



# Parents Place Community Connections

**Building strong communities, one family at a time**

PARENTS PLACE IS A PROGRAM OF JEWISH FAMILY AND CHILDREN'S SERVICES



Jewish Family and Children's Services' Parents Place has been an integral part of the Peninsula community for more than thirty years, providing comprehensive services to families with children, birth to eighteen years old. In addition to offering a variety of parent education workshops at our centers, we are pleased to offer our professional workshops directly onsite at your school, organization, or business location.

At **Parents Place Community Connections**, we come to you! Peruse our catalog and choose one of our engaging, interactive workshops on any topic relevant to the families in your community, preschool through high school. Our professional presenters, consultants, and clinicians are all experts in child development with extensive experience supporting parents, children, caregivers and teachers. We look forward to partnering with you as we build strong communities, one family at a time.

**For more information contact**

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**To schedule a workshop contact**

Mary Tiamzon-Lee, Office/Project Manager  
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650-688-3021

**Two locations on the Peninsula**

Koret Family Resource Center  
200 Channing Avenue  
Palo Alto, CA 94301  
650-688-3040

Eleanor Haas Koshland Center  
2001 Winward Way  
San Mateo, Ca 94404  
650-931-1800

[www.parentsplaceonline.org](http://www.parentsplaceonline.org)





## Scheduling is Easy as 1, 2, 3

### 1. Select a Date and Time

Workshops may be scheduled anytime, but we have found the best attendance for families is **Monday – Thursday** evenings from 6:30 – 9:00 pm. Please provide 7 days when requesting a workshop, as our presenters get booked up quickly.

### 2. Choose a Topic

Choose from our wide variety of topics or submit a request for a custom workshop. Most presenters will be able to tailor a workshop to meet the specific needs of your community with advanced notice.

### 3. Get Confirmation

You can email your workshop requests to Mary Tiamzon-Lee at: [maryt@jcs.org](mailto:maryt@jcs.org) or FAX to: **650-330-0866**. After the presenter confirms availability, you will receive an e-mail confirmation with all the details.

### *Fees and Invoices*

Our standard fee is **\$400** per two-hour workshop for parents and **\$600** for a two-hour professional development workshop for teachers, school personnel, and organizational staff. There is a \$50 fee reduction for scheduling multiple workshops. An invoice is mailed 30 days after the workshop is completed.

## **BUILDING STRONG AND HEALTHY FAMILIES**

### **Beyond Sibling Rivalry: Keeping the Peace**

Discover the underlying reasons for sibling battles and learn techniques to help children minimize and resolve conflicts. Participants discuss when to intervene, aspects of fairness, and strategies for raising cooperative and compassionate kids.

### **Burnout to Balance: Create a Healthy Work/Life Balance for Your Family**

This workshop teaches creative strategies for balancing family, work and school priorities. Participants learn how to successfully manage conflicting schedules to strive for optimal family harmony and togetherness.

### **Insider Secrets of an Organized Family**

Learn specific, effective organizational strategies to manage the busy schedules of both parents and children. Participants discuss how investing time and energy to create a more organized life leads to less clutter at home, decreased stress, and more time for you.

### **Letting Go: Independence for Tweens and Teens**

In this workshop, participants discuss how children grow and mature, through testing limits, making mistakes, and trying again. Learn practical strategies to nurture responsibility and resilience, as the parental role shifts from being micro-managers to consultants.

### **Parenting Young Children through Separation and Divorce**

Learn practical strategies and tools that reduce the stress and disruption of divorce, establish and support a successful co-parenting relationship, and help smooth the transition to a new family dynamic for both parents and children.

### **Raising a Spirited Child**

In this workshop, participants discuss children who are persistent, intense, energetic, and sensitive. Learn about children with challenging temperaments and explore strategies for avoiding power struggles and improving family interactions

### **Mindful Motivation: How to Motivate Your Children**

Explore mindfulness from a parenting perspective. Discuss the concepts of self-compassion and self-awareness, and practice specific strategies for cultivating creativity in play, connecting with others, and finding peace in difficult circumstances.

### **Parenting as a Team**

During this interactive, two-part workshop, couples will learn about the research, principles, strategies, and skills needed to strengthen the couple relationship. Participants will engage in class discussions and be given exercises to do both during and between sessions.

### **Staying Connected as Your Child Grows Older**

Explore ways to build a lifelong parent-child relationship through open communication and respect. Discover why spending time with your children is the most important thing you can do as a parent, and learn ways to stay connected as children grow and mature.

