

2007/2008 OLG Parenting Series

With

DR. STEVEN KAHN

10/2/07 8:45-9:45 am Transitions and Change: Guiding our kids from stress to confidence

All of our children experience transitions. Some will have a hard time separating from us for school or birthday parties. Others will struggle when they lose a grandparent, deal with a friend moving away, a family illness or start Middle School. We will focus on both the stress that affects all children with change, and how we can help our children try new things with confidence and a positive outlook, even in stressful situations.

11/6/07 8:45-9:45 am Acting Their Age? Understanding "inappropriate" behavior

What is the best way to understand and respond when our children behave in an inappropriate way that may be typical for their age and most likely explained by developmental realities? Join us to discuss which parenting strategies work to reduce the frequency of these problem behaviors without overreacting, and help us to determine when challenging behavior may require more attention and concern.

3/4/08 8:45-9:45 am Our Children's Potential: Tools that motivate and encourage

So much of our children's future is going to depend on how well they utilize their potential. Will they be organized and motivated to work hard and persevere? Will they have the planning skills to start projects early enough to assure high quality? Today's talk will focus on practical parenting strategies that will help our children be the best that they can be.

5/6/08 8:45-9:45 am Strong Children, Gentle Hearts

We want our children to be compassionate and sensitive to others. But simultaneously we hope that they will be strong enough to successfully navigate through the pecking order of childhood. Things happen: a birthday invitation doesn't come, recess is lonely, tears come easily. We can all learn from the shiny black coating that protects our pots and pans. Let's share strategies for teaching our children how to protect their boundaries and still retain a gentle heart.

Special evening presentation:

The Birds and the Bees: Important conversations with our kids

January 15, 2008

7-8:00 pm

While this is not always the easiest topic to address, it is important for our children to grow up knowing they can talk to us about anything, including their development as a sexual person. How do we have conversations with our children without them running from the room with their hands covering their ears? Most of us lack role models who were able to comfortably talk about human sexuality. With so much to say and a huge need to counter the cultural messages our children hear, the focus of this talk is on strategies to get the conversation started and how best to keep it comfortable for our children and for us.

For more information about Dr. Kahn please visit the OLG website at
www.olschool.net