

Parents are Powerful!



PARENT

UNIVERSITY

WINTER – SPRING 2010





An initiative of the
Boston Public Schools
Office of Family & Student Engagement
in partnership with
Boston Campaign for Proficiency
Boston Parent Organizing Network
Boston Public Health Commission
BPS Department of Extended Learning Time and Afterschool (DELTAS)
BPS Office of Adult Education
BPS Office of Curriculum & Instruction
East Boston Collaborative for Families
Families First Parenting Program
MA Parent Information Resource Centers
Northeastern University
Sonny Walker Computer Center
Timothy Smith Network



City Of Boston

Thomas M. Menino, Mayor

Boston Public Schools

Carol R. Johnson, Superintendent

Boston School Committee

Rev. Dr. Gregory G. Groover, Chair

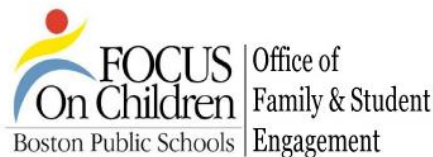
Marchelle Raynor, Vice-Chair

Helen Dajer

Alfreda Harris

Claudio Martinez

Michael O'Neill



The BPS Vision

“Every school welcomes every family and every student, actively engaging them as partners in student learning and school improvement.”

Our Mission

“The Office of Family and Student Engagement builds the capacity of BPS schools, staff, families, students and the community to establish partnerships that strengthen student learning and improve schools.”

What the Research Says:

When parents are involved in the education process, students achieve more, regardless of socioeconomic status, ethnic/racial background, or the parent’s education level.

Adapted from 2002 National Center for School Engagement



Enriching - Engaging - Empowering

What is PARENT UNIVERSITY?

PARENT UNIVERSITY is a learning experience specially designed to help parents get a better understanding of how their children learn and develop; what their child should be learning; how to help their child get what they need to succeed in school and how to bring other parents together to work for school improvement.

Most importantly, **PARENT UNIVERSITY** provides opportunities for parents to build their own skills and enjoy learning new things.

What will I learn at PARENT UNIVERSITY?

Parent University learning sessions are focused on four areas that support you in your role as a parent in ways that empower you to lead and advocate for student learning and school improvement.

Parents are Teachers – provides a clearer understanding of how your children grow and learn and the teaching & learning approaches in BPS

Parents are Advocates – provides the knowledge and skills you need to advocate for your child, understand the standards and expectations for learning and support learning at home

Parents are Leaders – provides the opportunity to develop the skills necessary to assume leadership roles in your schools and community

Parents are Learners – provides the opportunity to build upon your own skills for personal and professional growth

How does PARENT UNIVERSITY Work?

Parent University offers 3- full-day Saturday learning sessions filled with interesting and valuable information for families. The full-day sessions are offered in November, January and May, with additional sessions offered throughout the year at schools, libraries and community centers.

As parents complete classes they will be awarded Parent University Points (PUPs). In June, there will be a Parent University graduation for parents who have earned 10 PUPs.

Parent University is free for all BPS parents.

2010 PARENT UNIVERSITY LEARNING SESSIONS:

SATURDAY, JANUARY 30, 2010

AT NORTHEASTERN UNIVERSITY
SNOW DATE: FEBRUARY 6, 2010

(REGISTRATION BEGINS NOVEMBER 20TH)

AND

SATURDAY, MAY 1, 2010

LOCATION TO BE ANNOUNCED

(REGISTRATION BEGINS MARCH 1ST)



HOW DO I REGISTER FOR PARENT UNIVERSITY?

You can register one of three ways:

1. By visiting our website at www.bpsparentuniversity.org
2. By Email request parentuniversity@bostonpublicschools.org;
or
3. By *calling 617-635-1683* and submitting your information via telephone
4. Remember:
Deadline for January 30th sessions will be January 15, 2010.
Deadline for the May 1st session is April 15, 2010.



WHAT ARE PARENT UNIVERSITY LEARNING SESSIONS?

PARENT UNIVERSITY Learning Sessions provide parents with an opportunity to not only learn new information but also learn how to use the information to help their children, their families and themselves. **PARENT UNIVERSITY** offers a number of interactive, informational classes for parents in a wide range of topics. We have identified a set of classes that we believe will specifically provide the useful information and skills for parents that are essential for parent leadership and supporting student learning.



WHAT ARE PUPS (PARENT UNIVERSITY POINTS)?



