

## **2007-2008 AUCP Continuing Education Offerings ONSITE and OFFSITE**

Please check back routinely as new offerings are added frequently.

### **Monday, October 29, 2007, 7:00 – 8:30 PM- OFFSITE**

**Title:** Part 3: The Language of Learning - Learning the language of math and literacy

**The Language of Parenting: how the words we use affect the children we love.** So often, we are told that we must buy a new device or set of toys so our children will learn and “get ahead” in life. During this workshop, you will learn that by simply adjusting the words that you choose, you can give a child the skills to be a good friend, a good student, and a happy kid! You will be introduced to Reflective Parenting, a journaling technique that fosters a sense of intention. You will learn in each of the sessions how to talk so your children become problem solvers and active learners. As a mother and a teacher, Susan Keightley, M.Ed leads the group with humor, stories, and a strong foundation in child development. You will be guided in making your own choices as a parent that reflect your personal parenting style.

**Monday, November 5, 2007 7:00-8:30 PM**

**Part 4: The Language of Self Esteem  
Creating a sense of self without creating a monster**

**Location:** Resurrection Children’s Center  
2280 Beauregard St.  
Alexandria, VA

**Fees:** \$35 per session, \$100 for the series (includes all supplies). Credit cards accepted online via paypal. Checks or cash at the door.

**Contact:** Register online now: [www.theparentconsultant.com](http://www.theparentconsultant.com)

### **Saturday, November 3, 2007, 9:00 AM – 3:00 PM - OFFSITE**

**Title:** Positive Discipline Workshop

**Overview:** Learn about using a positive discipline framework when working with children. Topics include I messages, empathy, intent, choices, consequences, catching children being good, stating directions in

UPDATED: 10/24/2007

the positive, types of praise, managing tantrums and whining, and the use of time-outs.

**Location:** Parenting Playgroups, Inc., 6161 Fuller Court, Alexandria VA 22310.

**Fees:** \$75/individual; \$100/couple

**Contact:** Dr. Rene Hackney, 703-922-0044, [www.parentingplaygroups.com](http://www.parentingplaygroups.com)

**Monday, November 5, 2007, 7:00 – 8:30 PM** - OFFSITE

**Title:** **Part 4: The Language of Self Esteem - Creating a sense of self without creating a monster**

**The Language of Parenting: how the words we use affect the children we love.** So often, we are told that we must buy a new device or set of toys so our children will learn and “get ahead” in life. During this workshop, you will learn that by simply adjusting the words that you choose, you can give a child the skills to be a good friend, a good student, and a happy kid! You will be introduced to Reflective Parenting, a journaling technique that fosters a sense of intention. You will learn in each of the sessions how to talk so your children become problem solvers and active learners. As a mother and a teacher, Susan Keightley, M.Ed leads the group with humor, stories, and a strong foundation in child development. You will be guided in making your own choices as a parent that reflect your personal parenting style.

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**Contact:** Register online now: [www.theparentconsultant.com](http://www.theparentconsultant.com)

**Wednesday, November 7, 2007, 7:00 – 9:30 PM** - OFFSITE

**Title:** Safe Community Coalition and Temple Rodef Shalom are pleased to present - Dr. Sidney B. Simon, Practical Strategies for Change

**Overview:** Dr. Sidney B. Simon, is Professor Emeritus, University of Massachusetts, and the author of over 10 books. He is

internationally known as a speaker, trainer and workshop leader, earning the reputation as an “educators’ educator.”

- Are you feeling “stuck” when it comes to your relationship with your child?
- How can you better negotiate issues with your teen?
- What are ways you can increase a child’s positive self esteem?
- Do your values lead the decision your family makes?

Please join us for a special evening featuring renowned educator Dr. Sidney B. Simon who will engage parents and educators in a discussion about values, choices, and decision making. He will bring to the community new insights into how to explore and impart responsible decision making to our youth. He will also address issues of negative criticism, self-esteem, family unity, and ways to reduce bullying in schools and public places.

