



Parent Communication Network

PCN Calendar

Homework

Hassles

September 29, 2003

Putting Families

First

with Bill Doherty

November 3, 2003

Girls and the Power of Cliques

January 12, 2004

NATIONAL SPEAKER FORUM

Overindulgence: Too Much of a Good Thing

with Dan Kindlon

Edina High School

February 2, 2004

Sex: Preteens and Teens

March 1, 2004

Transition to Kindergarten

April 12, 2004



Edina Parent Communication Network
Quarterly Newsletter

September 2003

PCN is beginning its 6th year as an Edina community organization that seeks to present relevant and provocative parenting information through our numerous public forums, newsletter, and website. Each year we receive hundreds of interesting topic and speaker ideas from forum participants. PCN is fortunate to have approximately 30 wonderful volunteers who then work throughout the year to develop forums addressing the many issues facing today's families.

Speakers for our forums this year include two nationally-recognized authors. We are excited to bring Dr. Bill Doherty, a local treasure, back to Edina. Dr. Doherty is the author of several parenting books, including his recent *Putting Family First: Successful Strategies for Reclaiming Family Life in a Hurry-up World*, which he co-authored with Wayzata community leader Barbara Carlson.

On February 2, 2004, we are pleased to welcome Dan Kindlon, Ph.D., as our National Speaker. Dr. Kindlon will address how giving too much to our kids can be harmful to their development and growth. Dr. Kindlon has authored several best-selling parenting books. Turn the page for more information on these publications and on Dr. Kindlon.

Our forums are offered to you free with no registration required, with the exception of our National Speaker event. Please join us throughout the year at these events. As Barbara Coloroso, last year's national speaker and author of *Parenting, Wit & Wisdom* believes, "There are no quick fixes, easy answers, or recipes for parenting, but I believe most of us have the tools we need to be good parents if only we could find them." We look forward to hearing your questions, comments, concerns, and feedback.

Jenifer Garvey
PCN President
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Visit our website at www.edinapcn.org

September Forum

HOMEWORK HASSLES

Monday, September 29, 2003

7:00 - 9:00 PM

Cornelia Elementary School

Homework is a controversial topic. Some parents and teachers believe that in order to keep up in today's competitive world, more is better. Others believe that too much homework infringes on needed free time and family time. So where is the balance? Join us to discuss this tricky topic.

?? What does research say about the effectiveness of homework?

?? What is the parents' role?

?? How can parents and teachers communicate when expectations differ?

?? How can you advocate for your student?

?? Does the Edina School District have an official policy on homework?

Come with your own homework issues and questions.

Key Developmental Assets Covered

High Expectations
Achievement motivation
School Engagement
Homework
Parental Involvement in Schooling

November Forum

PUTTING FAMILIES FIRST

with Bill Doherty

Monday, November 3, 2003

7:00 - 9:00 PM

Our Lady of Grace

Dr. William J. Doherty is a professor and the Director of the Marriage and Family Therapy Program in the Department of Family Social Science at the University of Minnesota. Dr. Doherty has inspired grass roots parent initiatives in Wayzata, Eden Prairie, and southwest Minneapolis aimed at reclaiming family time in a world of scheduled hyperactivity. He is coauthor of the book called *Putting Family First*.

Dr. Doherty would like to help us reverse several potentially troubling trends in our society, including:

- ? A major decline in free time for children.
- ? A significant decline in family meal time, which is a strong predictor of better achievement scores in school and fewer behavioral problems.
- ? Substantial increases in structured activities, which often do not allow enough unscheduled play time and family time.

Join us for a discussion on how to fit more family time into our hectic schedules.

Key Developmental Assets Covered

Family support
Positive family communication
Time at Home

Did You Know?

Homework Statistics

Homework frequently causes discord among teachers, students and parents. It represents about 20% of the time students spend on schoolwork.

Although many research studies on the topic have been performed, no clear conclusions have emerged. According to a study by Harris Cooper of the Department of Psychology, University of Missouri-Columbia, **positive effects of homework include:**

- ?? Better retention, increased understanding, better critical thinking and curriculum enrichment.
- ?? Improved attitude toward school and better study habits and skills.
- ?? Increased self-direction, self-discipline, time organization skills, inquisitiveness and independent problem solving skills.

Negative effects include:

- ?? Loss of interest in academic material
- ?? Physical and emotional fatigue
- ?? Potential medical problems
- ?? Parental interference, pressure to perform well, and cheating.

For more information about homework, please plan to attend PCN's September 29 forum *Homework Hassles*.

A Look Ahead

National Speaker Forum Monday, February 2, 2004 7:00pm–9:00pm Edra High School

Mark your calendar now for PCN's annual National Speaker Forum. PCN will host Dr. Daniel J. Kindlon, Assistant Professor of Maternal and Child Health, Harvard School of Public Health. Dr. Kindlon is the author of *Too Much of a Good Thing—Raising Children of Character in an Indulgent Age*. He is also the co-author of the 1998 bestseller *Raising Cain: Protecting the Emotional Life of Boys*. His latest book, *Tough Times, Strong Children: Lessons from the Past for your Child's Future*, was published last March.

Dr. Kindlon will discuss the conflicting goals of making our children happy and raising children with strong character. "What we want for our children is a perfect life devoid of hardship and pain," Kindlon states. "But their happiness as adults is largely dependent on the tools we give them, tools that will allow them to develop emotional maturity—to be honest with themselves, to be empathetic, to take initiative, to delay gratification, to learn from failure and move on, to accept their flaws, and to face the consequences when they've done something wrong."

Tickets for this event will go on sale beginning in October. Watch upcoming PCN and school newsletters or visit our website at www.edinapcn.org for more information about the National Speaker Forum.

What is PCN?

PCN's Mission Statement

Edina PCN (Parent Communication Network) serves the community by providing education and dialogue opportunities for families and educators of children grades K-12.

PCN's Goals

- ?? To provide an array of information for families and educators about topics related to personal, social and academic development of students
- ?? To deliver compelling educational forums that address issues relevant to the community
- ?? To provide opportunities for families and educators to dialogue with experts and other parents in a non-threatening environment
- ?? To facilitate the building of assets and life skills for children

Who is PCN?

PCN is an community organization comprised of volunteers from each of the Edina Public Schools and Our Lady of Grace (OLG), a private school in Edina, as well as other community members.

How is PCN Funded?

PCN is funded by Parent/Teacher Organizations from Edina Public Schools and Our Lady of Grace, community grants, and from proceeds of ticket sales for PCN's annual National Speaker Forum.

All PCN forums are free, with the exception of the National Speaker Forum. Ticket proceeds from this event are applied to the National Speaker's fees, transportation and lodging expenses and the cost of hosting the annual Educator Forum for Edina/OLG district staff.

PCN School Liaisons

Concord Elementary

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For general questions or feedback,
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Edina PCN newsletter is published in September, November, January and March
This newsletter and more information about PCN can be found at www.ednapcn.org.