



Parent Communication Network

Edina PCN *newsletter*



Edina Parent Communication Network
Quarterly Newsletter

November 2004

PCN Calendar

Stressed Out Kids: Helping Your Family Find Balance

January 10, 2005

NATIONAL SPEAKER FORUM

The Power of Resilience: Building Strong Families With Dr. Robert Brooks

Edina High School
February 7, 2005

Tickets on sale now.
Available at
www.edinapcn.org

Keeping Our Children Safe March 14, 2005

Transition to Kindergarten April 25, 2005

Stressed Out Kids: Helping Your Family Find Balance

With Sharon MacDonald, LICSW

Monday, January 10, 2005 7:00—9:00 PM
Creek Valley Elementary

Sharon MacDonald has been in the field of education for 36 years as a teacher, social worker, and chemical health specialist. She has recently retired from the Hopkins School District where she coordinated the award winning Reduce the Use Community Coalition.

Some children are experiencing stress in their lives at an early ages and at very high levels. This presentation will help you identify the signs and symptoms of stress in children of all ages, including both physical and emotional behaviors. You will learn what Edina students report on the Minnesota Student Survey about stress in their lives. We will examine the underlying issue of brain development as we work to develop strategies to help our children cope with life, as they know it. You will learn some techniques for working with your own children as well as ways to model relaxation, self-soothing and time-management. You will want to squeeze this into your own busy schedule!

Key Development Assets Covered

- Personal Power
- Resistance skills

Visit our website at www.edinapcn.org

Forum Highlights

Got Attitude? Held October 4, 2004

PCN kicked off a new year in October with the forum "Got Attitude?" featuring Dr. Steven Kahn, local psychologist and family counselor.

According to Dr. Kahn, disrespectful behavior is a natural and temporary problem. Every child goes through this stage to some extent as they struggle to gain independence and establish themselves as individuals apart from their family.

What tips did he offer to exasperated parents? First, parents must stay in control of their emotions and reactions. We need to be a calm presence in their lives, make them face the consequences of their actions and continue to assure them of our love.

Parents often have a misconception that consequences have to hurt. The consequence is not meant to fix the problem, but rather be a symbol of our displeasure with their actions. It does not have to get bigger with subsequent violations, but it must be consistently applied. Revoking privileges is one of the most effective consequences in response to disrespect.

Dr. Kahn also spent some time talking about the importance of letting children make their mistakes and stifling our urge to always "fix" things for them. They need to know that it is their reaction to the bumps in the road that will determine their ability to overcome such obstacles.

He closed by mentioning that disrespectful behavior declines when a close relationship exists between parent and child, when parents hold the child to reasonable standards of behavior, when parental stress is low and when parents don't make a big deal out of every violation of the rules. Parents needs to be seen as a resource person who models with wisdom rather than emotion. Then we can hold our children close rather than push them away during this difficult stage of development.

2005-2006 Already?

Planning for next year.
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 subject matter, speakers and what is important to you as parents and teachers.

Planning for 2005-2006 begins soon. Do you have any topics you would like to be 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.org](http://www.edinapcn.org)
Thanks!

"Gotta Have It Now" Stats

From Nathan Dungan's Money Messages Forum

- There are 80 million young people in the U.S. under the age 25.
- They spend/influence the spending of over \$1 Trillion a year.
- They spend 5 times more money (adjusted for inflation) than mom & dad.
- They average 21 year old has been the recipient of 23 million ad impressions during their lifetime.
- Collectively 21 year olds will spend \$187 billion in 2003.
- The average college student has 3 credit cards and \$2,500 of credit card debt.
- Young people age 25 and under are one of the fastest growing age groups filing for bankruptcy.

Visit Nathan's website at www.sharesavespend.com



National Speaker Forum

Dr. Robert Brooks

The Power of Resilience: Building Strong Families

Monday, February 7, 2005

7:00p.m.—9:00 p.m.

Edina High School
Auditorium

Tickets on sale now! \$12 each

You may purchase tickets to PCN's National Speaker Forum in one of four ways:

1. Log on to our website www.edinapcn.org and order tickets online.
2. Mail a ticket request to:
Edina PCN Tickets
5701 Normandale Road
Edina, MN 55424-1530.
Include:
Name
Address
Phone number
Email address
Number of tickets required
Check Payable to: Edina PCN for \$12 per ticket
3. Purchase tickets from a PCN member.
4. Purchase tickets for \$15 the evening of the event.

Limited seating available!
Order early!

PCN is honored to present Dr. Robert Brooks. Dr. Brooks is on the faculty of Harvard Medical School, author of numerous books, and is one of today's leading speakers on resilience, self-esteem, motivation, and family relationships. Dr. Brooks has presented nationally and internationally with a message based on encouragement, hope and resilience.

At this presentation Dr. Brooks describes factors that help children and families become more respectful and resilient. He discusses the importance of:

- Practicing empathy in order to understand and respond to each family member
- Changing "negative scripts"
- Establishing realistic expectations and goals
- Becoming a charitable family
- Disciplining in ways that promote self-discipline rather than resentment and anger.
- Identifying and reinforcing the strengths or "islands of competence" of each family member.

"We must find consistent ways of raising our children that will lead them to happiness, success in school, satisfaction in their lives, and solid strength to deal completely and successfully, day after day, with the challenges and demands they encounter."

-Dr. Robert Brooks, Ph.D.

Community News

*Other Resources that may be of interest
to your family!*

School Age Parenting Beyond ECFE

A licensed parent educator will guide discussion and provide information based on research and knowledge of child development and family education for each age group.

Parenting 4-8 year olds: Tues. 1-2:30
Nov 16, Jan 18, Feb 15, Mar 15, Apr 19

Parenting 8-11 year olds: Tues. 1-2:30
Nov 30, Jan 25, Feb 22, Mar 22, Apr 26

Parenting 11-15 year olds: Tues. 1-2:30
Dec 7, Jan 4, Feb 1, Mar 1, May 3

To register call 952-848-3980. Edina Family Center. Child care available for your infant through Kindergarten.

Tri-City Partners

Misconceptions and Realities: Are Adolescent Sexual Norms Changing?

Feb 15, 7-8:30pm,
Olson Middle School, Bloomington
www.tricitypartners.org

Tri-City (Richfield, Edina, Bloomington) Partners for healthy youth and communities is a coalition of people working together to promote health, reduce risks, and build assets for our youth and communities.

VISIT THE PCN WEBSITE

- ◆ *ADDITIONAL PARENT RESOURCES*
- ◆ *PURCHASE TICKETS TO DR. BROOKS*
- ◆ *PCN FORUM SCHEDULE*

WWW.EDINAPCN.ORG

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 996.9071

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
BILLY 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
952.920.1329

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