PUPs are points awarded for completion of **PARENT UNIVERSITY** Learning Sessions. Some sessions are worth 1 or ½ PUP and learning sessions with multiple sessions can be 2 or 3 PUPs. Each parent will receive an activity log to record their school/community activities. All approved activities will be verified by attendance records. You can earn **PARENT UNIVERSITY**

Points (PUPs)* by:

1. Attending each of the city-wide **PARENT UNIVERSITY** learning sessions in October, January and May and take three classes;
2. Accumulate points by participating in a **PARENT UNIVERSITY** Learning Session, East Boston Parent College Learning sessions and/or approved school/community activities throughout the school year

Parents can accumulate PUPs to earn a **PARENT UNIVERSITY** Certificate and/or gifts from **PARENT UNIVERSITY** sponsors.

PARENT UNIVERSITY CERTIFICATE

Parents can earn a certificate for completing a set of **PARENT UNIVERSITY** classes. These sets of classes provide parents with the opportunity to expand their knowledge and build their skills specifically in the areas of advocacy and leadership and introduce parents to a few related subjects within those areas, such as parent leadership, parent advocacy, special education, ages and stages of child development and computer technology.



As parents complete classes they will be awarded **PARENT UNIVERSITY** Points (PUPs). In June, there will be a **PARENT UNIVERSITY** graduation for parents who have earned 10 PUPs.

In order to receive a **PARENT UNIVERSITY** certificate, parents must earn **PARENT UNIVERSITY** Points as described below:

Earn 3 PA PUPs	Take 3 PA-1##(Parents Are Advocates) core learning sessions	Total of 10 PARENT UNIVERSITY Points (PUPs)
Earn 3 PL PUPs	Take 3 PL-1## (Parents Are Leaders) core learning sessions	
Earn 4 PUPs	Elective Points – take other PARENT UNIVERSITY sessions/classes at one of the three major Parent U. learning sessions or at other PARENT UNIVERSITY approved school/community activities throughout the school year.	

PARENT UNIVERSITY LEARNING SESSIONS

Learning Strand Key

Core Strands

Parents as Advocates = PA
 Parents as Leaders = PL

Elective Strands

Parents as Teachers = PT
 Parents as Learners = PE

Session #	Session Title	Session Description	PUPs	Offered	
PARENTS ARE ADVOCATES	PA100	Navigating BPS	Using the BPS guide for parents as the primary tool, this class provides participants with in-depth information about how to navigate the BPS maze to solve problems, to get concerns addressed and to get questions answered. 3 Sessions	1	1/30/10 5/1/10
	PA101	No Child Left Behind: What's in it for Families?	The No Child Left Behind Act or NCLB gives important new information, rights and options to parents. This workshop covers the major points of this significant federal education law, such as School Report Cards, School Choice and Supplemental Educational Services. Parents learn how to use the information about the law and school data to ask questions, advocate for additional support, and generally get more involved with their child's school.	1	10/31/09 1/30/10
	PA102	Parents have rights too!	As partners in your child's education, it is important that you know your rights as well as your responsibilities. Participants will learn about the rights parent have not only under the federal and state regulations but also under the BPS family engagement policy. Knowing your rights helps parents become more effective partners for student success.	1	5/1/10
	PA103	Understanding MCAS	This session gives families a comprehensive overview of the statewide standardized test. Participants will engage in activities that will help them interpret their child's MCAS scores, understand what is expected on the exam and ways they can help improve their child's performance on future tests	1	Fall 2010

