

NAPS NEWS



A Bi-Annual Calendar of Programs for Parents - FALL 2010

SPIRITED CHILD

Many people think spirited children are naughty children with bad parents. This is far from the truth. Most spirited children can't help their behavior, and their parents just don't know how to help them. A spirited child is often very:

- smart
- persistent
- observant
- emotional/empathetic
- good with routine
- energetic

These are great characteristics for a person to have. Unfortunately, in a child they can be hard to handle. A persistent adult will work nonstop to get his college degree or new company off the ground. A persistent child will throw a temper tantrum for two hours over a candy bar. An adult who is observant can do well in many careers, but a child who is observant takes an hour to do a ten minute task because of all the things he notices along the way.

Because these children are so smart and energetic, their parents have to work extra hard to stay one step ahead and always be prepared for what's coming. Parents of spirited children can learn how to work with their children. They can learn how to set rules for a persistent child and how to deal with an overly emotional or observant child.

In the Spirited Child class, you will find techniques to make your job as a parent of a spirited child easier and help your child live a better life with a parent who understands and knows how to help.

*Spirited Child is adapted from **Raising Your Spirited Child** by Mary Scheedy Kurcinka. Please turn the page to get more information about the next session of Spirited Child.*

MISSION STATEMENT:

To strengthen families by facilitating access to community resources and providing educational and support services.

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.
- Unless noted, 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 a 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, CLASSES and WORKSHOPS

• 5 C's of Preventive Parenting

Monday, November 8th, 6:30 p.m. – 8:00 p.m.

Do you want to learn how to help your children avoid compromising their health or safety with risky behaviors as they make the passage from childhood to adulthood? Parents will learn the formula to help their children navigate through their most "dangerous decade." Come and learn the Five C's of Preventive Parenting. *Leader:* Gail Bruss, Starting Point of Ozaukee

• Falling in Love, Staying in Love

Monday, October 25th, 6:30 p.m. – 8:00 p.m.

When parents provide close, loving care, and a variety of experiences, they are building a million connections with their baby's brain. Learn the significant role parents play in their child's early brain development. Critical periods of brain development and the significance of bonding with your infant will be discussed. Simple, everyday activities and the brain stimulation they provide will be demonstrated. For parents of children birth to three years of age. *Leader:* Deborah Lev-Er, LCSW, Mequon Clinical Associates, SC

• Friends and Fun

Two groups to choose from:

First and third Tuesday of each month

September 21st – December 7th

10:00 a.m. – 11:30 a.m.

Second and fourth Tuesday of each month

September 14th – December 14th

10:00 a.m. – 11:30 a.m.

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



The Parenting
Newsletter site:
parenting.uwex.edu

What is it?

- A series of parenting newsletters geared to the specific age of your baby
- Information on child development and parenting
- Quick and easy to read for busy, on-the-go parents

• It's Time! Addressing Mental Health of the Young Child What Are They Telling the Teachers?

Attend one or both sessions:

Thursdays, October 14th & 21st

6:30 p.m. – 8:00 p.m.

These two sessions offer an exciting way for parents to learn what teachers are learning about the mental health of young children AND to see great teachers in action with children ages 3-9. Educators, like parents, have daily opportunities to impact the mental health of children. They must understand the clues of behavior, the impact of mental illness or trauma, and what elements of teaching are essential to support mental well-being and learning. Filmed case studies from real classrooms will get parents talking about their experiences when they were children, their parenting practices and what they can expect from other adults in their children's lives. *Leader:* Sue McKenzie, Educator and Program Director with InHealth WI

Session 1: Foundations and teaming between parents and school staff

- Social/emotional realities of children's lives
- Mental health, illness and trauma: symptoms, healing and resilience
- Building partnerships & parents' role as "Coaches"

Session 2: Elements of teaching and learning

- Building relationships with children - creating community in the classroom
- Motivation and engagement - stabilizing emotions
- Connecting to resources

• Introduction to Love and Logic

Monday, October 11th, 6:30 p.m. – 8:00 p.m.

