



Parent Communication Network



Edina Parent Communication Network
Quarterly Newsletter

September 2004

PCN Calendar

Got Attitude?

Dr. Steven Kahn
October 4, 2004

Money Messages and Kids

Nathan Dungan
November 8, 2004

Stressed Out Kids;

Sharon Mc Donald
January 10, 2005

NATIONAL SPEAKER FORUM Dr. Robert Brooks; Fostering Resilience in our Children

February 7, 2005

Keeping Our Children Safe

*Jacob Wetterling
Foundation*
March 14, 2005

Transition to Kindergarten

April 25, 2005

Edina PCN is entering its 7th year as an Edina Community Organization that offers parenting education K-12 through six annual forums, a quarterly newsletter and our website. (www.edinapcn.org). PCN is funded through the Edina Public Schools and Our Lady of Grace PTO/PTSOs and National Speaker ticket sales. PCN volunteers are from the Edina Public Schools, Our Lady of Grace and various Edina community organizations. Thirty dedicated volunteers meet monthly to brainstorm, plan and implement parenting forums.

We are excited to present six forums for the 2004-05 school year which address parenting issues: attitude, money, stress, resilience, safety and transition to kindergarten. We look forward to local parenting experts: Dr. Steven Kahn and Sharon McDonald, and welcome the nationally recognized Jacob Wetterling Foundation and Nathan Dungan.

Back by popular demand for our National Speaker forum is Dr. Robert Brooks. Dr. Brooks is on faculty at Harvard Medical School and author of numerous parenting books. Dr. Brooks will discuss listening to, learning from and influencing your child. He will focus on what skills our children need to bounce back from set backs that will inevitably come their way. Mark February 7, 2005 on your calendar for this event.

As always our forums are free with no registration required, with the exception of the National Speaker Forum. Tickets to that event will be available through PCN school liaisons and the PCN website.

We know that your calendar is full and your family life is precious so we try to offer relevant, well-prepared and practical ideas that support Edina parents. We welcome your questions, comments and concerns.

Jayne Tuttle

Visit our website at www.edinapcn.org

October Forum

Got Attitude?

Monday, October 4, 2004
7:00 - 9:00 PM
Cornelia Elementary School

The Edina PCN welcomes back Dr. Steven Kahn to speak on the important topic of kids, attitudes, disrespect and working with peers and adults from diverse backgrounds. Dr. Kahn received his PhD in Clinical Psychology in 1978 and has been working in schools and in private practice ever since, specializing in the every day problems of families with school-aged children.

Dr. Kahn will focus on what we can do as parents to help our children retain all that we have taught them during their early childhood years as they transition to adolescence. It has been said that problems usually associated with the teenage years (development of an attitude of arrogance or entitlement, talking back to parents or teachers, acting in unkind ways to peers) seem to begin as early as 4th and 5th grade. How we help our children resolve this challenge of asserting their developing autonomy without falling into habits of disrespect or putting others down will be an important piece of who they become as teenagers.

Key Development Assets Covered

Neighborhood Boundaries
Adult Role Models
Interpersonal Competence
Cultural Competence

November Forum

Money Messages and Kids: Nickel and Diming Our Values

Monday, November 8, 2004
7:00 - 9:00 PM
Valley View Middle School

Nathan Dungan is an author and award-winning speaker. He is a national expert on family finances and the effects of mass marketing on young people. Mr. Dungan founded Share-Save-Spend LLC, an organization that helps people of all ages develop and maintain healthy financial habits.

According to Mr. Dungan, "Today, kids are bombarded by sophisticated marketing messages while at the same time their parents are taking on increasing amounts of consumer debt. Given this reality, how can upcoming generations maintain a society that is economically healthy and civilly responsible? In spite of the heavy influence that advertising and our consumer culture have on young people's spending habits, parents have enormous influence over what their children learn and how they use money."

Mr. Dungan offers creative examples on how to teach financial responsibility when kids are inundated with messages to spend.

For more information about Mr. Dungan's work and his book, *Prodigal Sons & Material Girls: How not to Be Your Child's ATM*, check out his website at www.sharesavespend.com.

Key Development Assets Covered

Decision Making
Service to Others
Youth as Resources
Adult Role Models

Book Review

Confessions of a Slacker Mom

By Muffy Mead-Ferro

Reviewed by Jayne Tuttle

I was raised by a slacker mom! My earliest memories are of my mom and her friends drinking coffee at the kitchen table and shooing us away. While browsing at Barnes & Noble this summer a small parenting book caught my eye. On its cover was a pair of women's shoes propped up on a couch. Imagine using your furniture for sitting!

Muffy Mead-Ferros offers an interesting and humorous insight into parenting with chapters such as, Goodbye Herd, Toy's Aren't Us, There Goes Harvard and Has Anyone Seen My Instinct? Her basic premise is that we do too much for our children and she questions how they will fare as adults. She advocates less toys so that the toys one gets will be treasured more, less personalization of life for each child such as, "a meal of my own", and letting the internal pride of a job well done be its own reward.

Muffy discusses the pressure kids are under from an early age on to succeed; the right preschool, sports, music and eventually the right college.

So to my mom, thank you for being tough, for letting me figure things out for myself and for being a slacker mom. This year I vow to be more of a slacker! If this appeals to you. slack on! Come to the six PCN forums (less time reading parenting books)...And join us!!

A Look Ahead

National Speaker Forum

Monday, February 7, 2005

7:00p.m.—9:00 p.m.

Edina High School

"Developing a resilient mindset is not a luxury but an essential component of a successful future for our children, our culture, and our world."

-Nurturing Resilience in Our Children

PCN is honored to once again present Dr. Robert Brooks. On the faculty of Harvard Medical School, Dr. Brooks is one of today's leading speakers on the themes of resilience, self-esteem, motivation, and family relationships. During the past 25 years, Dr. Brooks has presented nationally and internationally to thousands with a message based on encouragement, hope, and resilience. He is renowned for the warmth and humor he uses to bring his insight and anecdotes to life.

In this presentation Dr. Brooks describes factors that help families learn effective communication and experience greater warmth and respect. He discusses specific strategies for nurturing self-discipline, self-esteem, responsibility, caring, hope, and resilience in our children.

For more information on Dr. Brooks' work and his numerous books and achievements visit www.drrobertbrooks.com.

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.

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 a 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

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
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Highlands Elementary

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Normandale Elementary

Caroline Fancher 925.2204
Amy Steinhagen 926.7446

Our Lady of Grace

Liz Abt-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
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Edina High School

Kari Fedje Rasmus 922.0163
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For general questions or feedback, please contact:

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