

NAPS NEWS ...

A Bi-Annual Calendar of Programs for Parents - Spring 2009



Building Optimism In Children to Have A Happier, More Successful Life

BY DR. MICHAEL R. WEBER

Most emotional turmoil, frustration and anger are the result of unnecessary over-reactions to life's events. Learning to become more optimistic can significantly improve our attitude and approach to life's many challenges.

Optimists get more enjoyment out of life, usually "get the breaks," are promoted quicker, and are liked more by others. They look at life differently than most, rarely get sick, and have happier lives.

The good news is that we can teach our children the skills necessary to become a positive, energetic and optimistic adult. We can start by being an absolute role model! The most effective way to teach optimism is by parental and adult example. If you cannot exhibit what you would like from your children, you cannot expect them to do any better than your example.

Inside are a few additional suggestions for parents, grandparents and caregivers. I hope these suggestions will be helpful. It is never too late to build optimism in our children and grandchildren (regardless of their age). So let's start right now!

About the Author: Dr. Weber, Superintendent of the Port Washington-Saukville School District, is a nationally known speaker and trainer. He has published a book on optimism and has written many journal articles.

If you would like **ADDITIONAL INFORMATION** about building optimism and positive character in children, consider attending the NAPS parent workshop on March 26th. Please turn the page for workshop information and Dr. Weber's list of suggestions for parents, grandparents and caregivers.

The information provided in the NAPS Newsletter is not sponsored or endorsed by any Ozaukee County school district or personnel.

Please Sign Up Early!

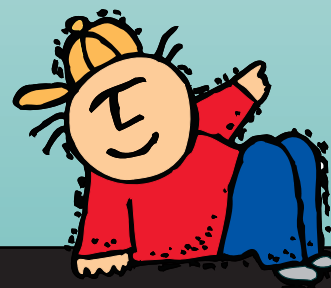
- Classes fill up quickly!
- To register for programs and childcare, call Ozaukee Family Services, at (262) 376-7774 or register online at: www.OzaukeeFamilyServices.org.
- Most programs are held at the Family Enrichment Center, 885 Badger Circle, Grafton.
- *Please ask for directions when calling.*

Notice to Professionals

There is a \$10.00 per class charge if proof of attendance is needed for certification purposes.

Childcare Policy

Children must be registered for childcare. Childcare is limited to a maximum of 12 children who are 12 years and younger. Children are not allowed to be unsupervised in the building or allowed to sit in during parenting classes or workshops. Parents requesting childcare must complete the registration form and return it to Ozaukee Family Services at least 72 hours before the first class.



Check out our
programs listed
inside and then...
**SIGN UP TO
ATTEND!!!**



ON-GOING GROUPS - SPRING 2009



• Let's Talk About It!

First Monday of each month:

**February 2nd, March 2nd, April 6th, May 4th
6:30 - 8:00 p.m.**

Gail Bruss from Starting Point of Ozaukee and Nancy Bell from COPE Services will lead a discussion about teen development and the warning signs of youth depression. Information and resources will be available and parental sharing and support is the focus of the program. Sign up for one or more sessions.

• Friends and Fun in the Morning

Two groups to choose from:

First and third Tuesday of each month

February 3rd - May 19th, 10:30 a.m. - 12:00 p.m.

Or Second and fourth Tuesday of each month

February 10th - May 26th, 10:30 a.m. - 12:00 p.m.

Parents gain support from other parents while their children play. *Leader:* Tanya Wald, Program Coordinator, Youth and Family Project

• Off to a Great Start

(This is a 6-session class on Wednesdays.)

Dates of commitment:

February 18th and 25th,

March 4th, 11th and 25th and April 1st.

Morning Class: 9:30 - 11:00 a.m.

Evening Class: 6:30 - 8:00 p.m.

Learn why a nurturing approach to parenting works best and how to change old habits when dealing with your kids. For parents of children birth to five years of age. \$15.00 fee for book and class materials. Limited childcare is available. (Call for childcare registration form.) *Leader:* Kathy Bergmann, Parent Educator, Ozaukee Family Services

• Spirited Child

Tuesdays, April 21st - May 12th, 6:30 - 8:00 p.m.

For parents of children who are more intense, persistent, resistant to change, or just more spirited than most. Learn positive ways to work with your child's spirit and personality. \$25.00 fee for book and class materials. Limited childcare is available. (Call for childcare registration form.) *Leader:* Marybeth Studelska, Parent Educator, Ozaukee Family Services

Building Optimism in Children... Suggestions for parents, grandparents and caregivers:

1. Provide an over-abundance of unqualified positive comments.
2. "Catch" them doing good things and stop trying to "catch" them being bad.
3. Negative words can destroy a child. Positive words bring blessings into their lives.
4. When children exhibit positive self-control, shower them with praise.
5. You need to view the world as a positive loving place and help children do the same.
6. Do not be afraid to admit to your children that you made a mistake, that you learned from it, and this is what you are going to do differently.
7. Realize that mistakes made by your children are not failures. They are opportunities to learn and move forward.
8. Your behavior toward your children and fellow human beings speaks much louder than your words. Children learn from birth by watching you.
9. Listen to your children - uninterrupted listening without distractions. Listen-listen-listen! Don't criticize, just listen. Most of the time children, especially teenagers, do not want you to solve their problems. They just want you to listen!!! What children value most is empathetic listening.



ASSURANT Health

Many thanks to Assurant Health of Milwaukee for donating the paper and printing for this issue of the NAPS Newsletter!



