

Family

CENTRAL

Volume 9, Issue 4



Grosse Pointe • Harper Woods
Enrichment programs
for families & professionals

2009-10 to provide myriad reasons to CELEBRATE 9!!

Dear Friends of The Family Center:



The Family Center is excited to be entering our 9th year of service to the Grosse Pointes and Harper Woods communities!

The Family Center's mission is to promote a deeper understanding of the role of parents and others in supporting our youth to become competent, caring and responsible community members by providing live, face-to-face time with experts delivering information on timely topics. We serve as a community resource hub, providing parents, caregivers and professionals with access to information from local experts in many areas, including mental health, pediatrics, dentistry and other organizations.

The Family Center is a 501(c)(3) organization that relies heavily on donations from individual donors, family foundations, organizations and businesses. We are a local, community-based organization whose goals are geared to benefit our local community. By supporting The Family Center, you, in turn, support your community. Consider donating "local" this year by supporting The Family Center.

The Family Center is excited about the extensive list of excellent programs we have assembled for the 2009-10 year! Parenting is a difficult job; it doesn't come with a handbook. The Family Center keeps its pulse on the needs of parents and caregivers and responds with programming to meet these needs.

2009 - 2010 program calendar:

- Are Your Kids At Risk? Substance use awareness presentation (Sept. 29).
- Eliminate Stress at Home and in Your Life (Oct. 8)
- College: Demystifying the College Process (Nov. 3).
- Kindergarten: Get Ready! (Nov. 19).
- Meet & Greet for School and Mental Health Professionals (fall 2009).
- Play Central (November-April).
- Kindergarten: Successful Transition (Feb. 2).
- Face-time vs. Facebook: Healthy Relationships "Mothers & Daughters" (Feb 10).
- Forty Developmental Assets (March 3).
- Behavior Management (March 10).
- Is My Child on the Spectrum? (March 17).
- Toilet Training & Bedwetting (March 24).
- Middle School: Successful Transition (spring 2010).
- Coming of Age: Legal & Health Aspects of Turning 16, 17, & 18 (spring 2010).

- Meet & Greet for School & Mental Health Professionals (spring 2010).
- ChariTea Bear's Tea Party (May 16).

The Family Center partners with local hospitals and other agencies for additional quality, expert advice and programs on topics, ranging from toilet training to sports injuries. The Family Center also has an extensive website, www.familycenterweb.org, which provides additional resource connections and information.

The Family Center's Goal for our **CELEBRATE 9!!** campaign is to raise \$90,000 over the 2009-10 year so we can continue to provide our community with valuable, quality programming and resources for the purpose of supporting families.

Please help us meet our goal! By contributing to The Family Center, you are in turn, supporting your local community.

Thank you,

Lisa Khoury, Ed.S.
Board President

Thank you to our donors for their gifts to support The Family Center.

IN-KIND

Colortech Graphics
Sylvan Learning Center

CELEBRATE 8!!

Nola Tutag, LIBRI

KROGER Community Rewards Program (as of 7.31.09)

Joanne Dennis
Deborah Liedel
Louis & Helen Liedel
Jean McCarthy
Terry & John Minnis

Beth & Joe Moran
Marie Reinman
Lionel Ripepe
Mary Lou & Carl Schulte
Virginia Slongo

Diane Strickler
William Volken

Play Central Plus! now at Barnes School

ASK THE EXPERT: Carla Whitton

Q: It's already fall, and the weather makes it hard to get my little ones outside. Do you have any advice on how to survive the fall and winter with them?

A: Young children certainly have limitless amounts of energy. Many parents begin to feel cooped up when the weather gets cooler. There are lots of great indoor options for poor-weather playtime. Most parents have tried out McDonald's playland, Pump It Up, and Eastland's play area. Why not try something new?

One great local choice many people don't know about is Play Central. Play Central is a drop-in open playgroup run by The Family Center. The program begins each year in November when it's too cold most days for playgrounds. On Tuesdays, we meet in the upstairs gym at The Neighborhood Club. On Wednesdays, we meet in the gym at Barnes Early Childhood Center. Both groups run from

9 to 11 a.m. It costs just \$3 each visit for the whole family.

The format is open, so you can let your child's interests direct you. You will both enjoy having a large selection of toys that are new to you. It's a great opportunity for young children to run around and practice their large motor skills, and, of course, run off, or crawl off, some of that energy! Your child may even make a great new friend. Children will practice their social skills and you can chat with other adults. All caregivers are welcome; we have moms, dads, grandparents and nannies.

Some participants come once a month; some come every Play Central session and some even invite all their friends or mom's group to meet there. We are offering a new Play Central Plus! on Wednesdays this year. When you come to Barnes, you will have the option to join a structured Play Group led by

Barnes preschool teachers. They will offer circle time and various activities based on that week's theme. This is a wonderful opportunity for your child to get a taste of preschool while maintaining the comfort of their caregiver's support. If your child isn't in the mood for structure that day, just come on down the hall back to the gym.

