



Parent Communication Network

Edina PCN *ewsline*



Edina Parent Communication Network
Quarterly Newsletter

Spring Issue 2009

Teens and Chemical Use Prevention

Scott Washburn, M.A., L.A.D.C.

March 23

South View Middle School

7:00-9:00 p.m.

Hear real-life scenarios not only from a licensed alcohol and drug counselor, but from a panel of guest students from Minnetonka and Edina who have insight into chemical use prevention. Learn some tips about how to handle the “teachable moments” and strategies for what works to help teens navigate through the challenges. Included will be Edina-specific results of the 2007 Minnesota Student Survey on the subject of drugs and alcohol. Scott Washburn works with the STEP UP program of Augsburg College. This is a free event, open to the public. Middle and high school-age students are welcome to attend with a parent. Please join us!

Keeping Pace in an Online World

Erin Walsh, B.A.

April 20

Our Lady of Grace, Grace Room

7:00-9:00 p.m.

Facebook. MySpace. What do we *really* need to know about the online world as responsible parents wanting to protect and help our kids? We all need to know. Join us as speaker Erin Walsh from the National Institute on Media and the Family helps us demystify the online and “screen time” world of today. In this presentation, Ms. Walsh will combine the latest discoveries in brain science with up-to-date research and data to explore the power and impact of video games, the Internet and television in shaping norms, attitudes and behaviors of our children. Take advantage of the wonderful opportunities media offer, while helping kids minimize the danger and risk. Ms. Walsh is architect of the MediaWise movement. This is a free event, open to the public.

PCN Calendar

Teens and Chemical Use Prevention

Scott Washburn, M.A., L.A.D.C.

Mar. 23, 2009, 7-9 PM

South View Middle School

Transition to Kindergarten

Apr. 13, 2009, 7-9 PM

Edina Community Center

Room 350

Keeping Pace in an Online World

Erin Walsh, B.A.

Apr. 20, 2009, 7-9 PM

Our Lady of Grace Church

EDINA PCN NEEDS YOU!

Edina PCN is recruiting volunteers for the 2009-2010 school year. We have opportunities to serve in a variety of capacities, including PCN Liaisons, communications/marketing, operations, national speaker committee and more. If your passion is parenting education, we need you!

Please contact Kelli von Heydekampf, President-Elect, at 952-829-0114 or kellivonheydekampf@earthlink.net

Thank You!

PCN would like to thank the following companies for donations to the National Speaker Educator Forum:

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Stephanie Mullaney, PCN Webmaster

National Speaker Forum Summary (Feb. 2, 2009)

Rethinking Discipline: Fostering Your Child's Inner Motivation

Uppbygging: Bring up the strength from inside. PCN National Speaker Diane Gossen explained this Icelandic word says it better than English, where the closest word is restitution. Her teaching on discipline centers on the child bringing up the strength from inside to become a person in control, thinking about “who are you going to be?”

Ms. Gossen compared cultural approaches to discipline from around the world. In native cultures and in Asian cultures, the emphasis is to look within. By contrast, she explained, most of us were raised with external discipline: “You're gonna get it!” Whether that means reward or punishment, the child is looking outside him or herself for how to behave. Restitution changes that focus.

She told the story of how she learned about restitution. Staying with a native Inuit family in northern Canada, she noticed how dignified and patient even very small children were. One day, while visiting with a grandmother, she saw a little boy spill his milk across the table. Without comment, the grandmother tossed the child a rag to clean it up. Ms. Gossen later asked the grandmother how the child was supposed to learn the right way to fix something if she said nothing. “Oh,” said the grandmother, “We say, ‘the right way: you're not doing it.’ Or, ‘The way of our people: you're not doing it.’ Then the child has to figure out for him or herself the right way.”

While it may appear then that restitution does not have bottom lines, the values of the group become the bottom line. The goal of discipline is to bring the person back into the circle made by those values, not to send them out or away.

National Speaker Forum Summary—continued

She then explained the five basic needs of people: survival, power/mastery, belonging/connectedness, freedom/independence, and fun/generosity. Each person has these basic needs, but the intensity of the need varies from person to person:

- A power person learns by hanging back and listening until they can master the subject.
- A belonging person learns with sensitivity to the impact on other kids.
- A freedom person is very active, and not afraid to take risks or make mistakes.
- A fun person is trying to find the light side of a subject.

In misbehavior, Ms. Gossen explained, you start with the idea that the child could always have done worse. So long as they are misbehaving, they still want to belong and have not withdrawn. So, tell the child: “Give yourself credit—you could have done worse. Do you want to do better? Can you do better? Do you want our help?” These things help the child come back into belonging to the family or school.

She summarized this technique as “NBA: the Need expressed in the misbehavior, the Belief to return to and becoming A human being.” Then, it’s okay to make a mistake. If you make a mistake, figure out what you don’t like and next time what to do better.

At the parents’ forum, Ms. Gossen explained that restitution is designed to move the child’s thinking from the brain stem where they are acting out of fear and feelings to the front of the brain where action is intentional.

There are six levels of restitution: the first three are less valuable than the second three.

1. **Say “I’m sorry.”**
2. **Fix the mistake.**
3. **Self consequence, e.g. “I’ll go without dessert for a week.”**
4. **Collapse the conflict with win/win.**
5. **Find the gift in the misbehavior—what did you do to express your need?**
6. **Find the humor in the situation to realign perspective.**

She said the main job in discipline is to create a space for the child to develop reflexiveness—that is, space for the child to develop meaning. Her definition of restitution is: creating the conditions to fix their mistakes and return to the group strengthened.

Keep asking, why do we have these rules? What belief is it based on? Our children will live in a world that we will never see, so they must learn how to learn to survive. Think about another way to think, and about the type of person you want to be.

Things I Can Do to Practice Restitution

Develop my picture of the ideal (not perfect) parent I want to be.

Tell my kids what I’m striving to do, so they’ll see my journey.

Be generous with myself—it’s okay to make a mistake.

Practice self restitution in front of my kids out loud.

Try to find the need behind behaviors I don’t like in myself and others.

Ask myself, “Could I be doing worse?” and give myself the answers.

Ask questions instead of lecturing. Wait for the response when tempers aren’t flaring.

Keep Reading Online!

Missed a forum event? Want to dig deeper into a subject you see here? Go online with us. Our Web site is filled with news, event new and handouts, podcasts and resources. Visit us year-round at www.edinapcn.com. Thanks for reading and supporting Edina Parent Communication Network!

BEYOND ECFE
Parent Workshops



**Transition to Kindergarten
 April 13**

7-9 p.m. in room 350, Edina Community Center. ECFE teams up with Edina PCN. We will have a panel of educators from the Family Center, district kindergarten teachers and parents of current kindergarteners. Speakers will discuss the social and academic development of kindergartners and how they spend their time in school.

**Mother; and Daughter; Connecting
 April 25**

9a.m. to noon in room 350, Edina Community Center. A workshop for girls ages 9-11 and their trusted adult. Growing up female has its joys and challenges! Join us for 3 hours of activities and discussions about healthy sexuality. Facilitated by West Suburban Teen Clinic. Registration is required. Call Elaine at 952-848-3949.

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