

Bedford Youth & Family Services  
Town Center  
12 Mudge Way  
Bedford, MA 01730-2171

Current Resident  
Bedford, MA 01730

BULK RATE  
U.S. POSTAGE  
PAID  
PERMIT NO. 42  
Bedford, MA 01730


## TOWN OF BEDFORD

### PARENT\* EDUCATION SERIES

\*Grandparents and All Interested Community Members are welcome and encouraged to attend

### Fall - Spring 2009-2010

- Doin' the Right Thing
- Separation Anxiety
- Understanding Pre-School Development
- The Parents We Mean to Be
- H.E.L.P. Follow-Up
- Building Resilience in Young Children
- Effective Parent-Teacher Conferences
- Birth Order and Your View of the World
- Lost At School
- Managing Daily Transitions
- The Art of Encouragement
- Cyber Safe Kids
- Positive Discipline
- H.E.L.P! How to Enjoy Living with a Pre-Adolescent



**Coordinated By:**  
**Bedford Youth & Family Services**  
**Questions?**  
**781/275-7727**



**PLEASE MARK YOUR  
CALENDARS**

### DOIN' THE RIGHT THING

**Speaker: Deanna's Educational Theater**

When: Thursday, September 17, 2009 Time: 6:00 - 7:00 p.m.

Location: John Glenn Middle School (JGMS) Auditorium

Target Audience: Middle School Parents but open to all.

To kick off the annual JGMS Open House and give parents a sample of performances students saw earlier in the day, Deanna's Educational Theater will be presenting "Doin' the Right Thing," a bullying and harassment prevention program. The performance focuses on helping kids stick up for themselves and for others and works towards creating a bully-free community. It is compatible with the "Girl Chat" and "Step Up" performances students saw earlier in the day.

*Deanna's Educational Theater is an innovative, arts-based organization that develops and produces educational theater and other programs for diverse audiences to promote healthy relationships among peers, partners, and families to strengthen communities.*

Sponsored by John Glenn Middle School

### SEPARATION ANXIETY

**Speaker: Patricia Marquis**

When: Wednesday, September 23, 2009 Time: 7:00 - 8:30 p.m.

Location: A Place to Grow, 402 Concord Rd., Bedford

Target Audience: Parents of Pre-School through 5th Grade.

Parents will be given an understanding of what drives a child's anxiety during moments of separation and learn the typical reactions young children have in this process. We will discuss events and changes at home that may impact a child's ability to cope with separation as well as practical solutions for easing a child's transitions and their anxiety.

*Patricia Marquis is a seasoned LICSW with an expertise in the field of early childhood. Over the past 20 years she has provided counseling to individuals, couples and families and served as a consultant and workshop facilitator for local family organizations.*

Sponsored by Bedford Family Connection and A Place to Grow



### UNDERSTANDING PRE-SCHOOL DEVELOPMENT

**Speaker: Dr. Rachel Kramer**

When: Thursday, October 15, 2009 Time: 7:00 - 9:00 p.m.

Location: LEAP School, 376 Concord Rd., Bedford

Target Audience: Parents of Pre-School Children.

This seminar will educate parents about the psychological development of young children and will present activities and parenting strategies designed to support social and emotional development and encourage development of positive family life. Daily rituals and routines will be discussed with a focus on problem solving routines that are not working well.

*Dr. Rachel Kramer is a Clinical Psychologist in private practice in pediatric psychology in Concord, providing psychotherapy and consultation to children, adolescents, and their families. She teaches parenting seminars at several local pre-schools and provides individualized parent education to parents of toddlers and pre-school aged children.*

Sponsored by the LEAP School



### THE PARENTS WE MEAN TO BE

**Speaker: Dr. Richard Weissbourd**

When: Wednesday, October 21, 2009 Time: 7:00 - 9:00 p.m.

Location: Bedford Town Hall Auditorium

Target Audience: All Parents.

The widespread desire of parents to be closer to their children - a heartening trend in many ways - and their intense focus on their children's happiness and achievements can turn children into self-involved, fragile conformists. Has our intention to be "positive parents" gone too far? Is praising our kids constantly good for a child's moral and emotional growth?

Come hear noted Harvard psychologist Richard Weissbourd discuss concrete strategies for raising moral and happy children and for avoiding the extremes of too much or too little involvement. His book will also be available for purchase and autograph.

