

Sharing,  
Learning  
Supporting,  
Inspiring,  
Connecting

# PARENT / COMMUNITY Network

www.parentcommunitynetwork.com

## Save the Date



Saturday, February 2, 2013

Re-energize your parenting skills ...

### Quotes from PU 2012 Attendees!

*"Liked meeting other parents and having meaningful conversations about parenting."*

*"Your speakers were excellent and extremely knowledgeable."*

*"Very informative, useful information."*

*"It offers a variety of topics for parents/educators who have children of all ages."*

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Issue 19

Winter 2012-2013

## Project Happiness

*Parent University Continued: PCN hosted Midwest premiere viewing with Creator & Producer*



*Project Happiness* documents the lives of ordinary young people on an extraordinary journey to explore the nature of lasting happiness. On March 20, 2012, PCN hosted a free viewing of this documentary at LTHS – South Campus. The community was fortunate that the film producer and creator, Randy Taran, (*photo on left*) flew in and provided a background on the movie and stayed afterwards for Q&A.

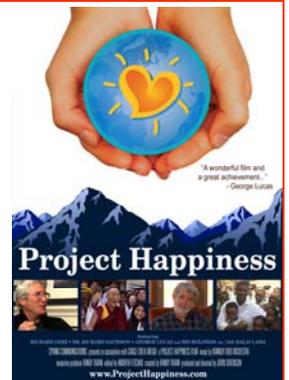
Mary McGovern, PCN board member, orchestrated bringing the film to the Chicagoland area for its premiere Midwest screening. Mary said, "We know that students and parents alike have stress in their lives which acts as an obstacle to happiness. One of our goals is to provide the tools or skill sets needed to deal with anxiety. The unique thing about *Project Happiness* is that it empowers the individual to develop these skills in their daily lives."

Inspired by the film, creator/producer Randy Taran has created a nonprofit called *Project Happiness* that teaches kids, teens and adults social and emotional life skills through school, university and online programs, book clubs, a workbook and an international outreach that is touching thousands of lives. Educators and parents can obtain the information at no or minimal cost at [www.projecthappiness.org](http://www.projecthappiness.org).

**At the end of the day, happiness is a choice, change is always possible and by changing ourselves we can change the world.**

*"Project Happiness explores what it means to be happy through a students' lens and challenges us all to question what makes us happy. It's an uplifting journey with 10 high school students as they delve into the meaning of happiness and see how their findings affect their outlook on education." --- Cindy Johanson, Executive Director, The George Lucas Educational Foundation"*

*"I was deeply moved and inspired by the Project Happiness film and believe it's vitally important to bring it to as many teacher educators, teachers, and secondary students as possible. It fulfills a deep and unmet need in education and promises to reduce suffering and increase compassion, understanding and happiness for all who heed its message." --- Steven Gelb, Dir. of Research for the Leadership Institute & Assoc. Dean of the School of Leadership and Education Sciences, Univ. of San Diego*



Go to [www.projecthappiness.org](http://www.projecthappiness.org) for the locations of film screenings and/or on how to host a screening with your friends. Check out the many tools & resources you can implement today! **Be a Change Agent!**

*Due to popular demand, one of the sessions at Parent University will be an overview of Project Happiness including clips from the movie and an introduction to their online class 7 Doors to Happiness!*

## MOTIVATING YOUR CHILD WITH EASE

By Melissa Black Ford, Parent Coach (PU 2013 Presenter)

### Help keep PCN going strong!

Volunteers are greatly needed to help with PCN and/or PU.

Contact Jeanne Widing,  
708.579.6507  
[jwiding@lths.net](mailto:jwiding@lths.net) or  
[pcn4lt@yahoo.com](mailto:pcn4lt@yahoo.com)

#### Some current needs are:

- Help with finalizing & communicating details & getting bios/session descriptions from each of the speakers.
- Coordinate with local organizations to have a free table in our resource room during the Parent University event.
- Organize donations of the snacks/beverages for Parent University event.
- Oversee volunteers who help the day prior and day of Parent University.
- Help coordinate our Parent University Continued event.
- Tabulate evaluation forms from PU sessions.
- Work with local media and schools on publicity & communication.