## **Stop Yelling at Me! How to Increase Family Communication**

In this workshop, participants discuss the roadblocks to effective communication within the family. Learn tips and strategies to re-connect, value everyone's contributions, and build listening skills towards common goals and outcome.

## **DISCIPLINE AND CHALLENGING BEHAVIORS**

### **Boys and Discipline\***

Discuss challenging “boy” behaviors and learn specific tips and strategies for channeling boys' energy in positive ways, exploring unique ways to set limits, and acquiring skills for guiding boys as they grow.

### **Discipline 101: The Power of the Positive\***

In this workshop, participants discuss positive guidance strategies to teach children inner control, nurture children's strengths, and motivate cooperation. Learn specific, positive discipline tools that support a child's growing self-esteem.

### **I'm Talking but They're Not Listening: Effective Communication Strategies\***

This interactive and engaging workshop provides specific communication tools to improve a child's ability to listen, understand, and respond to requests. Learn what to do when children test limits and how to successfully encourage children to follow directions. Understand the need for parents to be good listeners, and why listening to our kids is so important.

### **Hitting, Biting, Pushing—Managing Aggressive Behavior in Young Children\***

Learn how to prevent, manage, and respond to aggressive behaviors including biting, hitting, and grabbing toys. Teach children appropriate strategies for expressing strong emotion and moderating impulsive reactions.

### **Mister and Miss Bossy pants: Taming Your Little Dictator\***

In this workshop, discuss how bossy behaviors appear as children explore power in peer and adult relationships. Learn how to teach social skills such as using respectful language, sharing ideas during play, and expressing needs in appropriate ways.

### **Motivating Children without Rewards\***

Participants explore how an overreliance on consequences and rewards can get in the way of children's growth and ability to learn. Discussion includes how to use encouragement and praise to motivate positive behaviors and cooperation.

### **Stop Arguing! And Win Cooperation with Your Kids\***

Discuss how to encourage children to do undesirable tasks or chores without getting into an argument or power struggle. Learn effective tools and strategies to avoid a battle of wills, while encouraging children to become more responsible and reliable family members.

**\*Topic can be modified for Teacher Professional Development**

## **That Makes Me So Mad! Anger Management**

In this workshop, participants discuss common anger triggers and responses in parents and children. Learn productive anger management techniques and strategies, and how to model healthy expressions of intense emotion.

## **Turning No into Yes: Encouraging Cooperative Behavior in Children\***

Learn to use positive redirection, limit-setting and creativity to effectively and consistently achieve results. Discussion includes how to share power in age-appropriate ways, interpret children's behaviors, and strengthen the adult-child relationship.

## **DAILY ROUTINES**

### **Are We There Yet? Tips for Traveling with Children**

In this workshop, discuss the excitement and challenges of traveling with children. Participants learn strategies for planning a successful travel experience, including best times to travel, what to bring, and how to keep children engaged along the way.

### **Bedtime Blues: Solving Sleep Issues**

In this workshop, participants discuss best practices to encourage healthy sleep for everyone in the family. Learn about sleep cycles, sleep routines, and how to teach children ways to self-soothe during naps and nighttime sleep.

### **Bye-Bye Diapers: Toilet Learning**

Learn how to support children as they navigate this developmental milestone. Discuss how to create encouraging environments, predictable schedules, and consistent routines for a successful potty learning experience.

### **Encouraging Responsibility: Allowance, Chores, and Homework**

In this fun, interactive workshop, you will learn how to work with your kids to establish routines, set priorities, and create a balance between responsibilities, extra-curricular activities, and the quality relaxation time children need. Learn how to raise a child, who benefits from the extrinsic rewards of being a responsible person.

### **Juggling Two: The New Baby and the Older Sibling**

Participants explore what it means to add a new child to the family. Discuss emotional and practical challenges for parents and older siblings. Learn tips to prepare for the baby and strategies to nurture lifelong healthy sibling relationships.

### **Raising Twins: The Challenges of Parenting Twins and Multiples**

Discuss the twin bond, how to deal with comparison and competition, and tips for managing daily demands. Gain creative and practical strategies for parenting multiples, including handling sibling rivalry and building positive family relationships.



### **The Family Table**

Family mealtimes are important for building strong family connections, but difficult to plan with today's busy schedules and picky eaters. Learn practical strategies from a nutritionist about how to maximize family mealtimes and minimize power struggles around food.

## **TECHNOLOGY AND SOCIAL MEDIA**

### **Digital Preschool: Screen Time and the Young Child**

Learn about the impact of screen time on young children from infancy through preschool, how to determine whether educational programs can enhance your child's learning, and guidelines for establishing a healthy media diet as your child grows and matures.