**Location:** Temple Rodef Shalom  
2100 Westmoreland St.  
Falls Church, VA 22043

**Fees:** Tickets \$10 in advance or at the door

**Contact:** Pre-register at  
[http://www.safecommunitycoalition.net/up\\_events.php](http://www.safecommunitycoalition.net/up_events.php). For more information, contact Mimi Weisberg, LCSW, Safe Community Coalition Director at 703-298-0631

**Wednesday, November 7, 2007, 7:00 – 9:00 PM** - ONSITE

**Title:** Penguin Parent Night

**Overview:** Join parents and your child’s teacher for an informal, informative discussion.

**Location:** TBD

**Fees:** none

**Wednesday, November 7, 2007, 7:00 – 9:00 PM** - ONSITE

**Title:** Owl/Dolphin/Eagle Parent Night

**Overview:** Join parents and your child’s teacher for an informal, informative discussion.

UPDATED: 10/24/2007

**Location:** TBD

**Fees:** none

**Wednesday, November 7, 2007, 1:00 – 2:00 PM**- OFFSITE

**Title:** The Virginia Cooperative Preschool Council (VCPC) is sponsoring monthly sessions with Dr. Charmaine Ciardi from October 2007-April 2008. These meetings provide a time and place for cooperative teachers to discuss their issues or concerns regarding children, parents, or administration.

**Location:** Annandale Preschool

**Fees:** AUCP is a member of VCPC, fee unknown if any

**Contact:** For anyone wanting to be added to the email contact list for these meetings, please forward your e-mail address directly to [shewitt@capaccess.org](mailto:shewitt@capaccess.org).

**November 8, 2007, 6:30 – 9:30 PM**- OFFSITE

**Title:** Positive Discipline (1-4 years)

**Overview:** It's easier to prevent problems than it is to correct them. Establish healthy patterns early by understanding common behavior patterns and developmental issues, and setting realistic expectations and limits for your toddler/preschool child. Discussion will address meal and bedtime issues, temper tantrums, toilet training and age-appropriate discipline strategies.

**Location:** The Brown Building, 9735 Main Street, Fairfax, VA 22031

**Fees:** \$30/per person; \$50/per couple

**Contact:** Andrea Delma at [andrea.delma@fcps.edu](mailto:andrea.delma@fcps.edu) or 703-277-2625. Fairfax County Public Schools, Family Services and Involvement Section.  
**Advance registration required.**

**November 15, 2007, 6:30 – 9:30 PM**- OFFSITE

**Title:** How to Talk So Kids Will Listen

**Overview:** Looking for effective ways to communicate with your kids and get them to listen without having to yell or repeat yourself? Want your children to be able to open up to you about their problems and

UPDATED: 10/24/2007

concerns? Develop effective strategies for improving communication, building trust, and increasing respect and cooperation.

**Location:** The Brown Building, 9735 Main Street, Fairfax, VA 22031

**Fees:** \$30/per person; \$50/per couple

**Contact:** Andrea Delma at [andrea.delma@fcps.edu](mailto:andrea.delma@fcps.edu) or 703-277-2625. Fairfax County Public Schools, Family Services and Involvement Section.  
**Advance registration required.**

**November 17, 2007, 9:00 AM – 12:00 PM** - OFFSITE

**Title:** Common Issues: Potty Training, Mealtimes/Picky Eaters and Sleep Issues

**Overview:** One hour discussion on potty training methods and readiness, one hour on managing picky eaters and mealtimes, and one hour on approaches to building healthy sleep habits, bedtime routines and night wakings.

