



Parent Communication Network



Edina Parent Communication Network
Quarterly Newsletter

March 2005

PCN Calendar

Keeping Our Children Safe

Jacob Wetterling
Foundation
March 14, 2005
Our Lady of Grace

Don't Miss Our Final Forum!

**Transition to
Kindergarten**
April 25, 2005
7:00 to 9:00 p.m.
Edina Community
Center
Room 350

Tentative Topics for

2005-2006
5 Ways to Bring
Out the Best in
Your Kids
The Buzz About
Boys

KEEPING OUR CHILDREN SAFE

Join us on March 14th for a presentation by the Jacob Wetterling Foundation on Keeping Our Children Safe.

The Jacob Wetterling Foundation delivers educational and prevention messages about personal safety for children of all ages and backgrounds.

This presentation is based on straight-forward information empowering children, teens, parents and community members to know that there are things we can do to keep ourselves safe.

The Jacob Wetterling Foundation focuses on non-fear based education. One goal of the foundation is to teach children to walk around smart, not scared.

The speaker will address safety topics such as:

- Mall Safety
- Internet Safety
- Babysitter Issues
- Teens & Parties
- Guns/Home safety
- Abduction/Sexual abuse
- The importance of an open child/parent relationship.

Visit www.jwf.org
Jacob Wetterling Foundation

Visit our website at www.edinapcn.org

Forum Highlights

The Power of Resilience: Building Strong Families

With Dr. Robert Brooks

Held February 7th

Dr. Brooks presentation addressed some of the qualities that families must possess in order to raise resilient children. The qualities that he discussed were empathy, the elimination of “negative scripts”, and unconditional love. Much of the evening information stemmed from how you feel your children would view you. He suggested many exercises you could do to help determine if the image you are presenting to your children is the one that you want to present. Ask yourself and your children how they would describe you, what words would you like them to actually use.

Teaching empathy is the most basic skill needed and is the most difficult to achieve. Empathy is the ability to put yourself in someone else’s shoes. As parents we need to model it and teach it. In the last few months what charitable activity have you done as a family, what have your children seen you involved in. Provide your child with experiences where they have to learn to give back. Teach them the message that because they are on the earth the earth is a better place. At any age people who are willing to give to others live a more resilient life.

It is important to accept and love your children for who they are and not your image of them. Appreciate the unique temperament of each child. Children who are resilient feel that there are adults out there who respect them, help them protect them and allow them to make mistakes. Kids who are not resilient have a tough time making mistakes. Many times they will blame others or just quit. They will run away from the possibility of failure. Resilient children are taught that you may fall on your face but will learn something from it. How do you as parents handle mistakes? Ask you children what they are you afraid of? Ask if they ever made a mistake and things turned out ok?

Dr Brooks closed with the topic of discipline. You can not have a resilient family if as parents we do not understand our role as disciplinarians. Discipline is not punishment. It is a teachable moment. It is an opportunity for your child to learn how to solve problems. There must be clear cut guidelines and rules and children need to know them. The most positive form of discipline is positive feedback and encouragement. Dr Brooks believes that we are a praise deficit society. Don’t be afraid to praise each other on the results of an action and encourage your children all the time.

Thanks to the evening forum ticket sales, PCN was able to offer an afternoon workshop with Dr. Brooks to all Edina teachers free of charge.

Visit Dr. Brooks website, www.drrobertbrooks.com for free monthly articles.

Upcoming !

Transition to Kindergarten

Monday, April 25th 7:00—9:00 p.m.

Edina Community Center Room 350

Kindergarten is an exciting and sometimes scary and nerve-wracking time for children and their parents. Learn how you can help your child get off to a great start in elementary school!

We have invited three knowledgeable educators to help you and your child prepare for that big transition to “real” school. Nan Nelson, Early Childhood Family Education (ECFE) teacher, and Becky Danielson, parent, author, and former teacher will be returning as speakers this year. They will be joined by Michele Rock, a Concord Kindergarten teacher with nine years of classroom experience.

The speakers will discuss the social and academic development of kindergartners and how they spend their time at school. Please note that this forum will not focus on whether your child is ready for kindergarten. However, parents who are undecided may gain insight to aid in making that important decision.

Bring your questions and join us for a fun and informative session!

