

North Clackamas School District



**Parent
Institute**

where love meets learning

Saturday, February 28, 2009
drop in from 8 a.m. to 3 p.m.

Alder Creek Middle School
3801 SE Webster Road,

Register at:
www.techcadre.com/parentinstitute
503-353-6040

free classes for all parents

5 Changes Your Family Can Make to Boost School Success

The changes you make at home can have a big influence on improving your child's success in school. It's easier than you think!

Understanding Children's Brain Development

The science of brain development is driving changes in education. Studies show there are optimal ages for children to learn language skills, motor skills, music, & abstract reasoning. Take advantage of windows of opportunity to teach these new skills at the best time.

Turn off the TV

Studies show that children who are physically active tend to concentrate better in school and are more likely to avoid obesity throughout life. Find out how watching TV affects a child's brain development and learn strategies to get your family off the couch and on the road to fun & fitness.

Education Strategies for Students with Autism

Find out successful techniques to work with students who have Autism Spectrum Disorder that will help in the classroom and at home.

Raising Healthy Eaters

Good nutrition boosts school performance and behavior. Make healthy foods fun by offering kid-friendly choices & getting picky eaters involved in gardening & cooking.

MySpace & Cyberspace / Internet Safety for Kids

The internet is an essential research tool for today's students, but computers can also provide teens with instant access to inappropriate materials. County Detective Jeff Green provides parents with strategies to keep kids safe.

Understanding Parental Guilt & Enabling

Empower yourself as a parent by understanding the psychological factors that make it hard to say no to your children.

How to Stop Bullying

Learn effective, pro-active ways to stop bullying. Help encourage positive peer interactions & inclusive friendships.

Student-Driven Homework

Motivate students to take responsibility for homework, & learn ways to offer guidance while building independence.

Winning On & Off the Playing Field

Today's youths are dropping out of sports at an alarming rate. This session, sponsored by the Positive Coaching Alliance, provides practical tools to get coaches, parents, & leaders on the same page about what it means to honor the game.

Success Strategies for Students with ADHD

Learn strategies parents and teachers can use to help children with Attention Deficit/Hyperactivity Disorder succeed in the classroom.

Accommodations for Students with Special Needs

Develop an Individual Education Plan or 504 Plan for your child's special needs.

Saving for College

Whether your child is in diapers or in high school, it's never too late --or too soon-- to save for a college education. Find out more about 529 Plans and other ways to set aside funds for future college costs while receiving tax benefits.

Dealing with Behavior Problems

Discover strategies to prevent behavior problems before they start, and motivate your child to be on their best behavior.

How to Build and Follow a Family Budget

Learn practical strategies to help your family live within their means, and save for important things such as music lessons, family vacations, your child's college education, and your own retirement.

Don't Complain -- Advocate!

Learn ways to advocate for your child so teachers, counselors, and administrators will listen and work with you to find a workable strategy that meets your unique needs.

You Can Make a Difference: Prevent Child Abuse & Neglect

How to spot child abuse, sexual abuse, and neglect, and how to make sure children get the protection they need. Presented by The Children's Center of Clackamas County.

