



Parent Communication Network

PCN Calendar

**Understanding
Emotional
Intelligence**
January 23, 2006

NATIONAL SPEAKER FORUM

***Boys and Girls
Learn
Differently***
*With Michael
Gurian*

Colonial Church
February 13, 2006
Tickets on sale now
Available at
www.edinapcn.com

**Having The
Hard Talks**
March 20, 2006
**Transition to
Kindergarten**
April 24, 2006

Edina PCN *newsletter*



Edina Parent Communication Network
Quarterly Newsletter

January 2006

PCN National Speaker Forum Tickets Available Now

Boys and Girls Learn Differently With Michael Gurian

In this inspirational, practical, and humorous presentation, renowned educator and bestselling author Michael Gurian focuses on helping children of all ages succeed in school and life. Because boys and girls experience their home and school life differently, Michael explores how the minds of boys and girls develop distinctly, and how parents, educators and concerned citizens can care for and support the needs of both daughters and sons.

Based on twenty years of research in brain science, education, and practical parenting, this keynote traces how a child's learning mind grows, how girls and boys learn and grow differently, how acculturation influences boys and girls and how crucial school success has become to life success. Michael brings to life not only the developmental science of girls' and boys' minds, but practical methods by which to raise and educate those minds. Michael also focuses on learning and life difficulties that boys and girls suffer as distinct groups.

Michael has been called "the people's philosopher" for his ability to dynamically combine cutting edge science with stories from everyday lives. His presentation leaves audiences with a new vision of what boys and girls need both in school and in life, new tools by which to interpret the signals of our growing children, and new confidence to love and educate both sons and daughters in a high-pressure world.

See Michael's biography on www.michaelgurian.com. For further information, also see www.gurianinstitutue.com.

Ticket information available on the back of this newsletter.

Visit our website at www.edinapcn.com

Upcoming Forum

Understanding Emotional Intelligence

January 23, 2006

7:00– 9:00 p.m.

Concord Elementary

Free Admission

Join us to hear Minnetonka Public School Principal, Linda Crisman. Ms. Crisman will explain what emotional intelligence is and why it is important in your child's development. Understanding emotional intelligence can help your child deal more effectively with life changes. Emotional intelligence, or EQ, is now considered a greater predictor of success than I.Q.

This forum serves as a follow-up to Dr. Robert Brooks' 2005 PCN National Speaker presentation *The Power of Resilience: Building Strong Families*. In our 2005 forum, Dr. Brooks touched on the topic of emotional intelligence, and with this session, we are exploring the emotional intelligence concept in more detail.

Ms. Crisman will share with us how to increase your child's emotional intelligence through specific exercises, activities and modeling. High levels of emotional intelligence helps assure our children of happy, successful and responsible lives as adults.

Key Development Assets Covered

- Sense of Purpose
- Personal Power
- Planning and Decision Making
- Adult Role Models
- Family Support

2006-2007 Already?

PCN is planning for next year.
We would love to hear from
you!

PCN takes pride in providing the community with educational and practical forums. Choosing the yearly forums involves extensive research on the subject matter, speakers and what is important to you as parents and our educators.

Planning for 2006-2007 begins soon. Do you have any topics you would like considered or have you heard a great speaker? You are the community voice we would like to hear from! Visit the PCN website and share your ideas.

[Www.edinapcn.com](http://www.edinapcn.com)

Save The Date !
March 20th, 2006

Having The Hard Talks: Communication Strategies for Parents of Adolescents

With parent educator, Wendy Paulson

Adolescence is a confusing time for both teens and parents. Volatile emotions and misunderstandings are common when parents and teens try to talk; especially on some difficult topics such as sex and dating, alcohol and drug use, social situations-peer pressure at parties, driving with friends and suicide. What are some strategies to get these conversations started? Why are these conversations important? What are some warning signs to look for when risky behavior is happening with our teens?

Forum Highlights

Advocacy vs. Interference Held November 7th, 2005

Sometimes we try so hard to be good parents that we actually begin to cause more harm than good. In her talk, Jean Illsley Clarke shared her research-based insights into recognizing when we are taking a healthy role in advocating for our children and when we may be over-nurturing our children and thereby interfering with the natural process of learning necessary life lessons and developmental tasks.

Whenever we do things for our children that they could or should be doing for themselves, we are "over-nurturing" which is a form of overindulgence. Children by nature strive to be competent which is why two year olds insist "I do it", but if a parent is constantly "doing it" for them, the child learns incompetence and eventually does not trust his own abilities, damaging his self-esteem. Teens especially need to do things for themselves because their developing brains need experiences to make critical connections in the brain. When children are over-nurtured we deprive them of the opportunity to reach out, to learn new skills, to feel the thrill of achievement, or to experience consequences.

Learn to recognize when we might be "over nurturing". Apply the "Test of Four" to a situation.

1. Does the situation hinder the child from learning the tasks that support development and learning at this age?
2. Does the situation give a disproportionate amount of family resources to one or more of the children? (money, time, attention, energy)
3. Does the situation exist to benefit the adult more than the child?
4. Does the child's behavior harm others, society or the planet in some way?

If any of these are present, there is an overindulgence problem.

In order to avoid over-nurturing, parents must know what tasks, responsibilities and behaviors are **age appropriate** and expect this from them. Parents must also hold kids accountable for their actions and words allowing them to learn through their experiences. As kids learn through doing things on their own, parents can be supportive emotionally as well as intellectually by brainstorming solutions or ideas, slowing down, being patient, and celebrating the growing independence.

Jean Illsley Clark's book How Much is Enough? is filled with everyday examples of types of overindulgence as well as ways to reduce over-indulgent parenting.

Edina PCNewsline is published in September, November, January and March.
This newsletter and more information about PCN can be found at www.edinapcn.com

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FOR GENERAL QUESTIONS OR
FEEDBACK PLEASE CONTACT

Jayne Tuttle
PCN President

Edina PCN Presents
Michael Gurian
Boys and Girls Learn
Differently
Monday Feb 13, 2006 7-9pm
Colonial Church



You may purchase National Speaker tickets in one of four ways:

1. Log on to www.edinapcn.com and purchase online
2. Complete and mail this registration form with your CHECK by February 2, 2006
3. From a PCN member-check your school office for name of the PCN liaison for your school.
4. At the door (tickets are \$15.00 the night of the event)

MAIL IN REGISTRATION FORM

Name: _____

Street Address: _____

City, State, Zip: _____

Phone # _____

Email (optional) _____

Number of tickets requested: _____ \$12.00 per person (\$15.00 at the door)
Check enclosed in the amount of \$ _____ Make checks payable to Edina PCN

Please submit this registration form to:

PCN Tickets
5701 Normandale Road
Edina, MN 55424-1530