Visit our website for listing of all our volunteer needs.

[www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)

**Thank you!**

Please contact us if you can help or want to discuss.

Power Struggle. As parents, we know what that means. We ask our children to do something, anything and they don't! Instead, they whine, cry, ignore us or flat-out refuse when we tell them it's time for bed, or ask them to pick up their rooms, or do their homework, or get along with their siblings or . . .

*Why do power struggles start in the first place?*

Most of us believe it's our children's failure to do the simple things we ask, but if we dig beneath the surface the real culprit is our belief that we have no choice but to feel angry, frustrated or irritated (unhappy) when our kids won't do what we ask.

Truth be told, we do have a choice and feeling good first, before we tackle any concern, is a paradoxical strategy that delivers powerful results.

*Really? Feeling good, calm, comfortable is my first step?*

It's been my own parenting experience over the last 20 plus years (as well as the parents I coach) that choosing calm and comfort settles my mind, getting me out of

the power struggle with my child. From this place of ease, I have greater clarity about the important values I want to teach my child and a stronger commitment to stay the course especially during those challenging times.

*Okay, but how do I prioritize my good feelings?*

By taking a Step UP so you can access your thinking brain. Envision a ladder with four or five rungs. Climb this mental ladder, starting from the lowest rung of reactivity, fear and worry (often our normal problem-solving mode) and climb upward where we invoke our whole brain thinking. At the very top, out of the fray, we gain perspective. Here we harness our imaginations, feeling hopeful and inspired, creating powerful ways to parent our children.



**Step up from the power struggle to motivate your child with ease!**

[www.empoweredparentingsolutions.com](http://www.empoweredparentingsolutions.com)

## POSITIVE PEER RELATIONSHIPS

Reprinted courtesy of Healthy Communities • Healthy Youth initiative

We often think of "peer pressure" only as a negative influence. But researchers at the University of Michigan Institute for Social Research found that in a study of 1,500 adolescents, **peer pressure was usually more positive than negative.**

Friends were more likely to support each other's efforts to do well than to encourage risky behaviors.

### Their Friends - Talking Tips

- Talk with your child about her or his friends. Ask questions to find out what they're like.
- Get to know your child's friends and their families. Point out what you like about them.
- Don't jump to conclusions based on what friends look like.
- Avoid criticizing friendships that seem negative to you, but be honest when you're concerned about a relationship.

### Guide to Choosing Friends

Use this checklist *with your child* to evaluate each friend. Discuss with your child what each word means:

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Responsible  | <input type="checkbox"/> Sharing     |
| <input type="checkbox"/> Loyal        | <input type="checkbox"/> Encouraging |
| <input type="checkbox"/> Confidential | <input type="checkbox"/> Reliable    |
| <input type="checkbox"/> Fair         | <input type="checkbox"/> Sensible    |
| <input type="checkbox"/> Trustworthy  | <input type="checkbox"/> Open-minded |
| <input type="checkbox"/> Caring       |                                      |

### Discussion Points

Questions to discuss with your child:

- What do you like most about your friends?
- How do your friends handle conflict when it arises?
- How do you feel when you're with your friends? Do they bring out the best in you? Do you bring out the best in them?

## NUMBERS 'SPEAK' VOLUMES



Cell phones are the **#1** form of communication for teens.

*(Pew Internet & American Life Project, 2010)*

More kids have cell phones than ever before:

8 - 10 year olds: **31%**  
11 - 14 year olds: **69%**  
15 - 18 year olds: **85%**  
*(Kaiser, 2010)*

**60**

Average # of texts teens send and receive each day. *(Pew Internet & American Life Project, 2011)*

**23**

# of times more likely to crash if texting while driving. *(Nat'l Hwy Transportation Safety Admin)*

**77**

% of young adults who say they are very or somewhat confident they can safely text while driving.  
*(www.textinganddrivingsafety.com)*

**48**

% of kids age 12-17 who say they have been in the car while the driver is texting.  
*(www.textinganddrivingsafety.com)*

Are you receiving email alerts from Parent Community Network?  
Be sure to subscribe on our website home page to ensure you receive periodic emails with links to the latest parenting articles and updates on our events.