### **Digital Elementary School Kids: Safe, Smart and Responsible\***

Discuss how elementary-age children use digital technology, including the internet. Learn the impact of technology on children's development and gain tools to teach children how to be safe, smart and responsible media users.

### **Digital Middle School: The Connected Culture of Tweens and Teens\***

Discover the allure of social networks, online gaming, and other forms of digital media as a way of connecting with peers. Learn tips and strategies to ensure that middle school kids learn to use technology responsibly and safety.

**\*Topic can be modified for Teacher Professional Development**



### **Raising Tech-Savvy Kids: Cyberbullying, Predators, and Addictive Screen Behaviors\***

In this workshop, participants discuss challenges inherent in an online culture, including cyberbullying, child obesity, internet predators, cheating, and addictive screen behaviors. Learn how to talk to kids about potential issues with overuse of digital technology.

### **Screens and Family Life: A Primer for Parents and Teens Together**

In this workshop, parents and teens explore the world of digital media

together: texting, twitter, online gaming, Instagram, Snapchat, and other social networking sites. This open family discussion provides thoughtful strategies to keep teens safe and smart online.

### **Connected or Disconnected: Technology & Your Family**

Join us for a compelling conversation about families and screen time for preschoolers, elementary-age, and beyond. Explore the advantages and drawbacks for our little digital natives, recognize the top signs of screen addiction, and discuss the reality and challenges of being a good role model with your own digital use.

## **SCHOOL SUCCESS**

### **Choosing a Preschool: What Are Your Choices and How Does It Work?**

Discover different types of programs and philosophies in early childhood education, from Montessori to project-based learning. Learn how to recognize developmentally appropriate practice, information on children's readiness, and logistics of choosing a preschool.

### **Public or Private School: Making the Best Choice for Your Child and Family**

Discuss the differences between a public and private school education, the options that are available, and how the application and registration process works. Guidelines for evaluating and selecting schools that align with specific family needs will be provided.

### **Ready, Set, Go: Preparing for Kindergarten\***

Know what to expect from kindergarten programs and learn to recognize signs of readiness for elementary school. Discuss ways to help your child prepare socially, emotionally, and academically for this important transition.

## **Choosing a Middle School: Meeting the Needs of Tweens**

Discuss the dramatic growth process of the middle school years, as kid's transition from child to teenager. Learn how to select a middle school that best meets the academic and social development needs of your child.

## **School Success for Students with ADHD\***

Learn how to help children with Attention Deficit Hyperactivity Disorder find success in the classroom. Discuss strategies to support the learning, social, and behavioral challenges of children, including building an effective parent-teacher partnership.

## **Study Skills are Learning Skills: Life-long Strategies for School Success\***

In this workshop, participants explore the concept of "learning how to learn." Discuss how to guide children to develop practical steps for homework, effective listening skills, and note-taking strategies that provide a strong foundation for educational success.

# **CHILD AND ADOLESCENT DEVELOPMENT**

## **Ages and Stages: Supporting Development in the First Five Years\***

Gain practical tips for guiding children through the critical developmental stages of a child's first years and discover how to promote play, learning, and social skills development through daily interactions.

## **Birds and the Bees: Know What You'll Say before They Ask\***

Learn effective ways to provide kids with age-appropriate answers to uncomfortable questions about human bodies and sex. Discuss when to have the talk, how to prepare for it, and why open communication is beneficial for the parent-child relationship.

## **Superhero and Princesses: Boy and Girl Play in the Preschool Classroom\***

Discuss gender development, superhero and princess play stages and the struggle for power in peer relationships. Learn how to support and promote children's friendships and social skills, and explore topics like gun play and exclusion.

## **Flexible, Fearful, and Feisty: Children's Temperaments and Parenting Styles\***

Personality and temperament of both child and parent/teacher play an important role in family and classroom dynamics. Learn practical tools and strategies to support children to reach their full potential in school and at home.

## **Play: The Key to Learning and Social-Emotional Growth**

In this workshop, participants discuss the research and benefits of play; how it fosters the imagination, builds confidence, and is a critical component in all five developmental domains: cognitive, large motor, fine motor, language, and social and emotional growth.

**\*Topic can be modified for Teacher Professional Development**

## **SOCIAL AND EMOTIONAL LEARNING**

### **Building Your Child's Self-Confidence and Personal Power\***

Participants discuss the stages of social and emotional development, including development of empathy and social skills. Learn specific ways to guide and support children to develop positive and healthy friendships with peers.