*Dr. Richard Weissbourd is a child and family psychologist and on the faculty of Harvard's Kennedy School of Government and School of Education. He has served in advisory capacity on city, state, and federal levels on family policy and school reform and has written for numerous scholarly and popular publications.*

Sponsored by Bedford Youth and Family Services and the Friends of the Bedford Public Library

## H.E.L.P. FOLLOW-UP

**Speaker: Kathryn Yamartino**

When: Wednesday, October 28, 2009 Time: 7:00 - 8:30 p.m.  
Location: Town Center Mudge Room

Target Audience: Middle School Parents who have previously attended Dr. Yamartino's "How to Enjoy Living with a Pre-Adolescent".

NOTE: SIGN UP REQUIRED AND SPACE LIMITED  
Call 781/275-7727 to get your name on the list!

Are you one of the parents who has wanted to walk Dr. Yamartino out the door talking about your own unique son or daughter? Due to the number of parents with questions about their own child at Dr. Yamartino's large group events, she is offering a small group format to parents of middle school youth to discuss specific issues and problems with a trained professional.

*Kathryn Yamartino is a licensed psychologist and works with teens and their families at North Bridge Psychological Associates in Acton. She has been running well received programs in the area for about 15 years.*

Sponsored by Bedford Youth and Family Services

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## BUILDING RESILIENCE IN YOUNG CHILDREN

**Speaker: Dr. Rachel Kramer**

When: Tuesday, November 3, 2009 Time: 7:00 - 9:00 p.m.  
Location: LEAP School, 376 Concord Rd., Bedford

Target Audience: Parents of Toddlers and Pre-Schoolers.

This seminar will present activities and parenting techniques designed to foster resiliency in toddlers and preschoolers. Discussion will focus on how to teach young children healthy ways to manage stress and on strategies for improving children's coping skills.

*See Presenter Bio from October 15th, 2009.*

Sponsored by the LEAP School

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## EFFECTIVE PARENT-TEACHER CONFERENCES

**Speaker: Patricia Marquis**

When: Thursday, November 5, 2009 Time: 7:00 - 8:30 p.m.  
Location: A Place to Grow, 402 Concord Rd., Bedford

Target Audience: Parents of Pre-School through 5th Grade.

Parents will learn to understand the key components necessary to promote a positive parent-teacher partnership. Parents will learn specific strategies to use at parent-teacher conferences so that they can become an effective advocate for their child's needs.

*See Presenter Bio from September 23rd, 2009*

Sponsored by Bedford Family Connection and A Place to Grow

## BIRTH ORDER: HOW YOUR PLACE IN THE FAMILY AFFECTS YOUR VIEW OF THE WORLD

**Speaker: Jack Agati**

When: Wednesday, January 13, 2010 Time: 7:00 - 9:00 p.m.  
Location: LEAP School, 376 Concord Rd., Bedford

Target Audience: Parents of Children of all Ages.

This entertaining and informative program looks at the many characteristics associated with various positions in the family. Participants will gain a better understanding of the styles of their children's behavior and how to avoid potential conflict between their own styles of behavior and those of their children. We will identify many of the characteristics associated with family position and look at better ways to use the positive characteristics of each position.

*Jack Agati is a presenter and trainer in human relations and management. He has combined his education and experiences into a practical and common sense series relating to the Social Aspects of Business. For over 25 years as a professional speaker, he has a reputation of presenting useful and relative material combined with humor to make learning enjoyable.*

Sponsored by the LEAP School

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## LOST AT SCHOOL

**Speaker: Dr. Ross Greene**

When: Tuesday, January 26, 2010 Time: 7:00 - 8:30 p.m.  
Location: Bedford Town Hall Auditorium

Target Audience: Parents of Challenging Children of all Ages.

In many schools kids with social, emotional, and behavioral challenges are often poorly understood and treated in a way that can be at odds with what is now known about how they come to be challenging in the first place. The frustration and desperation felt by parents and teachers can be palpable. Parents know there is trouble at school, feel blamed, and can think their child is being misunderstood or mistreated. Teachers experience stress related to classroom behavior problems and often do not receive the extra support they need to help challenging students.

Come hear Ross Greene discuss how to make system changes that do not blame the kids, parents, or teachers and make positive, practical, realistic suggestions for change.