## GETTING HEROIN OUT OF OUR COMMUNITIES

*By Andy Wentling, Manager of Curriculum and Instruction at Robert Crown Center*

Suburban families have been alarmed by headlines regarding the heroin crisis in the Chicago suburbs and the impact on the users, their

families, and the community at large who suffer increased crime and the taxing of public health resources. However, the good news is, **together we can all take simple steps to help reverse this trend and prevent one more child from using.**

Some important ideas to consider:

- According to research, there is a link between drug abuse and mental health issues such as depression, bipolar disorder, and social anxiety disorders. Parents, coaches, and youth leaders can learn signs and symptoms and get kids help if they need it.
- Early academic struggles, or conversely, pressure to succeed can be a precursor to drug abuse. Providing access to resources such as tutoring not only helps a child academically but decreases their risk of drug abuse.
- There has been a drastic rise in prescription pain medication abuse among teens. Research links use of those pills to heroin use. Parents can help by supervising a child's use of pain medication and properly disposing of any unused prescriptions.
- According to Partnership for Drug Free.org, 90% of addictions start in the teen years, and 50% could be prevented by talking to kids. For more detailed information about what to say and when to say it, check out The Partnership at [www.drugfree.org](http://www.drugfree.org) or [www.robertcrown.org](http://www.robertcrown.org).

Families who have struggled with heroin addiction share that it has a life-long impact on those affected. It can happen to anyone, even loving, caring families. Look for the signs, trust your gut, and talk to your kids.

As part of a community prevention model addressing heroin use, the Robert Crown Center for Health Education is dedicated to providing information to students, parents and the people important in a child's life. We believe that efforts to raise awareness and get those vital conversations started will provide an important basis for prevention education.

Visit [www.robertcrown.org](http://www.robertcrown.org) for more information concerning how you can learn how to reverse this alarming trend.



**The Robert Crown Center will have information in the Resource Room at Parent University.**



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Visit our  
Website

[www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)

Are you on



We are. **Like us.**

[www.facebook.com/  
pages/  
Parent-Community-  
Network/](http://www.facebook.com/pages/Parent-Community-Network/)

*Parent Community Network (PCN) is a volunteer group made up of parents, educators and community members from the Lyons Township area, who share the goal of ongoing parental education and support for each other to raise healthy, well adjusted, substance abuse-free and violence-free children.*

*Through Parent University (PU) and other educational programs, newsletters and social media, Parent Community Network's (PCN's) mission is to enhance communication, sharing of information and support among parents, schools, and other community groups in promoting and creating a healthy and safe environment for our youth.*

*PCN encourages parents to learn, connect and talk with one another and their children, keeping the lines of communication open.*

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Permit No. 86



**Keynote  
Speaker  
Char  
Wenc**

Author & Nat'l  
Speaker

8:00 - 9:15 am

***Parenting is Not for Wimps***

***Plus Choice of 3  
Breakout Sessions***  
9:30 am - 1:30 pm

***Plus*** Resource Room with  
donated snacks & tables from  
Community Organizations.

***Plan to spend the morning  
learning and talking with  
other parents/teachers.***

*Cost is just \$20 in advance.  
Sign up early.*

## 16th ANNUAL PARENT UNIVERSITY

Saturday, February 2, 2013 ~ LTHS South Campus,  
Western Springs, IL

***Learn and Connect with other Parents/Educators***

### ***20+ Breakout Session Topics including:***

- Drugs in the Suburbs
- The Wired Generation
- Project Happiness
- Motivating Children
- Tears, Tantrums & Battles
- Birth Order & Personality
- Teaching Kids that Money & Chores Matter
- Impact of Fathers
- Positive Peer Relationships
- Single Parenting
- Building Resilience
- Parenting Strategies for Preschoolers
- Creating Healthy Relationships w/ Kids
- Reducing Student Anxiety
- Adolescents: What's Normal Behavior?
- Straight Talk about Sex
- Time Mgmt Tips
- College Readiness

### ***And NEW this year:***

*Parent Forum to share, discuss and ask questions on Middle School issues.*

***Brochure & Registration Information available mid  
December on our website and through your school.***