



Parent Communication Network



Edina Parent Communication Network
Quarterly Newsletter

November 2006

PCN Calendar

Parenting the Internet User: When On-Line is Out of Line

Jeff Gottstein

November 6, 2006

Friendships to Dating:

A Parent's Guide
January 22, 2007

NATIONAL SPEAKER FORUM

Dr James Garbarino

"We are the

Solution, Not the Problem, in Our Children's Lives"

February 5, 2007

Kindness and Respect: Bringing the

Message Home
March 19, 2007

Transition to Kindergarten

April 23, 2007

PCN Forum: Parenting the Internet User:

When On-Line is Out of Line

November 6, 2006

7:00-9:00 PM Concord Elementary

Jeff Gottstein is a police officer working with Law Enforcement Technology Group. He specializes in technology and crimes over the internet. Using a technical presentation, Mr. Gottstein will bring parents up-to-date on how our children are using the internet. He will discuss the popularity of sites such as MySpace and FaceBook and chronicle the various ways children use these sites. Practical, helpful tips on keeping our kids safe and becoming comfortable with the growth of technology in our homes will be a major focus of this presentation.

Synopsis of First PCN Forum: Sleepless in America

In the beautifully renovated South View auditorium, PCN kicked-off its new year of parenting forums with Mary Sheedy Kurcinka talking about her new book, Sleepless in America. There were interactive discussions centered on numerous clinical studies which demonstrate that Americans of all ages are not getting enough sleep and do not value the importance of sleep. Several national studies have concluded that 40% of toddlers and 80% of adolescents do not get enough sleep. How much is enough?

Ms. Kurcinka -Average Sleep Needs:

Toddlers (18-36 months)	:	11 hours plus 2 hour nap
Preschoolers	:	11-12 hours (includes a nap)
School Age	:	10 hours
Adolescents	:	9.25 hours
Adults	:	8.25 hours

Ms. Kurcinka became interested in sleep after being asked to provide parenting assistance to several toddlers with temper tantrum issues. She began to look at the entire day of these children and concluded that one element of the behavior issues was the lack of a consistent amount of appropriate sleep. One motto of the evening talk was that "sleep is not something you do in your spare time." Sleep is essential for peak performance, focus, growth, health and good behavior. Many parents conclude that their children need less sleep than other children because they have trouble falling asleep, are "revved-up" at bedtime talking excessively and seek stimulation (I'm hungry). These are actually signs that these children are not getting enough sleep. A University of Michigan study has suggested that a percentage of children diagnosed with Attention Deficient Disorder may actually have a sleep disorder. (Continued on page 2.)

Visit our website at www.edinapcn.com

Summary September Forum (Cont)

How then can parents start to address this in their families? Ms. Kurcinka suggested that a good night's sleep starts in the morning. Keeping your daily wake up and bedtime routine to within an hour difference on weekends and weekdays is a good way to start. Regular meal times were also suggested to keep the bodily needs on track. She also suggested that you start the bedtime routine a half hour before lights out. For adolescents she suggested a power nap of no longer than 45 minutes to make up the sleep deficit. Also the homework routine should be changed so that the child completes computer work first as that is stimulating to the mind. Reading is a more soothing activity. Also caffeine should be avoided as it stays in the body for 8 hours.

In order for a body to sleep it needs to be calm, know its time for sleep and to feel safe (lack of tension). So create a comfortable nest, cue the body for sleep with a favorite song or book and sleep tight!!

January Forum

Friendships to Dating: A Parents Guide with Heather Flies

**Monday, January 22, 2007
7:00 - 9:00 PM
South View Middle School**

Join us to look at the progression of children's friendships from play mates, to pals, to friends, to dating partners. What is a parent's role in supporting children's social relationships? How do we encourage healthy friendships and dating relationships? How do we make the transition from arranging play dates to respecting partner choices? How and when do parents intervene in the social lives of their children? Mark your calendar for this important forum.

Save the Date

**February 5, 2007
National Speaker Forum**

**" We are the Solution, Not the Problem, in Our Children's Lives"
James Garbarino, Ph.D.
7:00-9:00 PM, Colonial Church, Edina**

The recent violence in schools around the nation is yet another reminder of the social challenges of parenting in today's world. This year's national speaker, Dr. James Garbarino, a leading authority in child development and youth violence out of Loyola University, has studied how influential events that occur in society shape the way we raise our kids. Growing up without a healthy social environment threatens the development of identity, competence, moral reasoning, hope and trust. So how do we fortify our kids, protect their childhood and allow them to thrive despite the challenges of today's world?

Dr. Garbarino will share his ideas about parenting through challenges, such as increased media exposure and violence, over-scheduling, etc., in ways that will lead to a positive path, developing well-anchored children who will grow into healthy adults and make positive contributions to our world and future generations. Dr. Garbarino is the author of numerous books including "What Children Can Tell Us," "Lost Boys," and "Parents Under Siege."



Dr. James Garbarino holds the Maude C. Clarke Chair in Humanistic Psychology at Loyola University Chicago. Previously he was Elizabeth Lee Vincent Professor of Human Development and Co-Director of the Family Life Development Center at Cornell University. He earned his B.A. from St. Lawrence University in 1968, and his Ph.D. in Human Development and Family Studies from Cornell University in 1973. He is a Fellow of the American Psychological Association. Dr. Garbarino has served as consultant or advisor to a wide range of organizations, including the National Committee to Prevent Child Abuse, the National Institute for Mental Health, the American Medical Association, the National Black Child Development Institute, the National Science Foundation, the U.S. Advisory Board on Child Abuse and Neglect, and the FBI. In 1991 he undertook missions for UNICEF to assess the impact of the Gulf War upon children in Kuwait and Iraq, and has served as a consultant for programs serving Vietnamese, Bosnian and Croatian child refugees.