*Dr. Ross Greene is Associate Clinical Professor in the Department of Psychiatry at Harvard Medical School and originator of the Collaborative Problem Solving (CBS) approach, which was first articulated in his acclaimed book The Explosive Child. Dr. Greene consults extensively to general and special education schools, inpatient psychiatry units, and residential and juvenile detention facilities. He lectures widely throughout the world.*

Sponsored by Bedford Special Education Parents' Advisory Council and Bedford Youth and Family Services

## MANAGING DAILY TRANSITIONS AND ROUTINES - THE MORNING DASH

**Speaker: Patricia Marquis**

When: Wednesday, February 3, 2010 Time: 7:00 - 8:30 p.m.  
Snow Date: February 10, 2010

Location: A Place to Grow, 402 Concord Rd., Bedford

Target Audience: Parents of Pre-School through 5th Grade.

Parents will learn skills to help them manage daily transitions in family life by providing practical organizing tips and will help reduce stress (particularly during the morning timeframe) and elicit children's cooperation.

*See Presenter Bio from September 23rd, 2009*

Sponsored by Bedford Family Connection and A Place to Grow

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## THE ART OF ENCOURAGEMENT

**Speaker: Jack Agati**

When: Tuesday, February 9, 2010 Time: 7:00 - 9:00 p.m.  
Location: LEAP School, 376 Concord Rd., Bedford

Target Audience: Parents of Elementary Age Children.

How do we encourage a discouraged child? This often asked question must be answered to bring about long term changes in another's way of behaving. We need to look upon encouragement as a skill, an art that needs to be understood and practiced to be successful. Learn to distinguish between praise and encouragement as motivational tools, identify the three techniques that others will use to discourage us from encouraging them, and explore ways to avoid becoming discouraged in our efforts.

*See Presenter Bio from January 13th, 2010*

Sponsored by the LEAP School

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## MAKE SURE OUR KIDS ARE CYBER SAFE

**Speaker: Middlesex Partnerships for Youth  
Margie Daniels, Director and  
Onyen Wong, Assistant District Attorney**

When: Tuesday, March 2, 2010 Time: 7:00 p.m. - 9:00 p.m.  
Location: Bedford Town Hall Auditorium

Target Audience: All Parents and School Personnel.

The internet offers almost limitless opportunities to gain knowledge and make contact with others. When used appropriately, it is a powerful and positive tool. However, school staff and parents need to be aware of the risks inherent in this technology. Effective prevention and intervention strategies for parents and school staff and administrators will be outlined and discussed.

*Middlesex Partnerships for Youth, Inc., is a private, nonprofit organization affiliated with the Middlesex District Attorney's Office and designed to foster collaboration among community leaders, public safety agencies, and educators to safeguard students in Middlesex County. Bedford Public Schools is a member of the Partnership.*

Sponsored by Middlesex Partnerships for Youth, Bedford Public Schools and Violence Prevention Coalition of Bedford (VPC)

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## POSITIVE DISCIPLINE

**Speaker: Patricia Marquis**

When: Wednesday, April 7, 2010 Time: 7:00 - 8:30 p.m.  
Location: A Place to Grow, 402 Concord Rd., Bedford

Target Audience: Parents of Pre-School through 5th Grade.

Parents will learn to understand the developmental framework that drives their children's behavior and feelings. The goals of discipline will be identified and parents will be given practical strategies to elicit their children's cooperation and diffuse power and control issues.

*See Presenter Bio from September 23rd, 2009*

Sponsored by Bedford Family Connection and A Place to Grow

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## H.E.L.P! HOW TO ENJOY LIVING WITH A PRE-ADOLESCENT

**Speaker: Kathryn Yamartino**

When: Wednesday, April 28, 2010 Time: 7:00 - 9:00 p.m.  
Location: Town Center Flint Room

Target Audience: Parents of Middle School youth, especially first time 6th Graders and 5th Graders entering 6th in the fall.

Pre-teens may look older but their behavior can be erratic, emotional, and hard to predict. Families can have difficulty adjusting to the new dynamics in the household. Back by popular demand, Dr. Yamartino will address the range and motivation of early adolescent behaviors and offer concrete strategies for constructive parental response.

*See Presenter Bio from October 28, 2009.*

Sponsored by Bedford Youth and Family Services

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Cont. on next panel