A nationally recognized parent program that teaches how Love allows children to grow through their mistakes and Logic allows them to live with the consequences of their choices. Parents will have more control while teaching their kids to be responsible. It is never too soon or too late to begin this program with your children, whether they are toddlers or teenagers.

Leader: Heather Will, Program Coordinator, The Youth and Family Project and an Independent Facilitator of Becoming a Love and Logic Parent



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**

• Let's Play to Learn

Thursdays, 9:30 a.m. – 10:30 a.m.

Choose any or all of the sessions:

- October 7th – Dinosaur Dig
- October 21st – Ghosts, Goblins and Ghouls
- November 4th – Ooey, Gooey, Icky, Sticky
- November 18th – Celebrating Me

Learn ways to stimulate your 3+ year old's creativity through these hands-on workshops. Childcare will be provided for children who are not within this age group. (Call for registration form.) *Leaders:* Kathy Bergmann and Melissa Wellenstein, Parents as Teachers Educators, Ozaukee Family Services

• Living on Less and Loving It

Monday, October 4th, 7:00 p.m. – 8:00 p.m.

Learn quick and easy tips to help your family make the most of your dollars. Find those hidden expenses in your budget, learn smart shopping tips to save money at the grocery store, and discover fun, free family activities. Parents will learn how to involve the whole family. *Leader:* Carol Bralich, Ozaukee County Family Living Coordinator for UW-Extension

• Making Marriage Work

Wednesdays, November 3rd – December 15th
6:30 p.m. – 8:30 p.m. (No class 11/24)

Married? Thinking about marriage? Discover the secrets the experts use to enhance, build and de-stress your relationship. \$10 fee for couple's workbook. Limited childcare is available. (Call for registration form.) *Leader:* Barbara Bartlein, RN, CICSW, Associate Director of Ozaukee Family Services and author of *Why Did I Marry You Anyway? Overcoming the Myths That Hinder a Happy Marriage*

• Potty Time*

Thursday, November 4th, 6:30 p.m. – 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.

*Preschool Enrichment staff from the Feith Family YMCA will lead two programs for preschoolers while their parents attend Dr. Hagerman's class.

Adventures in Art will let your child express his/her creativity using different mediums and

Kindergym will let your child have a great time while exploring the fun of fitness.

Limited childcare will be available for those not in preschool. (Call for registration form.)



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.

• Rainbows

Tuesdays, October 26th – February 1st
6:30–7:30 p.m. (No class 11/23, 12/21 or 12/28)

Peer support for children (kindergarten through 12th grade) who have experienced divorce or death of a parent. A support group is also offered at the same time for the parents of children in Rainbows. *Coordinator:* Linda Stolz, Ozaukee Family Services

• Spirited Child**

Wednesdays, October 6th–27th
6:30 p.m. – 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 fee for book and class materials. *Leader:* Marybeth Studelska, Parent Educator, Ozaukee Family Services
****Please note this class will be held at the Feith Family YMCA (465 Northwoods Rd, Port Washington). Childcare will be available at the YMCA for \$10 for the session per family regardless of the number of kids. If unable to pay the cost of childcare, please let Ozaukee Family Services staff know when registering for the class.**



A Continuing Partner
Feith Family YMCA

As part of a continuing effort to facilitate access to community

resources and provide well-rounded education and support services to help strengthen families in Ozaukee County, the NAPS Collaboration continues its partnership with The Feith Family YMCA.

The NAPS Collaboration will offer **Spirited Child** at the YMCA. The Feith Family YMCA will lead two programs for preschoolers at the Family Enrichment Center.

Feith Family YMCA is located at 465 Northwoods Rd, Port Washington. For more information, please visit www.ymcamke.org.

COPE Hotline

262-377-COPE
Teen & Home Alone Line
262-377-7786

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



Help yourself to the caring connection.

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

Schools. These programs inform 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



Improving lives to help families succeed

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

• **Parents as Teachers** - home visiting program incorporating the latest 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.

- **Prevention Education**

The Youth & Family Project

Office: 262-375-4683

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



"Helping Families Succeed" Since 1975

- Parent Education 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.



ADDRESS SERVICE REQUESTED



COPE Services
885 Badger Circle
Grafton, WI 53024

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