Forum Highlights

Stressed Out Kids: Helping Your Family Find Balance

With Sharon McDonald

Held January 10th

Are you familiar with the signs and symptoms of stress in your children? How does brain development affect a child's ability to cope with stress? Sharon McDonald answered these questions and more.

Stress manifest in 3 ways, physically, emotionally and behaviorally. Physical symptoms may include head and stomachache and nervous tics may develop. Emotionally children may be angry, sad and afraid. Children tend to worry without the ability to understand why. A big stress for high school students is that of profound loss. The loss of a pet, a grandparent, first love. Behaviorally children may cry, be irritable and lose their temper.

The brain development of a child influences their ability to make choices that help them manage stress. Recent research shows that full brain development continues into the mid 20's. As parents we need to be the surrogate "voice of reason". Until this growth is complete children struggle with organizational skills, controlling emotions, judgment and anticipating consequences. Studies have also shown that alcohol use at this time severely disrupts the function of learning for now and in the future. Alcohol usage can actually lower one's I.Q. by 10 points.

As parents we can help by talking to your children, encourage exercise and good nutrition. Give more one on one time and turn off the T.V. Model healthy relationships for your children and encourage a spiritual connectedness to music, nature, and church as an example. This connective ness gives children a sense that they are not alone.

Be aware of the physical and behavioral signs of stress and seek out help from others or professionally if necessary. Symptoms are easier to treat if caught early.

PCN Seeks Volunteers !

PCN is busy planning next year's forums. We are currently recruiting volunteers to fill key positions including school liaisons and committee chairs.

As a PCN member, you will help facilitate and promote PCN programs. The time commitment is flexible, depending on the position.

Please contact Jayne Tuttle by the end of April if you are interested in learning about the volunteer opportunities available next year. Next year's volunteers are invited to attend the final PCN meeting and meet the parents you will be working with next year.

We hope you become involved in this dedicated group of volunteers that bring parenting information to Edina's families and educators.

Jayne Tuttle
PCN President Elect
952.920.1329
contact@edinapcn.org

Thanks to our National Speaker Donors

**Edina Public Schools
&
OLG PTO's**

Breadsmith, 50th St.
Byerly's, France Ave.

Cub Foods, Southdale
Davanni's Pizza,
Edina

D Brian's Deli,
Lincoln dr.

Fuddrucker's,
Bloomington

**Holiday Station
Stores**,

Vernon and Interlachen

**Interlachen Country
Club**

Jerry's Foods, Edina

Lund's Market, Edina

**Omni Productions
Perkins Family Res-
taurant and Bakery**,
Edina

Starbucks,
Gus Young Lane

Along with our liaisons listed to the right, PCN would like to thank the PCN Board and Liaisons for their hard work and support this year!

Jayne Tuttle, President
Jenifer Garvey, National Speaker Coordinator
Barb Severson, National Speaker Coordinator
Amy Minea, National Speaker Coordinator
Kristi Butterfield, Marketing
Julie Champ, Treasurer
Sarah Hall, Secretary
Kari Fedje Rasmus, Community Chair
Emily Wagner, Curriculum Chair
Theresa Bruncker, Research
Joni Zalasky, Research

PCN School Liaisons

Concord Elementary
AMY WARE 920.8563
BETH KILEY 920.1404

Cornelia Elementary
NANCY MILLER 928.0482
CECILY JOHNSON 928.0937

Countryside Elementary
JAYNE TUTTLE 920.1329
SUSAN LUNDQUIST 998.9071

Creek Valley Elementary
CATHY GROAT 829.0099
CYRI PRESCOTT 944.2415

Highlands Elementary
TERESA LITERBACH 926.1991
KIM BOISVERT 926.7360

Normandale Elementary
CAROLINE FANCHER 925.2204
AMY STEINHAGEN 926.7446

Our Lady of Grace
LIZ ART ELLENBERGER 927.0698
JENIFER GARVEY 928.3960

South View Middle School
MARY PETERSON 929.0747
MAUREEN FITZGERALD 285.7103

Valley View Middle School
BARB HATCH 944.1343
KELLY BECK O SULLIVAN 866.7358

Edina High School
KARI FEDJE RASMUS 922.0163
LORI HORNS 929.0512

FOR GENERAL QUESTIONS OR
FEEDBACK PLEASE CONTACT
Jayne Tuttle
PCN President

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