Session #	Session Title	Session Description	PUPs	Offered
PA104	MCAS: A Roadmap to Understanding Your Child's Scores	In October, families receive a Parent Report which gives details about how their child did on the previous spring's MCAS tests. What do these scores mean? This workshop answers questions for parents by focusing on how to interpret MCAS scores, resources to support their child's learning, and ways they can help improve their child's performance on future tests.	1	10/31/09 1/30/10
PA104S	MCAS: Guía para entender la puntuación de su hijo y como apoyar su aprendizaje en el futuro Spanish	A principios del año escolar, las familias reciben un Reporte para Padres/Guardianes, el cual ofrece detalles sobre la puntuación de su hijo en la pasada prueba MCAS de primavera. ¿Que significan esas puntuaciones? ¿Que dicen esos números sobre las habilidades de aprendizaje de mi hijo? ¿Como puedo ayudar a mi hijo a mejorar? Este taller les responde estas preguntas a los padres enfocándose en como interpretar las puntuaciones del MCAS, recursos para apoyar el aprendizaje de sus hijos y en maneras en las que pueden ayudar a mejorar su ejecución en pruebas futuras.	1	10/31/09 1/30/10
PA105	What Proficiency Means for My Child	What is proficiency? It's skills! Competence! It's the ability to do what it takes to make it in school, at home, and in life. Academic Proficiency represents high standards in every subject, or a Level 3 Proficient or Level 4 Advanced on the MCAS. Students need to know the material, and be able to apply it to real-life situations at a level where they can succeed in higher education/training and in their future career. In other words, the Academic Proficiency question is: Do they know it, and can they use it?	1	10/31/09 1/30/10 5/1/10
PA106	Advocating for your Special Needs Child	This workshop provides families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act IDEA, Massachusetts Special Education Law and No Child Left Behind NCLB. It is designed to help parents learn how to be effective partners with the school, to decide the child's eligibility for special education, to plan, make decisions and to monitor the educational progress of their child.	1	10/31/09 5/1/10
PA107	What is My Child Learning? Gr. K-5	In this class the BPS Acceleration Agenda academic targets will be introduced and the participants will explore Curriculum Standards in the core areas of Math, Language Arts, Science and Social Studies in parent friendly terms. In addition, participants will be introduced to strategies that reinforce learning at home. PA107 focuses on grades K-5; PA108 focuses on grades 6-8	1	Fall 2010
PA108	What is My Child Learning? Gr. 6-8	In this class the BPS Acceleration Agenda academic targets will be introduced and the participants will explore Curriculum Standards in the core areas of Math, Language Arts, Science and Social Studies in parent friendly terms. In addition, participants will be introduced to strategies that reinforce learning at home. PA107 focuses on grades K-5; PA108 focuses on grades 6-8	1	Fall 2010

Session #	Session Title	Session Description	PUPs	Offered
PA109	Preparing for High School	Understanding how to support your middle school student as they prepare for the rigor of high school is important for their success. In this session parents and middle school students will learn organizational skills and study skills that will be useful tools for the high school experience.	1	5/1/10
PA110	College-ready Success-bound	This session is specifically designed for parents of middle and high school students. Participants will explore the requirements necessary for graduation and what students should know and be able to do to be successful in college and/or the work world.	1	Fall 2010
PA111	¿Cómo puedo escoger el mejor programa académico para mi hijo(a) aprendiz del idioma inglés? <small>How I can choose the best academic program for my child learning the English language?</small>	El propósito de esta sesión es que los padres se familiaricen con las alternativas que hay en términos de programas académicos para sus hijos, cuál es el proceso que ocurre desde que el niño(a) es identificado como aprendiz del inglés (ELL) hasta ser colocado en el programa que el padre escoge, y qué tipo de instrucción recibe. Los padres tendrán así toda la información básica que les ayudará a tomar decisiones acerca de la instrucción adecuada para sus hijos(as)."	1	5/1/10
PA115S	Transición a Kindergarten Spanish	Las transiciones pueden ser muy retardoras para cualquiera, adultos y niños por igual, especialmente la transición al kindergarten, sin importar si su niño entra a K0, K1 ó K2. Sin embargo, la mayor parte del tiempo, la transición al kindergarten es mas difícil para los padres que para el niño. Countdown to Kindergarten le ofrecerá sugerencias para actividades que puedan ayudar a facilitar esta transición para usted y para su niño al salón de clases del kindergarten.	1	10/31/09 5/1/10
PA116	School Choice/Transition	Our 90 minutes together will be divided into three parts: an overview for all participants about choosing and registering for schools, followed by breakouts based on transition grade into kindergarten, middle or high school and, finally, the opportunity to share universal information with the larger group.	1	5/1/10
PA117	Middle School Milestones: What you need to know so your child can thrive.	This course will help parents understand and navigate the many changes taking place in their tweens' lives, from physical and emotional growth, to expanded academic expectations and increased self-reliance. Each participant will learn how best to support their student's entry into, and journey through, the middle school years.	1	5/1/10

