

# PARENTING 411

## Tips & Tools For Today's Parent



Register by phone, e-mail, or on the web.  
Pre-Registration is **REQUIRED**.  
Child Care Connection: 309.690.7310  
E-mail: [ccc@icc.edu](mailto:ccc@icc.edu)  
Web: [www.icc.edu/childCareConnection](http://www.icc.edu/childCareConnection)

All workshops held at the Child Care Connection on ICC's North Campus, 5407 N. University, Peoria, in Poplar Hall. Dr. Tim Drew's program will be in the auditorium in Arbor Hall.

### CHILDREN ARE A CONSTANT SOURCE OF JOY,

yet sometimes we become overwhelmed with the frustration and responsibility of raising and teaching children. This series is designed for parents and teachers. Each class will be presented by a local education specialist. Time will be included for sharing questions and discussing real-life issues. Course materials are provided for each class. Early childhood educators may receive a continuing education participation certificate. Child Care Connection is funded by the Illinois Department of Human Services.

### FUN FAMILY FITNESS

Encouraging an entire family to participate in a healthy lifestyle can be challenging. The biggest hurdle is where to start and what to do. Come learn how you and your family, or people you mentor can take their first steps to a happy and healthy life. Learn specific activities, ways to support one another, how to balance these activities into your current lifestyle, and about opportunities that are currently available in your community.

6:30p-8p, Wed., Sept. 30, 2009  
Child Care Connection – ICC North Campus  
Kimberly Herlehy, Fitness Program Coordinator, Riverplex  
Free, pre-registration is required.

### EXPLORING NATURE WITH YOUR CHILD

Children need nature to preserve their sense of wonder and stimulate all aspects of their development. Come explore ways that families can share the great outdoors and give their child a gift that will last a lifetime.

6:30p – 8p, Mon., Oct. 5, 2009  
Child Care Connection – ICC North Campus  
Darlene Wills, Director of Child Development Lab, Heartland Community College. Free, pre-registration is required.

### UNDERSTANDING MOTIVATION

**Working with Kids to Get More Cooperation Without Tears!** Who wouldn't love to have more cooperative children? Children who do what you ask them to do and don't fuss! In this program we will look at what kinds of adult behaviors actually motivate children so that we are really working with them not against their natural tendencies. Be prepared to have some fun and walk away with some new strategies to try at home right away!

6:30p-8p, Wed., Oct. 14, 2009  
Child Care Connection – ICC North Campus  
Dina Emser, Parent Coach/Educational Consultant,  
Child Care Connection. Free, pre-registration is required.

### TODDLERS, TANTRUMS & TOILET TEACHING

Toddlers are tricky-they've grown enough to have their own ideas and wants, but their bodies and emotions haven't kept pace. From tantrums and toilet teaching to behavior and developmental milestones, this workshop will leave you with the knowledge you need to support a toddler's healthy development.

6:30p-8p, Tue., Oct. 27, 2009  
Child Care Connection – ICC North Campus  
Carol Weisheit, Certified HighScope Trainer  
Free, pre-registration is required

### PARENTS, KIDS, HOPE & HUMOR

Parenting is a huge job! We can feed them, teach them and love them, but let's face it, everything else is debatable. In this session we will get some fresh perspective on parenting and reconnect with our hope for the future of our kids with a dose of humor as well.

6:30p-8p Mon., Nov. 9, 2009  
Child Care Connection – ICC North Campus – Arbor Hall  
Dr. Tim Drew, Clinical Coordinator, OSF St. Francis Medical Center, Behavioral Health, Child & Adolescent Program  
Free, pre-registration is required.