Play Central is a fun, flexible, and affordable program designed for young children and their caregivers. Be sure and check it out with your little ones this winter!

Carla Whitton is the Play Central coordinator and is a certified elementary school teacher with an endorsement in early childhood education.



Kindergarten: 1st-grade skills are now the norm

ASK THE EXPERTS: Deb Kraft, Dorothy Heitjan and Linda Whitman

It is vital in the preschool years to provide your child with the experiences that will build the foundation for later success in school. One must keep in mind the amazing developmental changes that occur in a child's body and brain during the preschool years.

In order to help your child build these neural connections, parents should provide:

- A variety of hands on experiences — dig in the dirt, cook, build.
- Unstructured time to move and use the body — play on the playground, jump, swing, run.
- Use toys that encourage imagination or thinking — plain blocks, old clothes for dressing up.
- Limit screen time — TV, computer, handheld devices
- Establish a good home routine — healthy meals and snacks, set bedtimes.

Kindergarten is your child's first experience in a formal education setting. Kindergarten bridges working one-on-one with parents and working together with peers in small and large groups.

Excellent kindergarten programs address the social, emotional, and the academic needs of your child. They provide opportunities for your child to play and learn in structured and unstructured situations. Kindergarten provides hands-on experiences to enable your child to connect what they already know to their new learning.

However, kindergarten has changed drastically in the last 10 years. Expectations include many former first-grade skills. Michigan Kindergarten State Guidelines and Expectations (GLCEs) now include reading and writing. Sight words and emergent spelling skills are included. Knowing what a word and even what a sentence looks like in a story as well as reading and writing their own words and thoughts are expectations. These skills are at the emergent or beginning level.

There are also new GLCEs for math, social studies and science. Our students will recognize characteristics and patterns, know numerals to 100, count by twos and fives to thirty, and express story equations with drawings and numbers.

Enroll your child at your school district's administrative offices. You will need to provide a birth certificate, immunization records and physical examination forms (in September), and proof of residency. You should enroll your child as early as possible. By enrolling your child, you are placed on the public school mailing list and will receive important information by mail.

When enrolling your child, you may have to choose between programs. Current kindergarten programs include the traditional half-day program as well as all-day programs (ADK) or extended day programs (EDK).

Until then, enjoy talking, playing, riding, cooking, building, and exploring with your child every day!

Deb Kraft is a kindergarten teacher; Dorothy Heitjan is an early childhood teacher and speech Pathologist; and Linda Whitman is a teacher's assistant. They are all with the Grosse Pointe Public School System. They will be presenting "Kindergarten: Get Ready!!" on Thursday, Nov. 19, at 7 p.m. at Barnes Early Childhood Center. "Successful Transition into Kindergarten" will be presented on Feb. 2, 2010. To register, call 313.432.3832. \$5 admission fee at door.

Mothers & daughters: Face-time vs. Facebook

ASK THE EXPERT: Sean Hogan-Downey, LMSW, LMFT

Q: I have a daughter who is always busy, how can I get her attention?

A: "I'm not yelling at you – I'm just talking." Sound familiar? One of the most complex, challenging, confusing, rewarding and meaningful relationships in life can be found between mothers and their daughters.

Connected mothering requires being truly present and focusing; listening without judgments, which includes managing body language that is disapproving or judgmental; asking questions and validating feelings, which does not mean that there is agreement, only that she is truly heard.

Remember you are not your daughters "BFF." Mothers need to be a model to help daughters make positive choices in friends, care/protection of her body and helping her regulate emotions.

Your daughter wants to take control of her future by experimenting with new feelings, attitudes and behaviors, which is normal and healthy development. However, if Mom steps in with a parenting style that feels like "smothering" or "helicopter parenting," rebellion is worsened. "Backbone parenting" helps tune into your daughter's changes and react appropriately. Navigating between "girl world" and "parent planet" is a daunting task. Daughters need mothers who set limits with appropriate consequences and are consistent with them.

Sean Hogan-Downey, LMSW, LMFT is a Licensed Master Social Worker and Licensed Marriage and Family therapist. She has been in clinical practice for over 30 years. For over 10 years, she has had the pleasure of working at Grosse Pointe Academy as staff consultant and school counselor. Sean is a member of the Youth Program Planning Committee of The Family Center. Ms. Hogan-Downey will present "Face-Time vs. Facebook" on Feb. 10, 2010. See calendar below for complete information.



Programs & Resources

DID YOU KNOW?

That we now have DVDs from several of our programs available for check-out at the Grosse Pointe and Harper Woods public libraries?

