

Programs for Parents - "Teen Life on the Eastside: What Parents Should Know"

These presentations have been established to serve as a **parent navigation system** for parents with adolescents and in some instances pre-adolescents. The secondary school years can be some of the most meaningful or possibly the most stressful years of your teen's life and yours. Come learn what you can do to support your student, to build your relationship with your adolescent & their friends and how to stay involved in the secondary school years. Come meet other parents in your school community facing the same questions and predicaments.

The class series content has been developed in collaboration with:

- Ken Wong, Director of Teen Programs, City of Redmond
- Jeannine Ewing, Health Instructor, Redmond High School
- Joanne Hall, Chair, Parent Education Liaison, Lake Washington PTSA Council

Tuesday, November 18th at 7 PM at the Redmond Junior High Commons

Ken Wong presents **Teen Life 2008: New technologies, fast paced lives require updated parenting strategies**. Parenting teens can be a continuous learning process. Don't cut the apron strings just yet. Learn how to lengthen those apron strings while encouraging gradual independence. This presentation will include strategies to keep up with what is happening in & around your adolescent's life; to build connections to your student's school and parent community; to improve parent-teen communication; and to guide & empower your teen. Ken Wong, Director of Teen Programs for the City of Redmond is a passionate & dynamic speaker with more than 20 years of experience working with youth.

Recommended for parents of students junior high and above.

This event is sponsored by Redmond Junior High PTSA & the Lake Washington PTSA Council.

Questions? Contact Joanne Hall at jjjahall@juno.com

Tuesday, December 2nd at 7 PM at the Redmond High School Performing Arts Center

Laura Kastner, Ph.D presents **Surviving & Thriving with Your Teen during the Teen Brain Reconstruction Phase** This presentation will include a discussion of the developing teen brain & the roots of *teen-rebellion, risk-taking, defiance, motivation problems, and moodiness*. Parents will learn the importance of controlling their own emotions, conflict resolution strategies and a disciplinary style that lowers teen risk-taking while building social and emotional competence. Dr. Laura Kastner is a Clinical Associate Professor of Psychology at the University of Washington, clinical psychologist and mother of two college students, who writes and lectures widely on adolescent development and family relationships.

Recommended for parents of students 6th grade and up.

This event is sponsored by the Redmond High PTSA & the Lake Washington PTSA Council.

Questions? Contact Joanne Hall at jjjahall@juno.com

Saturday, December 6th from 10 to noon at the Redmond Elementary School Library

Ken Wong presents **"Boys & School - Common Problems & Solutions"** Is your son disorganized? Distracted? Not completing assignments or turning in sloppy work? Does he seem unmotivated? These are common parent concerns of both boys and girls, but Ken will focus this talk on some of the reasons why boys struggle with these problems and solutions that work for boys. Ken Wong, Director of Teen Programs for the City of Redmond is a passionate & dynamic speaker with more than 20 years of experience working with youth.

Recommended for parents of students 5th to 9th grades

Babysitting will be provided for children ages 3 and up.

This event is sponsored by the Lake Washington PTSA Council & the Neighborhood School House.

Questions? Contact Joanne Hall at jjjahall@juno.com

Future topics: (These are still under consideration. The time, location and some of the presenters are to be determined):

Student Panel on Teen Life. Students will present what they wish they knew before junior high and high school. What they wish their parents knew about their world? What kind of support parents can provide? Moderated by Ken Wong and Jeannine Ewing

Ken Wong presents **Strategies for Maintaining the Parent-Teen Relationship When Emotions Run High** *Are emotions running higher than they have in the past? Are you sometimes flustered on how to manage certain situations?* Come learn how teens react and cope with challenges & relationships. How do your reactions impact your teen? Ken will discuss dealing with anger, frustration, and the highs and lows of this tremendous growth period.

Susan Quattrociocchi, Ph.D presents **The Power of Parents** This presentation will cover the importance of continued parent involvement in the middle school years (grades 6 -9). How to help adolescents make successful transitions, based on their individual talents, interests and skills, as outlined in Dr. Quattrociocchi's book, "*Help! I have a Middle Schooler.*" Dr. Quattrociocchi is former Director of the Washington State Initiative, *A Call to Parents: How to Cut the High Costs and High Risks of Education After High School* and the Northeast Tech Prep Consortium, located at Bellevue Community College. A popular national speaker and writer, Susan is a respected authority on the power of parental involvement and the educational/career needs of young people.

Teen Stress *Who is at risk? As a parent, how do you recognize the signs?"* What are the sources of stress in teens' lives? What are the risk factors and which factors can you influence as parents? What are common outlets for stress – the good, the bad & the dangerous? There maybe some surprises here. (Speaker to be determined.)

The Risky Business of Adolescence: Teen risk taking & experimentation. What problem behaviors are most common in a community like ours? Who is likely to participate? Leaders, followers & group thinking. Come hear a panel discussion of substance use & abuse; driving & speeding problems; and messy, dangerous or costly pranks. What can parents influence to keep their children safe? What if your teenager's friend is in trouble? Learn how to communicate if your student makes a bad choice or a series of them & how to establish age appropriate limits and consequences. (This would be a high school focused presentation; a junior high level presentation would have a slightly different focus; panel members to be determined.)