**Location:** Parenting Playgroups, Inc., 6161 Fuller Court, Alexandria VA 22310.

**Fees:** \$45/individual; \$ 60/couple

**Contact:** Dr. Rene Hackney, 703-922-0044, [www.parentingplaygroups.com](http://www.parentingplaygroups.com)

**Wednesday, November 28, 2007, 7:00 – 9:00 PM** - ONSITE

**Title:** Kangaroo/Koala Parent Night

**Overview:** Join parents and your child's teacher for an informal, informative discussion.

**Location:** TBD

**Fees:** none

**Wednesday, November 28, 2007, 7:00 – 9:00 PM** - ONSITE

**Title:** Panda Parent Night

**Overview:** Join parents and your child's teacher for an informal, informative discussion.

UPDATED: 10/24/2007

**Location:** TBD

**Fees:** none

**Wednesday, November 28, 2007, 1:00 – 2:00 PM**- OFFSITE

**Title:** The Virginia Cooperative Preschool Council (VCPC) is sponsoring monthly sessions with Dr. Charmaine Ciardi from October 2007- April 2008. These meetings provide a time and place for cooperative teachers to discuss their issues or concerns regarding children, parents, or administration.

**Location:** Spring Mar Preschool

**Fees:** AUCP is a member of VCPC, fee unknown if any

**Contact:** For anyone wanting to be added to the email contact list for these meetings, please forward your e-mail address directly to shewitt@capaccess.org.

**Saturday, December 1, 2007, TBD** - OFFSITE

**Title:** Join a facilitated discussion about the book “Last Child in the Woods: Saving our Children from Nature-Deficit Disorder” by Richard Louv.

**Location:** Campbell School  
737 S. Carlin Springs Road  
Arlington, VA 22204

**Fees:** will update

**Contact:** will update

**Monday, December 3, 2007, 7:00-9:00 PM**- ONSITE

**Title:** Kindergarten Readiness Panel

**Overview:** Join a local kindergarten teacher and experienced AUCP parents to learn how to navigate the kindergarten process. Time to start thinking about choosing a school and learning how to assess readiness.

**Location:** AUCP Activity Room

UPDATED: 10/24/2007

**Fees:** None

**Contact:** Look for a sign-up sheet in the lobby the week of the event.

**Monday, December 3, 2007, 6:30-9:30 PM**- OFFSITE

**Title:** Handling Anger in the Family

**Overview:** Everybody gets angry, but sometimes it's not easy for parents to deal with their own anger when their child is angry. Identify the underlying causes of anger and strategies for de-escalating anger – whether it's yours or your child's. Learn conflict resolution strategies to better enable you to resolve issues and disagreements without yelling or losing control.

**Location:** The Brown Building, 9735 Main Street, Fairfax, VA 22031

**Fees:** \$30/per person; \$50/per couple

**Contact:** Andrea Delma at [andrea.delma@fcps.edu](mailto:andrea.delma@fcps.edu) or 703-277-2625. Fairfax County Public Schools, Family Services and Involvement Section.  
**Advance registration required.**

**December 13, 2007, 6:30 – 9:30 PM**- OFFSITE

**Title:** Too Frazzled for Fun

**Overview:** Are the stresses of everyday life preventing you and your family from enjoying the time you have together? Are you so frazzled that you can't remember the last time you all laughed together? Learn to identify what's really important to your family, set realistic expectations for extracurricular activities, set aside quality, uninterrupted family time, and enjoy the moment.

**Location:** The Brown Building, 9735 Main Street, Fairfax, VA 22031

**Fees:** \$30/per person; \$50/per couple

**Contact:** Andrea Delma at [andrea.delma@fcps.edu](mailto:andrea.delma@fcps.edu) or 703-277-2625. Fairfax County Public Schools, Family Services and Involvement Section.  
**Advance registration required.**

**Saturday, December 8, 2007, 9:00 AM – 3:00 PM** - OFFSITE

**Title:** Positive Discipline Workshop

UPDATED: 10/24/2007

**Overview:** Learn about using a positive discipline framework when working with children. Topics include I messages, empathy, intent, choices, consequences, catching children being good, stating directions in the positive, types of praise, managing tantrums and whining, and the use of time-outs.