Session #	Session Title	Session Description	PUPs	Offered
PA118	Preparing for the High School Transition... and Beyond	This course will provide parents with useful information about the changes that accompany the entry into high school, from navigating larger schools and new social demands, to juggling more homework and choosing classes that prepare a student for college and beyond. Participants will leave with tips on how to support their teenager during this developmental milestone, with a focus on high school as a pathway to higher education.	1	
PA130 PA131 PA132 PA132	High School Engagement and Leadership Series	These 4 sessions are designed specifically to address the the changing role of engagement and parent leadership at the high school level	1	FALL 09
PA131	Keeping It Real: Straight Talk Between Parents and Teachers!	This session will help parents learn what they should expect from teachers and how to go about getting that information in an effective manner. Parents will also learn how to partner with teachers so that their children get the most resources and benefits from their academic education.	1	11/10/09
PA132	Get Ready! Get In! Get Through!	This course will equip parents with an overview of what is takes to get ready for college academically and requirements for getting into college. It will clarify standards, what classes to take. It will explain the impact of testing scores; financial aid and basic information that parents and students need to know to move forward in the college admission process. It will provide individual families with differentiated resources.	1	12/9/09
PA133	How to Apply and look for Scholarships	This session will introduce parents and students to financial aid and college affordability. Parents will leave this session empowered that a college education and can be affordable. This session will include concrete next steps for each family, regardless of educational or financial background.	1	
PA201	Feeling at Home with Fractions: What Does it Mean to Compare, Add, and Subtract Parts of a Whole?	This session will address the fraction work that children in grades 3 through 5 begin to explore as they learn what it means to work with part of a whole. This work lays the groundwork for multiplication and division with fractions in the middle grades and helps prepare students for algebra. We will explore activities together that can help your child develop a comfort and fluency with fractions.	1	10/31/09 5/1/10
PA202	Feeling at Home with Numbers: Putting Numbers Together and Taking Numbers Apart	This session will address the early number work that young children explore in the primary grades with a focus on what it means to combine and separate quantities up to ten or twenty. This early work lays the groundwork for addition and subtraction with larger numbers. We will do lots of activities together that you can use with your child at home to develop their fluency with number.	1	10/31/09 1/30/10

Session #	Session Title	Session Description	PUPs	Offered
PA203	Elementary Science, your child and YOU!	This session will provide an overview of BPS Science Program, grades K-5. It will include a glimpse of science classroom activities, notebook writing, MCAS information and tips on what you can do to get your child interested in science at home.	1	10/31/09 1/30/10
PA203S	Ciencia de K-8, su niño y a usted!	Esta sesión proporcionará una visión general del programa de la ciencia de la BPS, grados K-8. Incluirá un vistazo a las actividades del aula de ciencia, escritura de cuaderno, Información del MCAS y consejos sobre lo que puede hacer para captar el interés en las ciencias en casa de su niño.	1	5/1/10
PA204	Building toward Science Success in Middle and High School	This session will provide an overview of the BPS Science Program, grades 6-12. It will include a snapshot of classroom expectations and activities, as well as tips on how to better prepare students for MCAS testing, advanced placement courses, and beyond!	1	
PA205	Easing your way into Algebra	We will engage in activities that show how the ideas of Algebra are developed in elementary grades (even kindergarten!) to prepare students for a more formal algebra course at the middle grades level. The focus will be on making sense of these ideas by exploring patterns and making generalizations. We will use models and representations to express what we see, and begin to describe these patterns and generalizations in our own words, making algebra not so scary!	1	10/31/09
PA301	The Road to College	The Road to College session will provide an overview of what types of classes to take, how test results are used, and what grades are needed to be admitted to college.	1	10/31/09
PA302	Smart and Cool	Featuring the authors of the book “Boost School Performance - A Parent’s Guide to Better Grades Fast!” Have fun discovering new skills including memory strategies, learning styles, and organization. Plus all participants have the chance to win cool prizes. All participants will receive a copy of their book.	1	1/30/10
PA303	(PA) Let’s Get Organized	Interested in learning organizational skills and getting hands on experience with different organizational methods? Facilitator will share effective strategies to organize information and manage paperwork, provide general ideas on “keeping it together”, offer tips for developing community connections for your child, and help participants begin the process of building a customized binder for organizing information about their child.	1	1/30/10
PE101	Ways to Enhance Children’s Activity & Nutrition We Can	This session will help you take steps to help your child make smart nutrition choices, increase his/her physical activity, and reduce ‘screen time’ at the TV and computer.	1	10/31/09 1/30/10

