



Parent Communication Network

Edina PCN *ewsline*



Edina Parent Communication Network
Quarterly Newsletter

Harvest Issue 2007

Reminder

Don't miss the upcoming forum, "Navigating the Turbulent Teen Years"

with Roxane Lehmann, PhD

As a rule, teens are challenging to parent. The pressures they feel are more intense, the risks they take are scarier, and the trouble they can get into is a lot more serious. And just when life's pitfalls are greatest and teens need your protection most, you must begin to let go. To parent teens requires some reframing. Join us to **draw a new frame around the challenge of parenting teens**. Learn how to make everything about parenting this age group more effective, more efficient, *and* more enjoyable.

South View Middle School Auditorium

Monday, November 5, 2007

7:00-9:00 PM

Save the Date

The Shelter of Each Other: Rebuilding Our Families with Dr. Mary Pipher

This year PCN is proud to host Mary Pipher for our National Speaker Forum event. The Shelter of Each Other examines the **effects of the culture on families** and **explores how the loss of community** and the **proliferation of media and technology** have hurt our oldest institution. Dr. Pipher will address the impact of our changing, consumer-oriented and media-saturated culture on youth, parents and family. She argues that many children are being raised by appliances and that the stories they are told are about raising corporate profits, not children. She finds that the electronic village instills a very different value system from the one parents try to teach.

Dr. Pipher travels all over the world sharing her ideas with community groups, schools, and health care professionals. Her down-to-earth stories of hope and resilience inspire people to **work together to build a better community**.

Tickets go on sale December 12, 2007. Contact your school liaison or visit our website www.edinapcn.com. Scholarship tickets are available through your school social worker.

It is the shelter of each other that the people live. Irish proverb

Happy 10th Anniversary PCN!

PCN Calendar

Navigating the Turbulent Teen Years

Roxane Lehmann, PhD

November 5, 2007, 7-9 PM

NATIONAL SPEAKER FORUM

Mary Pipher, PhD

The Shelter of Each Other: Building Families for the New Millennium

Feb 4, 2008, 7-9 PM

Tweens, not Teens: Treasuring the Transition

Wendy Paulson Licensed Parent Educator

March 3, 2008, 7-9 PM

Transition to Kindergarten

March 13, 2008, 7-9 PM

Friendship 101: Seeking and Maintaining Healthy Friendships

Laurie Denn, MA and Jean Breitenbucher, LP

April 21, 2008, 7-9 PM

Visit our website at www.edinapcn.com

October Forum Recap

Eating in a Weight-Obsessed World: Helping Your Child Have a Healthy Body Image and a Healthy Weight

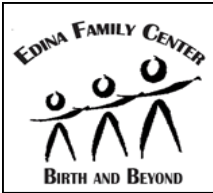
Dianne Neumark Sztainer, PhD, MPH

“Healthy Bodies and Healthy Body Image” was the message of the first Edina PCN forum of the 2007-2008 school year. Dr. Neumark-Sztainer reaffirmed that the goal is not only for our children to have a healthy body, but **accept their bodies**. She presented her four cornerstones to gauge both of these goals: body image, healthy eating, healthy weight and physical activity. There is a wide range on the spectrum from excellent to poor. She suggested that parents review this spectrum and pinpoint the areas that may need improvement. For example if the child is of a healthy weight, body image and physical activity but has poor eating habits then the parents can begin to look at this one component and make small changes to improve the eating habits. Healthy eating is lots of fruits and vegetables, little sweets, eating when hungry and stopping when full. Parents should not strive for “perfection” in eating habits. Dianne suggested the 80/20 rule. Meals and snacks should be healthy 80% of the time. If you forbid junk food, it will become too tempting. Healthy physical activity is moderate activity, enjoyment of the activity and regularly engaging in the activity. If you encourage your child to participate in an activity that he or she is not interested in, the frequency will wane quickly. If there are no activities that your child is interested in, encourage family walks. This will connect your family physically and emotionally.

Parents are up against an environment that sends many conflicting messages. Portion sizes are large and much of the food available is not very nutritious. There is less physical activity (i.e., less physical education time). Girls are encouraged to be very thin and boys very muscular. Half of all teenage girls are unhappy with their bodies and one third of teens are overweight. If adolescents have a negative self-image then they are more likely to not eat healthy or engage in physical activity. In order to improve or create a healthy body image, the presenter suggested that you avoid discussing weight. Remind family members that bodies come in all shapes and sizes. These are some things parents/families can do:

- Do more/say less
- Model healthy eating/regular exercise (but not perfect!)
- Provide an environment that makes it easy for the child to make healthy choices
- Focus less on weight/more on behaviors
- Listen in a supportive environment
- Have zero tolerance for weight-teasing!
- Eat family meals
- Keep mealtime free of major conflicts

Families have a great deal of responsibility but they do not operate in isolation. Parents can try to make changes to have a healthier home base and reinforce positive influences. Take one healthy step at a time!!



From the Edina Family Center



You may join any of the following on-going classes; fees will be prorated. Or you may pay \$12 per class and come when your schedule permits. We welcome your participation at any time.

