healthy choices. A variety of helpful resources will be provided.

### Breakout Session Three: 10:45 – 12:00

*Stress and Achievement: How Much is Enough?*

Dr. Michael Maniacci

One of our most popular speakers, Dr. Michael Maniacci will bring his insight and expertise to a presentation on stress and achievement. Have you ever asked yourself if you should be pushing your child more or have you ever wondered if your child is too stressed? A licensed clinical psychologist, published author, and former graduate school professor, Dr. Maniacci has previously spoken about birth order and its role in parenting. Now, he will explore the role of stress in your child's life and help you answer the question—How much is enough?

### Breakout Session Four: 10:45 – 12:00

*Emotional Literacy: The Gift of our Feelings*

Laura Lewis-Barr

What are emotions? How can I help children handle feelings in a healthy way? In this fun and thought-provoking workshop, you will learn about Emotional Literacy (EL) – the foundation of emotional intelligence. You'll gather: exercises you can use to increase emotional intelligence, new insight into the meaning of feelings, a powerful process for managing emotional outbursts. Most of all, you will learn about using your emotions as a positive, helpful source of energy and information. Since emotional intelligence increases health, success, and strong relationships, EL develops skills every educator or parent can use!

Register online at <http://bpaparentuniversity.eventbrite.com/>. If you do not have internet access, contact Laura Backus at 630-937-8835.