**Location:** Parenting Playgroups, Inc., 6161 Fuller Court, Alexandria VA 22310.

**Fees:** \$75/individual; \$100/couple

**Contact:** Dr. Rene Hackney, 703-922-0044, [www.parentingplaygroups.com](http://www.parentingplaygroups.com)

**December 17, 2007, 6:30-9:30 PM** - OFFSITE

**Title:** How to Talk So Kids Will Listen

**Overview:** Looking for effective ways to communicate with your kids and get them to listen without having to yell or repeat yourself? Want your children to be able to open up to you about their problems and concerns? Develop effective strategies for improving communication, building trust, and increasing respect and cooperation.

**Location:** The Brown Building, 9735 Main Street, Fairfax, VA 22031

**Fees:** \$30/per person; \$50/per couple

**Contact:** Andrea Delma at [andrea.delma@fcps.edu](mailto:andrea.delma@fcps.edu) or 703-277-2625. Fairfax County Public Schools, Family Services and Involvement Section.  
**Advance registration required.**

**Wednesday, January 9, 2008, 1:00 – 2:00 PM**- OFFSITE

**Title:** The Virginia Cooperative Preschool Council (VCPC) is sponsoring monthly sessions with Dr. Charmaine Ciardi from October 2007- April 2008. These meetings provide a time and place for cooperative teachers to discuss their issues or concerns regarding children, parents, or administration.

**Location:** Dulin Methodist Church

**Fees:** AUCP is a member of VCPC, fee unknown if any

UPDATED: 10/24/2007

**Contact:** For anyone wanting to be added to the email contact list for these meetings, please forward your e-mail address directly to shewitt@capaccess.org.

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**THURSDAY, JANUARY 31**  
**DEADLINE: 4 HOURS CONTINUING EDUCATION FOR CO-OPING PARENTS**

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**Wednesday, February 6, 2008, 1:00 – 2:00 PM-** OFFSITE

**Title:** The Virginia Cooperative Preschool Council (VCPC) is sponsoring monthly sessions with Dr. Charmaine Ciardi from October 2007-April 2008. These meetings provide a time and place for cooperative teachers to discuss their issues or concerns regarding children, parents, or administration.

**Location:** Emmaus United Church of Christ

**Fees:** AUCP is a member of VCPC, fee unknown if any

**Contact:** For anyone wanting to be added to the email contact list for these meetings, please forward your e-mail address directly to shewitt@capaccess.org.

**February 14-16, 2008** - OFFSITE

**Title:** 52<sup>nd</sup> Annual Virginia Association for Early Childhood Education (VAECE) Conference  
“Relationships The Heart of the Matter”

**Location:** Reston, VA

**Contact:** [www.vaece.org](http://www.vaece.org)

**February 16, 2008, 9:00 AM – 12:00 PM** - OFFSITE

**Title:** Common Issues: Potty Training, Mealtimes/Picky Eaters and Sleep Issues

**Overview:** One hour discussion on potty training methods and readiness, one hour on managing picky eaters and mealtimes, and one hour on approaches to building healthy sleep habits, bedtime routines and night wakings.

UPDATED: 10/24/2007

**Location:** Parenting Playgroups, Inc., 6161 Fuller Court, Alexandria VA 22310.

**Fees:** \$45/individual; \$ 60/couple

**Contact:** Dr. Rene Hackney, 703-922-0044, [www.parentingplaygroups.com](http://www.parentingplaygroups.com)

**February 20, 2008, 7:30 – 9:00 PM**- OFFSITE

**Title:** Understanding and Responding to Anger in Children: A Road Map for Parents and Educators  
Maria Cohn, Ph.D., Clinical Psychologist, President and Clinical Director of Maria Cohn and Associates, Washington, DC

**Location:** The Lab School of Washington, 4759 Reservoir Road, NW, Washington DC 20007

**Fees:** \$15 per person/ \$20 per couple

**Contact:** 202-944-3083 or <http://www.labschool.org/kaiserpermanente.html>  
(can register online)

**Saturday, February 23, 2008, 9:00 AM – 3:00 PM** - OFFSITE

**Title:** Positive Discipline Workshop

**Overview:** Learn about using a positive discipline framework when working with children. Topics include I messages, empathy, intent, choices, consequences, catching children being good, stating directions in the positive, types of praise, managing tantrums and whining, and the use of time-outs.