Session #	Session Title	Session Description	PUPs	Offered	
PARENTS ARE LEADERS	PE101S	Maneras para mejorar la actividad física y nutrición de los niños Spanish	Este taller lo ayudará a tomar los pasos necesarios para ayudar a su niño a hacer decisiones sabias en torno a sus opciones nutricionales, incrementación de la la actividad física de el/ella, y a reducir el tiempo que pasan frente al televisor y la computadora.	1	10/31/09 11/14/09
	PE102	Asthma Basics	The Asthma Basics workshop includes information on the following: physiology, signs and symptoms, triggers and environmental factors, medications, delivery devices, Asthma Action Plans.	1	10/31/09 5/1/10
	PE103	Helping your Child and Family have a Fun Soda /Sugar Free Summer	This session will support parents in making healthy beverage choices for their children and themselves. Understand the relationship of sugar-sweetened drinks to overweight/obesity and dental caries among children. Identify highly sugary drinks through label reading, sugar content identification and understand what tasty lower calorie options for youth and adults are available. Participants will also develop a list of healthier beverage options that will satisfy children and adults to support purchasing beneficial drinks for the whole family.	1	10/31/09 5/1/10
	PE104	Boston on a Budget: Fun things to do with your children during the summer	This workshop is designed to give parents resources and positive ways to engage their children in enrichment activities during the summer at minimal cost.	1	5/1/10
	PE131	When the Bough Breaks..	It's a medical mystery as to Why do African American women at every socioeconomic level have higher rates of pre-term birth and infant mortality than white women who haven't finished high school or Black women who immigrated here from other countries? This session and DVD episode illustrates how a lifetime of exposures to racism can literally get inside the body and affect the health of our newborns. Parents	1	1/30/10
	PE132	Proud to be a Single Parent	Are you trying to keep it together and sometimes feeling overwhelmed? Come to this interactive session where parents will explore strategies to help reduce and minimize stress related to be a single parent, gain knowledge about planning and cooking healthy nutritional meals for their families.	1	1/30/10
	PE150	Credit Smart Family Workshop Parents & Students 12-18	This workshop will give the knowledge and tools necessary to empower families to take control of and foster their domestic economies. Participants will learn how to develop a goal-oriented spending plan and how to understand and improve credit ratings - skills that are relevant at any age.	1	10/31/09
	PE151	"Money Talks" Where Do We Go From Here	WeResource has developed a Financial Education Workshop to support the learning, skills and attitudinal development needed to empower adults - who are typically unaware or without access to existing personal finance and business development information.	1	1/30/10
	PE170	How to Recognize Gang Involvement	This session will give parents a greater understanding of gangs in general, the impact gangs have on the educational community, and how to recognize gang involvement within their children.	1	10/31/09 5/1/10

Session #	Session Title	Session Description	PUPs	Offered
PE201	Understanding Bullying and Cyberbullying	As technology takes over our lives, issues such as bullying have taken on a new face. It is now more important for parents to understand the various types of bullying as well as how cyberbullying is affecting the lives of students from texting to sexting. This session will help you uncode the language.	1	10/31/09
PE202	Cyber Safety	Just like any community, the Internet has dangers, which can include harassment, bullying, cyber predators, identity theft, copyright infringement, or computer viruses to name a few. It is important for parents and children to learn effective strategies to avoid these dangers and provide a safe, responsible Internet experience. The BPS Cyber Safety Campaign offers tons of resources and strategies for parents, teachers and students to use in order to help promote online safety.	1	
PE250	English as a Second Language	The adult ESL classes at the OFSE Sonny Walker Computer Center will help students develop language skills, fluency and the confidence they need to communicate effectively in English. The students will develop their abilities in both spoken and written English, as well as their understanding of US history and civic engagement. After completion of three levels of ESL, they will be better prepared to use English at work and in schools to advocate for their children. The teachers will use a variety of instruction materials (textbooks, reading, articles, songs, games, and movies) that include practice in listening, speaking, reading, writing, grammar and vocabulary. The students will also explore the American system of education, the BPS standards, MCAS test and test taking strategies with the goal of helping them to become more effective in supporting their children educational success in Boston Public Schools. The class activities include participating in cultural and academic discussions, reading groups, discussion and writing on current affairs, use of Dialog Journals, working with classmates in group projects, listening to and discussing books and movies, discussing US history and civic events, and preparing and presenting oral presentations.	2	Fall 2009 thru Spring 2010
PE301	Grant Writing for Parent Council Members	This basic course in grant-writing is specifically tailored for members on School Parent/Site Councils and other educational or school-based organizations. Topics will include: basic terminology and common elements of a grant proposal; grant-seeking and funders; how to write "the compelling argument"; project planning and budgeting. This will be an interactive workshop; participants will leave with a packet of materials and the confidence/enthusiasm to write winning proposals.	1	10/31/09 1/30/09

