

Parenting 201: Third Semester

Great Parenting Skills for Successful Parents of Children Ages 5 to 18

Our parenting series is back by popular demand! Join us for the advanced class — three educational sessions that teach valuable tips and practical tools to parents. This series, which is facilitated by experienced professionals, advises parents on how to modify their children's behavior to ensure they are raising successful, healthy, and happy children. No previous participation is necessary.

First Session

Get Net Smart — Internet Safety for Kids

Thursday, March 4, 2010
7:30 – 9:00 p.m.

At the home of
Tami and Glen Ruben
Port Washington, New York

Presenter **Anthony Zenkus**

- Helping parents better monitor their children's Internet usage
- Keeping up with your children's social networking
- Recognizing signs that your child may be the target of cyber-bullying
- Protecting your children from online predators

Second Session

“I’m Grounded?!” — Your Teen’s Perspective

Wednesday, March 10, 2010
10:00 a.m. – 12:00 noon

At the home of
Marcy and Manny Shurka
Sands Point, New York

Presenter **Vanessa Van Petten**

- Stopping destructive behavior — drugs, breaking curfew, and rebelling
- Helping teens cope with the social pressure of cliques and criticism
- Improving your relationship and building trust with your teens
- Balancing academics, extracurricular activities, socializing, and Judaism

Third Session

Creating a Family With Soul

Tuesday, April 20, 2010
10:00 a.m. – 12:00 noon

At the home of
Debra Dauplaise
Roslyn, New York

Presenter **Slovie Jungreis Wolff**

- Focusing on your children's source of *chutzpah*, attitudes, and sense of entitlement
- Conveying an attitude of gratitude for life's gifts
- Raising compassionate children
- Making parents priorities a reality

Chairs
Debra Dauplaise, Tami Ruben, and Marcy Shurka

There is no fee to participate in this program.

For more information and to register, please contact Orna Sheena at 1.516.677.1832 or sheena@ujafedny.org.

This series is intended as an educational tool only. Some information may not be relevant for all situations and individuals. We urge each individual to retain independent counsel to review and advise regarding his or her specific needs and requirements.



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Caring for those in need, rescuing those in harm's way, and renewing and strengthening the Jewish people in New York, in Israel, and around the world.

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