



7th Annual
Parent University
Saturday, March 3, 2012

REGISTRATION FORM

Names of adults attending:

Street address: _____

City: _____ Zip: _____

Daytime phone: _____

E-mail: _____

Cost: \$13/person

Amount enclosed: \$ _____

Cost includes continental breakfast and lunch
(Vegetarian selection available with buffet)

Return registration form and payment to:

St. Clair County RESA
499 Range Road, PO Box 1500
Marysville, MI 48040
Attn: Shane Welch

Make checks payable to SCCRESA

Registration and payment deadline: Feb. 23, 2012
Space is limited. Register early! Payments will not
be accepted at the door.

**Be sure to fill out your breakout session
selection to the right.**

Breakout Session Selection

List a 1st and 2nd choice for each time slot:

Session #1 9 a.m.

- ___ Be Active and Play: Physical Activity Standards
- ___ Autism Spectrum Disorder
- ___ Vaccinations: Risks and Benefits
- ___ Banana Fanna Fo Fanna: Is It More Than Just
a Silly Song? Yes!

Session #2 10:15 a.m.

- ___ Children + Nature = Happy Children
- ___ Michigan Cyber Safety Initiative
- ___ Oppositional Defiant Disorder
- ___ Anger Management

11:30 a.m.

Lunch and Visit Community Resource Displays

Session #3 12:30 p.m.

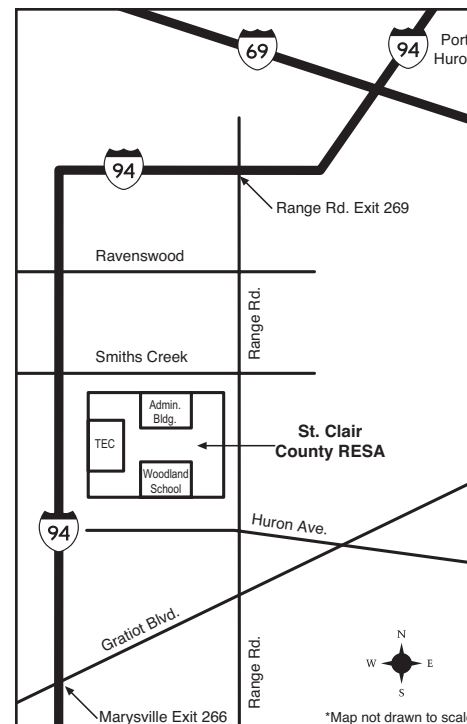
- ___ Nutrition Solutions for ADD/ADHD in
Children
- ___ Facts and Best Practice: Bullying in School
- ___ Inclusive Recreation
- ___ Discipline Your Child While Staying
Disciplined Yourself

Session #4 1:45 p.m.

- ___ Under Construction: Building Successful
Parent-Teacher Partnerships Through
Communication
- ___ Setting the Stage: Promoting Social Emotional
Health in Young Children
- ___ Music and Movement: Early Childhood Music
Education
- ___ Great Start

3:00 p.m.

Closing Remarks and Door Prizes
(Must be present to win)



Directions to St. Clair County TEC
499 Range Road, Marysville
On the St. Clair County RESA campus

From Flint:

- Take I-69 East to I-94 West (signs will read to
Detroit Exit #198)
- Take I-94 West to the first exit—Range Road
(Exit #269)
- Turn left on Range Road and go approximately
2½ miles. The RESA complex is on the right
side of the road, at the corner of Range and
Smiths Creek roads.

From Detroit:

- Take I-94 East to the Marysville Exit (Exit
#266)
- Keep to your right while exiting the ramp. This
will put you on Gratiot Avenue. Go ¼ mile
to the stop light at Range Road. Turn left on
Range Road and go approximately ½ mile. The
RESA complex is on the left side of the road.

**Kids Rock.
Parents Roll.**

**Parent University
2012**



Saturday, March 3

A day for parents and those who care
for children ages 0–18

FUNDING PROVIDED BY:
Early On
Great Start Collaborative
St. Clair County RESA

Raising a child isn't easy, and most people have to learn as they go along. Parent University can help. Find out what experts and other parents say about some of the issues you face. Learn about products and services available in St. Clair County. Get ideas to make your job easier and your child happier.

Day's Schedule

8:30Registration/Breakfast
 9:00Session #1
 10:15Session #2
 11:30Lunch
 12:30Session #3
 1:45Session #4
 3:00Closing Remarks

*Unlicensed providers who wish to receive training credit for these sessions may submit a copy of their completion certificate to:
 Eileen Krause
 Great Start Regional Resource Center
 Sanilac County Kids' Connection
 217 E. Sanilac Avenue, Suite 2
 Sandusky, MI 48471
 (810) 583-0407 • Fax (810) 648-0315
 ekrause@kidsconnectionsnc.net

The Parent University Committee is a collaboration of the following Community Agencies:

- St Clair County RESA
- St Clair County Health Department
- MSU Extension
- Great Parents Great Start
- Early On
- Catholic Social Services
- The ARC of St Clair County

BREAKOUT SESSION DESCRIPTIONS*

SESSION #1 9 a.m.