Session #	Session Title	Session Description	PUPs	Offered
PE302	From Middle to High School: Balancing Parent Involvement in Your Child's Educational Experience....A Student's Perspective	There will be a Student Panel Presentation where BSAC members will present on what their experience was like in middle and high school re: parental involvement and support. It will be followed by a discussion on where is the balance between being an independent student and having enough parental involvement and support at the high school level. We will wrap with a Q & A.	1	1/30/10
				5/1/10
PE304	It's Never too Late to get Your Degree	Have you dreamed of going to college or returning to complete your degree? It's never too late to begin this process. This course is intended to provide you with the information needed to get you started or to help you return to your previous institution, or begin the search for new college to attend. In addition, the discussion will cover the transfer process between institutions and answer any other questions you have about beginning your journey towards college graduation.	1	1/30/10 5/1/10
PARENTS ARE LEADERS	PL101	Parents are Powerful	1	10/31/09 1/30/10 5/1/10
	PL101S	Los Padres son Poderosos Spanish		10/31/09 1/30/10 5/1/10
	PL102	SSC/SPC Basics	1	5/1/09
	PL103	What makes a school high quality?	1	5/1/10

Session #	Session Title	Session Description	PUPs	Offered
PL104	Is my school Family Friendly?	This class introduces the BPS Family Engagement Standards. These six standards detail what schools should know and be able to do to demonstrate “proficiency” in engaging families. Participants will learn to use the Family Engagement Rubric to determine the level of family engagement and develop strategies for engagement.	1	5/1/10
PL105	Working Together to Make Change	This session will focus on how to bring people together to work for change in our schools and communities. Participants will explore how change happens and how they can become “agents of change.”	1	10/31/09
PL106	SPC Now that I’m Elected, What Next?	This workshop is based on a “common sense” approach and is designed to help participants realize and understand exactly what is required of each School Parent Council executive committee member.		1/30/10
PL107	Understanding the Systems that Govern Schools	In this session the participants will explore how policy is developed at the federal, state and local level, with an emphasis on BPS policy. Understanding the systems that make policy and the impact parent voice can have on policy	1PUP	5/1/10
PL131	Do You Know Who I Am?	Culture and Race plays an important part of who you are. Awareness of self and the values it brings to the school should be appreciated and respected. This course will help parents bring out the richness of who they are and provide them with a voice that is heard and acknowledge in the process of educating their children. This is an interactive workshop that provides fun while you learn.	1	1/30/10
<u>PL150</u> PL151 PL152 PL153 PL154	Parents Are Leaders Series	Parents, you possess a wealth of leadership skills and abilities that are used in your everyday life, in your family, on your job and in your community. Come; find out how to release the Leader within you! Seeing Ourselves as Leaders	2	SPRING 2010
PL151	Seeing Ourselves as Leaders	Parents, you possess a wealth of leadership skills and abilities that are used in your everyday life, in your family, on your job and in your community. Come; find out how to release the Leader within you! Presenters: Deborah Gray Audience: All Parents	1	10/31/09 1/30/10
PL152	Getting Our Message Across	This is the second session in the “Parents Are Leaders Series”. This session explores effective 2-way communication skills that will help get your message across at the decision - making table.		1/30/10 5/1/10
<u>PL160</u> PL161 PL162 PL163 PL164	Organizing for School Series 2PUPs	Parents, school staff and community partners are powerful partners and advocates for school improvement. In these sessions parents will learn how to bring partners together, who has the power to make change and how to deal with people in power. 4 sessions	2	SUMMER 2010