Here are the titles of our 17 DVDs currently available:

- Remarried Families: Making the Most of the Holidays
- Promoting Maturity
- Depression in Children & Adolescents
- Drinking, Smoking & Parties
- How to Say "No": The Difference Between Enough and Too Much
- How Much is Enough? Raising Likable, Responsible, and Respectful Children
- In Tune with Your Child's Temperament
- Parenting with Love & Logic
- Getting Ready For College: Promoting Healthy Independence
- Immunizations: The Myths, The Facts, The New
- Promoting Sexual Responsibility in our Adolescents: A Panel Discussion with Parents & Professionals
- The Pressured Child
- Expectations & Consequences: The Importance of Collaboration When Establishing Limits
- Child Predators: Hidden Dangers on the Internet
- The Moody Adolescent: What's Normal and What is Not
- Recognizing the Signs of Autism, ADHD and Learning Disabilities
- How to Survive Parenthood Without Losing Your Mind or Your Marriage

PLAY CENTRAL

A place for parents, grandparents and all caregivers to play with their children while socializing.

- **Tuesdays**, starting Nov. 4, from **9 to 11 a.m.**, at The Neighborhood Club upstairs gym.
- **Wednesdays**, starting Nov. 5, from **9 to 11 a.m.**, at Barnes Early Childhood Center gym. Fee is \$3 a session per family. No registration required.

KINDERGARTEN: Get Ready!!

An annual presentation by professionals on preparing young children for kindergarten today. (A second presentation regarding making a successful transition into kindergarten is planned for Feb. 2, 2010.)

Thursday, Nov. 19, 6:30 - 8:30 p.m.

Barnes Early Childhood Center 20070 Morningside Drive, Grosse Pointe Woods
\$5/person. Register by Nov. 13 @ 313.432.3832

FACE-TIME vs. FACEBOOK: Learning to Communicate Off-Screen

A Conversation for Mothers & Daughters

Tuesday, Feb. 10, 6:30 - 8:30 p.m.

This special presentation will feature ways to enhance conversations between mothers and daughters.

Presenter: Sean Hogan-Downey, MSW

Grosse Pointe Academy Fieldhouse, 171 Lake Shore Road, Grosse Pointe Farms
No Fee. Refreshments & Dessert will be served. RSVP by Feb. 1 @ 313.432.3832

ASK THE EXPERTS with Beaumont Professionals

A series of four Ask the Experts presentations with Beaumont Professionals will be held on **Wednesdays in March** in the Connely Auditorium at Beaumont Hospital Grosse Pointe, 468 Cadieux Road, Grosse Pointe.

Dates and topics are:

- **March 3**, Forty Developmental Assets (ages 0-18)
- **March 10**, Behavior Management (ages 0-9)
- **March 17**, Is My Child on the Spectrum? (ages 0-9)
- **March 24**, Toilet Training & Bedwetting (ages 0-9)

All presentations begin at 6:30 p.m. and there is no fee.
RSVP 313.432.3832

To register or more information on all programs, call The Family Center at 313.432.3832, e-mail info@familycenterweb.org or visit www.familycenterweb.org for updated details on all presentations.

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HOLLY FEST

A holiday benefit to support The Family Center of Grosse Pointe & Harper Woods

Morans to chair upcoming holiday benefit for The Family Center



Beth and Joe Moran of Grosse Pointe Farms have agreed to be this year's honorary chairpersons of The Family Center's seventh annual HOLLY FEST benefit dinner and auction. The event is the signature fundraising event for The Family Center.

"It is truly an honor to be part of an organization," said Joe and Beth Moran, "where everyone is working towards the same goal: 'building healthy, resilient, successful kids ... together.'"

This year's HOLLY FEST, which typically is a sold-out event, will again be held at the Grosse Pointe Club — "The Little Club" — in Grosse Pointe Farms on Thursday, Dec. 10. Cocktails begin at 6 p.m., followed by dinner at 7 p.m. A silent auction will run from 6 to 8 p.m., followed by a live auction from 8:30 to 9:30 p.m. General admission tickets are \$80. Friends of HOLLY FEST tickets are \$175 each and include prominent listing in the benefit program. Patrons of HOLLY FEST level is \$500 and includes 2 tickets and prominent listing in the program.

Sponsorships, including HOLLY FEST admittance and/or listing in the evening's program are \$100 for Supporters, \$500 for Patron Sponsors (includes two tickets), \$1,000 for Partners (includes four tickets), \$2,500 for Benefactors (includes six tickets), and \$5,000 for Title Sponsor (includes 10 tickets).

Donated auction items, including decorated and themed trees and wreaths and other appropriate items, are sought and welcomed.

For tickets, sponsorship information or to donate items for auction, please call The Family Center at 313.432.3832. Information is also available at www.familycenterweb.org.

SAVE THE DATE – HOLLY FEST
Thursday, Dec. 10 – The Grosse Pointe Club

\$80/person, \$175/Friend of HOLLY FEST

6 p.m. Cocktails and Hors d'oeuvres

7 p.m. Dinner

6 - 8 p.m. Silent Auction

8:30 - 9:30 p.m. Live Auction

Tickets limited • RSVP 313.432.3832.