



**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 on-line:**  
**[www.techcadre.com/parentinstitute](http://www.techcadre.com/parentinstitute)**  
**503-353-6040**

## free classes for parents of elementary students

### Academic Issues

#### **Reading Readiness**

Build a foundation for reading, writing, and spelling by playing games with your child (age 5 to 8) to enhance phonemic awareness.

#### **Helping Your Child with Math**

Problem solving makes math meaningful. Find ways to help students explore multiple approaches to solving a math problem.

#### **Reading is Rocket Science**

Our new research-based reading curriculum builds grammar, writing, and spelling skills through literature. Discover the best ways to help your child make progress in reading.

#### **Finding the Writer in Your Child**

Follow your child's unique interests to make writing practice fun & productive through computer use, pen-pals, journaling, and more.

#### **Student-Driven Homework**

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

#### **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.

#### **ADHD**

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

# Behavior and Social Issues

## **Internet Safety for Kids**

Although the Internet is an essential tool for today's students, computers can provide children instant access to inappropriate materials. County Detective Jeff Green cautions parents about the dangers, while providing them with practical strategies to help kids avoid inappropriate web sites.

## **Parenting with Love & Logic**

This popular session offers proven strategies parents & teachers can use to help children grow from their mistakes & live with the consequences of their choices.

## **Smooth Transitions to Middle School**

Prepare your child to navigate the changes middle school brings, from multiple teachers & peer group cliques to choosing electives & building independent study skills.

## **Turn Off the TV: Keeping Your Child Physically Active**

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.

## **Beyond Sibling Rivalry**

How can parents & teachers work together to bring more harmony between siblings? Learn ways to avoid comparing siblings & find opportunities for siblings to build stronger relationships

## **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.

# Family Fun

## **Let's Get Creative!**

Family art projects help children boost creativity and self-expression, while giving you a fun way to connect with your child.