Session #	Session Title	Session Description	PUPs	Offered	
PARENTS ARE TEACHERS	PT100	Parents Are Their Child's First Teachers	Parents play a powerful role not only in their child's growth, development, and daily life but also in their child's education. This workshop explores ways families can communicate and work effectively with their children's early care and education providers to influence the quality of the program and ensure that their child receives the best services possible.	1	10/31/09
	PT104	Understanding your Child from Birth to five	The Talk, Read, Play campaign provides critical information and resources to support parents in educating their young children. The message is simple: each and every parent can be a great teacher for his or her child when they simply talk, read, and play with them. An essential element of the workshop will be to help families better understand the "ages and stages" of a child's growth. We will provide useful information to support healthy development and emphasize the many local resources open to families with young children.	1	10/31/09 5/1/10
	PT105S	Juegue para ayudar a su niño a aprender Spanish	Actividades de Arte y Música de edad adecuada para niños/as ¡Cómo crear actividades de arte de respuesta abierta, para fortalecer la creatividad de su niño! Cómo usar la música para ampliar el vocabulario y los conocimientos lingüísticos. Cómo usar la música para ayudar a su niño hacer la transición de una actividad a otra!	1	10/31/09 5/1/10
	PT106	Homework for Success: Ways to Develop Kindergarten Literacy at Home	Homework does not have to be boring - have fun playing with your child while teaching at the same time! This course will give an overview of the most important literacy skills that parents of Kindergartners can teach through daily conversations and fun activities with children at home.	1	1/30/10
	PT110	Acknowledging Feelings Setting Limits	Acknowledging children's feelings is one of the most important approaches to discipline. Separating feelings and actions helps children feel listened to and understood. This session helps parents acknowledge feelings while addressing problematic behavior. This allows parents to set clear limits and promote self-discipline in children. Participants will leave with an understanding of how these two strategies work together and with practice in clearly communicating with their children.	1	10/31/09
	PT111S	Haciendo que los Niños le Digan lo que Está en sus Mentes: Manera Sensible de Escuchar Spanish	Los padres quieren que sus hijos les cuenten acerca de sus goces, problemas, preocupaciones y relaciones sociales, pero no siempre es fácil que los hijos se abran a uno. Saber escuchar ayuda a los niños a sentirse comprendidos y apoyados y los motiva a dejar que los padres sepan lo que ellos están pensando y sintiendo. Escuchar de manera sensible también ayuda a los niños a clarificar lo que ellos están sintiendo y a tomar sus propias decisiones acerca de cómo ellos quieren actuar.	1	10/31/09 5/1/09
	PT112	Things Kids Do That Drive Us Nuts	No matter how understanding and patient parents may be, children's behavior can be very difficult to deal with. This workshop explores why children engage in such frustrating behaviors as dawdling in the morning or refusing to do their homework, and introduces some effective ways of responding. Participants will leave this workshop with specific strategies to help them communicate with their children and change behavior.	1	10/31/09 5/1/09

Session #	Session Title	Session Description	PUPs	Offered
PT112S	Cosas que Los Niños Hacen que nos Vuelven Locos Spanish	No importa cuan comprensivos y pacientes los padres puedan ser, el comportamiento de los niños puede ser bien difícil de manejar. Este taller de 2 partes explora por qué los niños desarrollan comportamientos frustrantes y ofrece a los padres estrategias específicas y positivas de disciplina para usar como respuesta a comportamientos tales como molestarse entre hermanos, pegarse, reclamar y otros comportamientos desafiantes. Los padres también aprenderán a comunicar de manera clara y apropiada sus expectativas. Los participantes se irán con estrategias de comunicación que les ayudarán a modificar el comportamiento de sus hijos.	1	10/31/09 5/1/09
PT113	Raising Teens: When Almost Everything you Do is Wrong English	The teen and pre-teen years bring normal but dramatic changes as children move from childhood to adulthood. Adolescence is unquestionably a complex and challenging stage of development; but, it is a necessary transition. This workshop helps parents modify their communication styles and set limits when necessary, choosing issues sparingly and carefully. Presenter: Families First Audience: Parents of teens and preteens	1	10/31/09
PT113S	Criando a Adolescentes: Cuando casi todo lo que hacemos está malSpanish	Los años de la adolescencia y la pre-adolescencia traen consigo cambios normales, pero dramáticos, a medida que los niños van de ser niños hacia a la adultez. La adolescencia es sin duda alguna una etapa de desarrollo compleja y difícil; pero es una transición necesaria. Este taller ayudará a los padres a modificar sus estilos de comunicación y crear límites cuando sea necesario, escogiendo los asuntos cuidadosamente y esporádicamente.	1	10/31/09
PT114	How Much is Enough? Values Clarification – Families First Parent Programs	Families still play the most critical role in teaching children about values. While it is impossible not to be influenced by marketing and media messages that make children feel they too need to have the latest gadget or product, parents can set the tone for how their family will participate in this materialism. This session explores the ways in which parents' beliefs and ideas about materialism affect their children. The session provides an opportunity for parents to clarify their own values related to materialism and discusses ways to convey these values to children.	1	5/1/10
PT115	Let's Talk About It: Keeping Communication Open	As with earlier stages of parenting, communication skills are the key to creating a comfortable and emotionally safe relationship with adolescents. There are lots of barriers to strong communication that arise in the pre-teen and teen years such as adolescents' mood swings, their desire for increased control in their lives, their reliance on their peers and their questioning of family values. This session helps parents learn about and draw upon the changes adolescents undergo which can increase communication. It also gives parents tools to help gauge when to react and when to listen more and how to do both of these with the sensitivity adolescents require.	1	1/30/10