### **Coping with Crying: Managing Strong Emotions\***

In this workshop, participants discuss varied reasons for crying, effective parent and caregiver responses, and how to build coping skills for young children. Explore stages of emotional development and learn how to support a child's emerging ability to self-regulate.

### **Helping Kids Cope with Anxiety\***

In this workshop, participants learn to recognize child anxiety and its effect on the family. Develop strategies to help children cope with worries, manage strong emotions, and identify common triggers such as school situations, social dynamics, and separation issues.

### **Helping Kids with Friendships\***

In this workshop, parents will learn about the social skills children need to learn to be successful in developing lasting friendships. We will discuss how boys and girls differ in their social development, how to teach conflict resolution skills, and what parents can do to support their children as they navigate the social world. This workshop is geared towards parents with children in the 3 – 10 year old age range.

### **Friendships in Middle School: Navigating Volatile Emotions\***

Middle school, with the advent of puberty, brings dramatic emotional and cognitive changes to our tweens. Peer relationships become all important, but can cause extreme stress and anxiety for children at this age. Learn more about what is happening physiologically and emotionally during this challenging developmental stage, and what are normal social challenges. Discuss strategies for how to communicate with, support, and stay connected to your middle schooler while they increase their independence and autonomy.

### **Navigating Boyhood**

Discuss the pressures on boys to excel at school, develop strong friendships, and respect peers of both genders, amid violent and exploitative media messages. Participants learn more about the specific social challenges for boys, and tips for fostering healthy communication.

### **Raising Girls: Empowering Your Girl to Look Confidently at Herself, Her World, and Her Future**

Participants discuss the joys and challenges of raising girls. Learn specific tools and skills to effectively manage the emotional, social and physical changes girls experience as they grow into adolescence.



### **Raising Resilient Children**

Learn effective strategies for raising resilient, responsible, and happy children. Specifics include how to establish a cohesive family schedule and tools for maintaining a healthy work-school-life balance.

### **Romance of Risk: Talking with Teens about Risky Behaviors and Responsible Decisions**

Participants discuss roadblocks to communicating with teens on critical topics such as smoking, drinking, sexual behavior, and drug use. Learn effective strategies for how to listen and support teens to make responsible decisions regarding risky behaviors.

### **Separation Anxiety: Supporting Children's Coping Skills\***

Learn how to build a child's emotional intelligence, nurture resiliency, and ease a child's transition from home to school. The workshop includes practical strategies for developing coping mechanisms, transition skills, and managing strong emotions.

### **The Highly Sensitive Child\***

Discuss the joys and challenges of raising a highly sensitive and perceptive child. Learn tips and strategies for managing cautious, easily-overwhelmed, and highly empathetic children through adapting environments, validating needs, and building coping skills.

### **Mothers and Sons: Raising Boys into Men**

Explore this special relationship between mothers and sons and learn what boys need from their moms. Discuss how to handle boy energy and foster long-lasting communication and closeness.

**\*Topic can be modified for Teacher Professional Development**

## SCHOOL SAFETY AND BULLYING PREVENTION

### **Breaking the Cycle of Bullying: Youth and Adults Together\***

During this interactive workshop, youth and adults join together to learn how to recognize signs of bullying behaviors and practice strategies for preventing, intervening in, and recovering from bullying incidents.

### **Bullying Prevention Skills for Young Children\***

Learn early intervention strategies for preventing social behaviors that adversely affect children. Gain strategies for building social, emotional and communication skills for children in preschool and kindergarten to prevent involvement with bullying behaviors.

### **Cyberbullying: Helping Schools, Parents, and Students Stop Online Social Cruelty\***

Participants discuss the many forms of cyberbullying, including interactions on social networking sites, texting, blogging and gaming. Learn specific strategies for how to recognize, prevent and intervene in cyberbullying incidents.

### **Relational Aggression: The Hidden Culture of Aggression in Girls\***

In this workshop, participants explore the dynamic of relational aggression within girls' relationships and gain practical strategies to prevent, intervene in, and help girls recover from acts of social shaming and negative peer interactions.

### **We're Better Than That: Standing Up, Speaking Out and Moving On Cruelty\***

Students, parents, and teachers work together to learn proactive and preventative tools to combat bullying behaviors. Learn how to recognize social, emotional, and physical aggression, and strategize together to build safe, strong school communities.

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**PARENTS PLACE OFFERS TWO FAMILY RESOURCE  
CENTERS ON THE PENINSULA:**

**KORET FAMILY RESOURCE CENTER**

200 Channing Avenue  
Palo Alto, CA 94301  
650-688-3040

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