Programs will be cancelled when schools are cancelled due to bad weather.

WORKSHOPS FOR SPRING 2009

PROGRAMS

- **The College “Piggy Bank”**

Tuesday, March 3rd, 6:30 - 7:30 p.m.

A solid education for your children – a sensible tax savings for you! Which is growing faster: children or education costs? Michael Franks, Financial Advisor from Merrill Lynch, will discuss strategies to help you meet your education funding needs.

- **Brain Games for Babies and Toddlers**

Thursday, March 5th, 10 - 11 a.m.

Parents and their children (ages 0 - 18 months)
Early childhood experiences play a dramatic role in determining how a child’s brain is wired. Learn fun interactive games to optimize your child’s social, emotional, physical and cognitive development. Childcare will be provided for the children who are not within this age group. (Call for childcare registration form.) *Leaders:* Kathy Bergmann and Melissa Wellenstein, Parents as Teachers Educators, Ozaukee Family Services

- **Potty Time**

Thursday, March 5th, 6:30 - 8:00 p.m.

Dr. Dan Hagerman of Cedar Mills Medical Clinic will offer techniques that will make potty training more successful and less stressful for you and your child.

- **Let’s Play to Learn**

Wednesday, March 18th, 10 - 11 a.m.

Encourage continued brain development through play with your 3+ year old. Stimulate your child’s creativity through this hands-on workshop. Childcare will be provided for the children who are not within this age group. (Call for childcare registration form.) *Leaders:* Laura Lueck and Melissa Wellenstein, Parents as Teachers Educators, Ozaukee Family Services.

- **Stress Reduction**

Stress has a way of sneaking into our lives when we least expect it. This series will help you explore different ways to reduce stress. Sign up for one or more!

- **De-Stress Your Marriage**

Tuesday, March 24th, 6:30 - 8:00 p.m.

Learn ways to promote a happier and healthier relationship. *Leaders:* Paul and Donna Grady. Paul is a Licensed Clinical Social Worker at Ozaukee Counseling Center. Donna is a registered Massage Therapist at Ray of Light Massage Therapy in Port Washington and Sheboygan.

- **What is Stress all About?**

Wednesday, April 22nd, 6:30 - 8:00 p.m.

Learn coping techniques to help yourself and your child manage stress. *Leaders:* Diana Dempster, Parent Educator, and Judy Tegge, Counselor, Ozaukee Family Services

- **Express Your Stress**

Wednesday, May 13th, 6:30 - 8:00 p.m.

Learn creative coping techniques through art and movement. *Leader:* Tanya Wald, Program Coordinator, Youth and Family Project

- **Building Optimism and Strong Character**

Thursday, March 26th, 6:30 - 8:00 p.m.

Dr. Michael Weber, Ph.D., Superintendent of Port Washington-Saukville School District, will teach a ten-step process for helping children become more optimistic and self-assured. Parents will also learn how to help their children and themselves reduce stress and become more positive and peaceful.

- **Blue Ribbon Luncheon**

Thursday, April 23th

Join us for the annual Ozaukee-Washington County Child Abuse Prevention Event at West Bend Mutual. Speaker Dr. Brian Fidlin, Program Director of the New Kids Program of Children’s Hospital, works with adolescents, children, and families on addressing addictive behaviors. He will present information concerning adolescent brain development. *Call for time, cost and ticket information.*

TO REGISTER

for NAPS programs and childcare,
call Ozaukee Family Services
(262-376-7774)

or register online at
www.OzaukeeFamilyServices.org

Most programs are held at the
Family Enrichment Center,
885 Badger Circle, Grafton.



COPE Services

Teen/Home Alone Line:
262-377-7786 or 800-924-7786
HOTLINE:
262-377-COPE or 800-540-3139

Office: 262-377-1477
Email: hotline@coeservices.org
www.coeservices.org



Every school year, COPE presents an educational program to all the 5th and 9th/10th grade health classes in the Ozaukee County

Schools. These programs inform the students about COPE's Teen and Home Alone Hotline.

- Fifth grade presentations include rules to follow when students are home alone and how to handle emergency situations.
- Teen presentations include the warning signs of depression and suicide and what to do when someone is in crisis.

Watch for COPE information that is given to your child and take the opportunity to discuss COPE's "safety net" services with them.

**EMOTIONAL SUPPORT • CRISIS INTERVENTION
INFORMATION AND REFERRAL • CONFIDENTIAL**

Ozaukee Family Services

Parent Education & Support Programs

Office: 262-376-7774

Email: info@OzaukeeFamilyServices.org
www.OzaukeeFamilyServices.org



• **Parenting Workshops, Groups & Classes** - offering support and education to parents

• **Parents as Teachers** - home visiting program incorporating the latest baby brain research for families with children birth to five years

• **Rainbows** - peer support program for children who have experienced death or divorce

• **Counseling** - individual, child, adolescent and family counseling on a sliding fee basis

• **Beyond Divorce** - co-parent education for divorcing parents.

The Youth & Family Project

Office: 262-375-4683

Email: yfpozaukee@yahoo.com
www.youthandfamilyproject.org



- Parent Education Classes
- Infant Massage Classes
- Parent Support Groups
- Short term counseling for teens and their families

• Street Outreach to provide information, referral and support with decision-making for youth.

Look inside for SPRING 2009 NAPS
Parenting Programs and Workshops.



ADDRESS SERVICE REQUESTED



COPE Services
885 Badger Circle
Grafton, WI 53024

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