**Location:** Parenting Playgroups, Inc., 6161 Fuller Court, Alexandria VA 22310.

**Fees:** \$75/individual; \$100/couple

**Contact:** Dr. Rene Hackney, 703-922-0044, [www.parentingplaygroups.com](http://www.parentingplaygroups.com)

**Wednesday, March 5, 2008, 1:00 – 2:00 PM** - OFFSITE

**Title:** Monthly sessions with Dr. Charmaine Ciardi. These meetings provide a time and place for cooperative teachers to discuss their issues or concerns regarding children, parents, or administration.

**Location:** Sleepy Hollow Preschool

UPDATED: 10/24/2007

**Fees:** AUCP is a member of VCPC, fee unknown if any

**Contact:** For anyone wanting to be added to the email contact list for these meetings, please forward your e-mail address directly to shewitt@capaccess.org.

**March 12, 2008, 7:30 – 9:00 PM**- OFFSITE

**Title:** How ADHD Boys and Girls Differ Academically, Neurologically, and Socially: Current Research  
Martha Bridge Denckla, M.D., Batza Family Endowed Chair,  
Director, Developmental Cognitive Neurology, Kennedy Krieger  
Institute  
Professor, Neurology, Pediatrics, Psychiatry, Johns Hopkins  
University School of Medicine

**Location:** The Lab School of Washington, 4759 Reservoir Road, NW,  
Washington DC 20007

**Fees:** \$15 per person/ \$20 per couple

**Contact:** 202-944-3083 or <http://www.labschool.org/kaiserpermanente.html>  
(can register online)

**March 15, 2008, 9:00 AM – 3:00 PM** - OFFSITE

**Title:** Early Academics

**Overview:** This discussion of early academics includes topics such as early reading, writing, math and science skills and activities, building academic motivation and attention span, kindergarten readiness, parental involvement and learning styles.

**Location:** Parenting Playgroups, Inc., 6161 Fuller Court, Alexandria VA  
22310.

**Fees:** \$75/individual; \$100/couple

**Contact:** Dr. Rene Hackney, 703-922-0044, [www.parentingplaygroups.com](http://www.parentingplaygroups.com)

**Wednesday, April 2, 2008, 1:00 – 2:00 PM**- OFFSITE

**Title:** The Virginia Cooperative Preschool Council (VCPC) is sponsoring monthly sessions with Dr. Charmaine Ciardi from October 2007- April 2008. These meetings provide a time and place for

UPDATED: 10/24/2007

cooperative teachers to discuss their issues or concerns regarding children, parents, or administration.

**Location:** Providence Preschool

**Fees:** AUCP is a member of VCPC, fee unknown if any

**Contact:** For anyone wanting to be added to the email contact list for these meetings, please forward your e-mail address directly to [shewitt@capaccess.org](mailto:shewitt@capaccess.org).

**Saturday, April 12, 2008, 9:00 AM – 3:00 PM** - OFFSITE

**Title:** Positive Discipline Workshop

**Overview:** Learn about using a positive discipline framework when working with children. Topics include I messages, empathy, intent, choices, consequences, catching children being good, stating directions in the positive, types of praise, managing tantrums and whining, and the use of time-outs.

**Location:** Parenting Playgroups, Inc., 6161 Fuller Court, Alexandria VA 22310.

**Fees:** \$75/individual; \$100/couple

**Contact:** Dr. Rene Hackney, 703-922-0044, [www.parentingplaygroups.com](http://www.parentingplaygroups.com)

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**WEDNESDAY, APRIL 30**

**DEADLINE: 6 HOURS CONTINUING EDUCATION FOR CO-OPING PARENTS**

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