Be Active and Play: Physical Activity Standards
Presenters: Traci Hofmann & Shelly Thompson
 Youth gain physical and mental health benefits when they participate in regular physical activity. However, many children and adolescents are not meeting the Physical Activity Guidelines for Americans recommendation of 60 or more minutes of physical activity each day. You'll learn simple activities that can be done at home to increase fun physical activity.

Autism Spectrum Disorder
Presenters: Natalie Adair and Rose Doré
 Come and learn about universal strategies that can be used at home and in the community for students of all ages with autism spectrum disorder. Question and answer time will be included in the session.

Vaccinations: Risks and Benefits
Presenter: Annette Mercatante MD, MPH
 Growing anti-vaccination sentiments are based on a variety of factors...some designed to capitalize on fear by distorting facts. Philosophical issues have always been a factor in "mandatory" vaccinations and the conflict between personal rights and the wellbeing of the community will always be with us. The purpose of this talk will be to clarify what we know, what we don't know, and what risks and benefit issues are meaningful to consider when deciding on vaccinations for individuals and communities.

Banana Fanna Fo Fanna: Is It More Than Just a Silly Song? Yes!
Presenter: Cynthia Raymo
 Parents will learn how they can support their young child in learning to read. This session will model and practice sound and word games that teach and reinforce phonological awareness skills, which are essential for reading success.

SESSION #2 10:15 a.m.

Children + Nature = Happy Kids
Presenter: Sarah Davidson-Nelson
 Learn what's needed to get your child out in nature, why it's important and most importantly how to do it. Fun demonstrations and hands-on activities will give you the drive you need to get your kid outdoors.

Michigan Cyber Safety Initiative Community Seminar
Presenter: Suzy Khoury
 This seminar will review how to access the Michigan Sex Offender registry and sign up for e-mail updates. You'll also learn how to access online tutorials to: search and access a child's social networking site(s); view Internet history logs to determine where a child has been online; and turn on safe surfing filters.

Oppositional Defiant Disorder
Presenter: Joe Zima, LMSW
 Research supports the use of specific strategies when working with defiant and oppositional students. This presentation will cover the research-based strategies that help defiant students become successful in the classroom, as well as providing the rationale for the use of these strategies.

Anger Management
Presenter: John Vizdos
 This seminar will focus on defining anger, when does it become a problem, addressing the myths of anger, developing strategies to control it, introducing skills that are necessary to manage anger and breaking the anger habit.

SESSION #3 12:30 p.m.

Nutrition solutions for ADD/ADHD in Children
Presenter: Jennifer Fischer
 Learn about food and nutrition choices that can impact your child's ability to overcome the symptoms of ADD/ADHD, including possible food sensitivities, vitamins and mineral deficiencies, the effects of additives and preservatives and natural remedies as alternatives to pharmaceuticals.

Facts & Best Practice: Bullying in School
Presenters: Jeanne Shenkar & Nancy Thomson
 This school social worker and principal will provide the definition of bullying from the school's perspective and discuss the key components of "bullying behavior." Prevention and interventions in the educational environment will also be discussed.

Inclusive Recreation
Presenters: Joyce Dearhamer & Karen Massaro-Mundt
 The importance and benefits of recreation and specifically the benefits of inclusive recreation for children with disabilities will be discussed. Barriers to inclusive recreation and ADA laws will be reviewed. You'll also learn how your child with a disability can participate in a variety of recreational activities available in our community.

Discipline Your Child While Staying Disciplined Yourself
Presenter: Claudia Hansen
 How can a parent survive the ups and downs of their young child and do it without screaming and needing more timeouts than their offspring? Learn about keeping control of yourself when teaching your child self control. Help your child grow into the productive adult you want him or her to be.

SESSION #4 1:45 p.m.

Under Construction: Building Successful Parent-Teacher Partnerships Through Communication
Presenter: Sherry Shine-Thompson
 Student achievement is shown to improve through active parent involvement. This presentation will focus on ideas and strategies to encourage effective parent-teacher communication, utilizing a variety of methods.

Setting the Stage: Promoting Social Emotional Health in Young Children
Presenter: Gail Innis
 Social emotional skills can be nurtured by caregivers through daily routine, children's literature and language, and playing to learn. Explore social emotional skills that are fundamental to healthy development and school success.

Music and Movement: Early Childhood Music Education
Presenter: Cheryl Kaski
 From birth through age 5, children do more learning and building foundations for comprehension for the rest of their lives. Studies show that children can increase their music aptitude (one's potential to achieve in music) between these same ages. This course will teach you how to play within a musical setting to give their children a step ahead in music and life.

Great Start
Presenters: Brigitte Harwood & Riley Alley
 Find out how you can make a difference for our youngest children in St Clair County and what is available to parent and caregivers. You will learn about the Great Start System, Great Start Parent Coalition, Great Start Collaborative and Great Start Connect. This session is geared toward parents of children 0-12 and providers working with children 0-5.