From the Edina Family Center



Parenting in a Divorced and/or Blended Family

Laurie Denn M.Ed. and
Jean Breitenbucher L.P.

November 2, 2006; 7:00-9:00 PM
Edina Community Center Room 350

Parenting through a divorce, as a single parent, and into a blended family has unique challenges. Emotions are strong for all family members, children's needs continue throughout and parents often feel they are into uncharted waters. Join us to learn how to create a new sense of family and how to parent through some difficult times.

School Age Parenting Classes

Our once-a-month school age parenting classes have begun. Enrollment is open throughout the year and fees are pro-rated. The kindergarten, 1st-2nd grade, and 3rd-5th grade sections meet in room 351 of the Edina Community Center. The 6th-9th grade sections are offered at both South View and Valley View and the high school section is offered at Edina High School. Join us as we discuss issues of friendship, homework, responsibility, discipline, media and more. Licensed parent educator, Jean Breitenbucher L.P., guides the discussion and provides information based on research, knowledge of child development and family education. Group discussion allows parents to share their challenges, experience and wisdom.

For more information call 952-848-3973, visit our web site at www.edina.k12.mn.us/community/familycenter and click on the Beyond ECFE link for the School Age Parenting, or call 952-848-3949 to register.

Individual Parent Education

Did you know?

If you have questions about child development, discipline, homework, sibling relationships, or other parenting issues, the Edina Family Center offers Individual Parent Education Sessions. Meet for 50 minutes with a Licensed Parent Educator to discuss your specific concerns and develop strategies for your family. Available for parents of ALL age children. \$25 per session. Call 952-848-3973 to schedule.

Edina Family Center Reads: Kids Are Worth It By Barbara Coloroso

December 4, 2006; 6:30-8:00 PM
Edina Community Center Room 350

Read Barbara Coloroso's award winning book on giving children the gift of inner discipline, and then join other parents to discuss her concepts and beliefs. Coloroso promotes developing a discipline philosophy that will guide parents throughout a child's development, birth through teen years. Discussion will be facilitated by Jean Breitenbucher, L.P. and Licensed Parent Educator. This is a free event and child care will be available (for a small fee) with pre-registration. Call 952-848-3973 for more information.

Book Study: Raising Your Spirited Child By Mary Sheedy Kurchinka

January 27 and February 3, 2007
9:00-11:00 AM
Edina Community Center, Room 351

This **FREE** book study will be facilitated by Licensed Parent Educator, Jean Breitenbucher, L.P. Kurchinka articulates the many facets of temperament along with practical strategies for channeling children's temperamental traits into assets for them. Understanding children's temperamental style can help parents with day to day interactions, discipline and fostering strong, healthy relationships between parent and child. Share a cup of coffee, on a chilly Saturday morning, while we discuss experiences and perspective on children and temperament.
RSVP Requested to 952-848-3949

For more information on the
Edina Family Center go to
[www.edina.k12.mn.us/community/
familycenter](http://www.edina.k12.mn.us/community/familycenter)
or call 952-848-3980

Community Events:

Connecting with Kids:

A Good Meal + A Good Deed

A benefit for Edina Connecting with Kids'
Unplugged 2007 event.

Noodles and Company will donate 50% of sales—

Dine in or To Go—to this outstanding organization

Monday, November 6, 2006

11:00 AM—9:00 PM

6531 York Avenue South, Edina

Tri City Partners—Reduce the Use Edina:

Shutting Off the Tap to Teens IX

Keynote Speaker—Anne Buchanan

December 6, 2006

8:00 AM—2:30 PM

Bloomington Civic Plaza

Anne will share the story of her son's death
from alcohol poisoning after binge drinking
during "Power Hour" at a Moorhead bar.

For more information call Julie Wilbert at 612-348-4033 or e-mail at julie.wilbert@co.hennepin.mn.us. \$30 registration fee.

PCN Board & Positions 2005-2006

President	Liz Abt Ellenberger
President Elect	Leah Lindgren
Treasurer	Kim Boisvert
Secretary	Barb Hatch
Program Operations	Cathy Groat
Marketing	Cathy Groat
National Speaker Co-Chairs	Kristi Butterfield Jayne Tuttle/Theresa Brunker
Curriculum Chair	Angela Lee
Mktg Newsletter/ECFE Liaison	Jean Breitenbucher

Parent Communication Network (PCN)

Mission Statement:

Edina PCN serves the community by providing education and dialogue opportunities for families and educators of children grades K-12. PCN is a community organization comprised of volunteers from each of the Edina Public Schools, Our Lady of Grace and the Edina Family Center; as well as other community members.

PCN School Liaisons

Concord Elementary
Beth Webert 929.4226
Sarah Hall 928.9980

Cornelia Elementary
D'Anne Briggs 935.8333
Michelle Hellickson 915.9941

Countryside Elementary
Jayne Tuttle 920.1329
Carolyn Jackson 836.1770

Creek Valley Elementary
Cathy Groat 829.0099
Kelli von Heydekampf 829.0114

Highlands Elementary
Amy Scott 926.6740
Kim Boisvert 926.7360

Normandale Elementary
Ellen Klos 929.4568
Becky Lindberg 929-0715

Our Lady of Grace
Mary Buska 945.9429
Lori Wagener 922.7611

South View Middle School
Teresa Luterbach 926.1991
Theresa Brunker 925.2685

Valley View Middle School
Barb Hatch 944.1343
Kristi Butterfield 929.8233

Edina High School
Mary Peterson 929.0747
Amy Rich 238.0812

For general questions or
feedback, please contact:

Liz Abt Ellenberger
PCN President
952-927-0698
Email:
contact@edinapcn.com

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This newsletter, more information & resources can be found at www.edinapcn.com