

**Mark your calendar now...**

# **LMSD Parent Education Program 2018–19**

LMSD's Health Services Department, InterSchool Council and our ten Home and School Associations are pleased to present another year of parent education programming for all the district's parents and guardians. The goal of this series is to bring together parents from across the district with experts on various topics around parenting. This year's series will include sessions on drug use, mindfulness, technology, suicide prevention and more.

## **Building Resilience and Self-Esteem for Elementary Children**

***Wednesday, October 3, 7pm***

***Gladwyne Elementary***

Self-esteem is central to success in life, and can be built, or damaged, at a very young age. We invite you to a presentation by Sherry Pomerantz, PhD, to learn how to support the growth of self-esteem and build resilience in elementary children. In her private practice Dr. Pomerantz works with children, young adults and families including those with self-esteem, body image and eating disordered behaviors.

During this session she will focus on skills to help children build resilience, deal with difficult situations and problem solve. Dr. Pomerantz's goal is to teach parents concrete ways to help young children increase feelings of empowerment. She will also address how parents can support development of positive body image.

## **Drugs and Young Teens**

***Wednesday, October 24, 7pm***

***Bala Cynwyd Middle School***

Drug use has become rampant in our society, with usage beginning very young age. We encourage parents of *4th through 8th graders* to join us as we welcome a team from The Caron Foundation who will provide information on current youth drug trends we are seeing in our community and the dangers to the developing brain and body. In addition, this action-oriented workshop will help:

- Empower parents and caregivers with effective communication skills when talking with their children about alcohol, tobacco and other drug use
- Educate us about the importance of establishing clear rules and consequences at home regarding substance use
- Evaluate resiliency factors that help protect kids from substance use
- Teach parents about how to identify local resources if addiction support is needed

## **Other Upcoming Parent Education Series Events:**

### ***Technology, Social Media and Elementary Kids***

Thursday, November 8 – Penn Valley Elementary

### ***The Hottest Topic You Know Nothing About: Vaping and Juuling***

Wednesday, December 12 – Lower Merion High School

### ***Talking to Your Children about News***

Thursday, January 17 – Merion Elementary

### ***Mindfulness and the Elementary Child***

Wednesday, February 27 – Cynwyd Elementary

### ***Preparing Your Child to Launch***

Tuesday, April 2 – Welsh Valley Middle School