Beyond ECFE

School Age Parenting Classes

Beyond ECFE classes meet once a month either at the Edina Community Center or an Edina School. Jean Breitenbucher LP, Licensed Parent Educator, guides the discussion and provides information based on research and knowledge of child development and family education. Group discussion allows parents to share their challenges, experience and wisdom.

PE5-1&2 Parenting Your Kindergartner Wed 10-11:30 AM or 1-2:30 PM ECC Room 100

Nov 7, Dec 5, Jan 9, Feb 6, Mar 5, Apr 9

PE67-1 Parenting the 1st-2nd Grader Wed 1-2:30 PM ECC Room 165

Nov 14, Dec 12, Jan 16, Feb 20, Mar 19, Apr 23

PE811-1 Parenting the 3rd-5th Grader Tues 1-2:30 PM ECC Room 135B

Nov 13, Dec 11, Jan 15, Feb 19, Mar 18, Apr 22

PE1115-1 Parenting the 6th-9th Grader Thurs 12-1:30 PM South View Middle School

Nov 8, Dec 6, Jan 17, Feb 21, Mar 20, Apr 24

PE1115-2 Parenting the 6th-9th Grader Tues 11:30-1 PM Valley View Middle School

Nov 27, Jan 8, Feb 12, Mar 11, Apr 15, May 6

PE1618-1 Parenting Your High Schooler Thurs 11:30-1 PM Edina High School

Nov 29, Jan 10, Feb 14, Mar 13, Apr 17, May 8

New Evening Offerings

EPE1 Parenting Your K-2nd Grader with Anne Carlson, Licensed Parent Educator

Tues 6:30-8 PM ECC Room 120 Dec 4, Feb 5, April 8

EPE2 Parenting Your 3rd-5th Grader with Kris Shelley, Licensed Parent Educator

Tues 6:30-8 PM ECC Room 120 Nov 27, Feb 12, April 15

EPE3 Parenting Your Middle School and High Schooler with Marti Gilman, Licensed Parent Educator

Thur 6:30-8 PM ECC Room 120 Dec 6, Feb 7, April 10

EPE4 Parenting the Spirited Child (All Ages) Mon 6:30-8 PM ECC Room 120 (Once-a-month)

Nov 26, Jan 7, Feb 11, Mar 24, Apr 28

Workshops

No More Food Fights with Nancy Entgelmeier RN, CPNC from Children's Hospital and

Jean Breitenbucher LP. Bring your questions and concerns regarding nutrition and eating with young children.

November 1, 2007 6:30-8 PM Edina Community Center Room 165 (Child care may be available for your infant through kindergartner. Call 952-848-3908).

\$15/Individual \$25/Two

Growing Up: Mothers and Daughters Connecting facilitated by West Suburban Teen Clinic Staff. 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.

Nov 3, 2007 9:00-11:00 AM ECC Room 351. This is a **FREE** workshop but registration is limited.

Book Study: *No, Why Kids—of All Ages—Need to Hear It and Ways Parent Can Say It* by David Walsh, PhD

A **FREE** event sponsored by the Edina Family Center Advisory Committee and facilitated by Laurie Denn MA and Jean Breitenbucher LP Dec 3, 2007 and Jan 14, 2008 6:00-8 PM ECC Room 351. Child care available with registration.

To register on-line for any of these classes or workshops go to
www.edina.k12.mn.us/community/familycenter or call 952-848-3949



The Edina Education Fund
Supporting Edina Public Schools
through Community Commitment

Edina Education Fund

The Edina Education Fund supports the district in ways that reach across all levels of learning and all subjects. Every year, private donations provide funding to important programs that have an immediate benefit to Edina students. Whether through individual teacher grants, district wide initiatives, one-time needs, or long-term funding commitments, the Edina Education Fund is serving as the catalyst for needed change and development to enrich our public schools.

PCN recognizes the Edina Education Fund for their investment in helping to bring our National Speaker, Dr. Mary Pipher, to Edina in February. Dr. Pipher will present her research and information to Edina's educators at an afternoon forum on February 4, 2008. We are so grateful to the Education Fund and value their partnership.

Community Events

Tuesday, November 13th is the annual fundraiser at Noodles Restaurant on York Avenue. 50% of all of the proceeds go to help defray the costs of the Unplugged event. Please join us in supporting this great event by dining out at Noodles that day.

Monday, December 3, 8:00AM-2:30PM

10th annual Shutting off the Tap to Teens Workshop:

Reducing Underage Drinking Through Policy Change
Bloomington Civic Plaza

For information or to register go to www.co.hennepin.mn.us and enter keywords "shutting off".

The **EHS Sober Squad** will be participating in this event

PCN Board 2007-2008

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PCN School Liaisons

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Teresa Luterbach 926.1991
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Kelly Jasper 926.2626
Ann Lagorio 930.3382

Edina High School

Liz Abt Ellenberger 927.0698
Cathy Burley 926.9579

ECFE Liaison

Mary Kerr 946.9681

For general questions or feedback,
please contact:

Theresa Brunker
PCN President
952-925-2685

Email: contact@edinapcn.com