Session #	Session Title	Session Description	PUPs	Offered
PT115S	(PT) Hablemos de Eso: Manteniendo la Comunicación Abierta	Como con etapas tempranas en el proceso de ser padres, comunicación es la clave para crear una relación cómoda y emocionalmente segura con los adolescents. Existen muchas barreras para el desarrollo de una comunicación fuerte que aparecen en los años de pre-adolescencia y adolescencia tales como, cambios en el estado de ánimo de los adolescents, su deseo de tener mayor control de sus vidas, su apoyo en el grupo de amigos y el cuestionamiento de los valores familiares. Esta sesión ayuda a los padres a aprender acerca de los cambios por los que atraviesan los adolescents, lo cual puede incrementar la comunicación. También le dá a los padres herramientas para ayudarlos a determinar cuándo reaccionar y cuándo escuchar más y cuándo hacer ambas cosas con la sensibilidad que los adolescents requieren.	1	1/30/10
PT116	What Is Self-Esteem? How Do We Get It? How Do We Give It?	The way parents view their children greatly affects the way children view themselves. Research indicates that children with high self-esteem are better able to resist peer pressure and demonstrate higher achievement than those with less self-confidence. Participants will leave with an understanding of what self-esteem is, why it's important for children, and strategies to help build their child's self-esteem.	1	1/30/10 5/1/10
PT116S	Qué es Autoestima? ¿Cómo la Obtenemos? ¿Cómo la Proporcionamos?	La manera en que los padres ven a sus hijos determinara la manera en que los hijos se ven a sí mismos. Estudios indican que niños con alta autoestima están mejor preparados para resistir la presión del grupo de amigos y demuestran logros mayores que esos niños con menos confianza en sí mismos. En esta sesión los padres comprenderán qué es la autoestima y la importancia de esta en los niños. Los participantes se irán con estrategias que los ayudarán a construir la autoestima de sus hijos.	1	1/30/10 5/1/10
PT117	New Millennium Dads: Fathering For The Future. Understanding Gender Differences.	Gives brief overview of history of fathering. Examines the way modern fathers interact with their children. Offers suggestions for fathering girls/boys.	1	1/30/10
PT121	Dads: Raising Our Sons	African-American or Latino males face numerous challenges growing up today, especially in an urban environment. This session will explore the differences and challenges African American and Latino parents experience raising sons. Participants will gain strategies to address these challenges and produce better outcomes for our young men.	1	1/30/10
PT122	Dads: THE A, B, C'S OF REDUCING BABY MAMA DRAMA	This workshop, for fathers and father figures, will cover common causes of parental conflict, especially those that involve a child's attitudes and behaviors at school. Participants will discuss and practice specific skills to improve communication and lessen conflict.	1	1/30/10
PT210	Parent Math Series <i>Helping your Child Become Great Mathematical Problem Solvers</i> (School-based 10 weeks)	This is a fun, hands-on, and supportive class for parents, grandparents, and guardians who are confused by the way their children are learning math. For most of us, it looks very different than the ways we were taught in school! In the class, adults will have a chance to use the math materials that BPS children use in the classroom, work together to solve interesting problems and talk about how they solve problems. We look at the units that the children are currently studying and then see how a subject like geometry is taught in various grades. Parents get to see how what their children are learning now is linked to what they will learn later. The class is geared to parents with children in kindergarten-5 th grade and is especially open to parents who never thought they liked math!	2	FALL 2009 SPRING 2010

Session #	Session Title	Session Description	PUPs	Offered
PT211	Helping Your Child Be A Great Mathematical Problem Solver	How can you support your child's math learning if you've never liked math yourself—or if you don't understand how math is being taught these days? In this fun, supportive, and non-intimidating workshop, parents will have an opportunity to try out the kinds of activities and materials that their children use in K-5 classrooms. Presenter: Alice Levine Audience: K-5 parents		10/31/09 5/1/10
PT220	English Class for Parents, Grandparents and Guardians - Helping Your Children Become Great Readers and Writers Series (ESL)	This is a class for immigrant parents who <u>speaks some English</u> and want to improve their ability to speak, read, and write about ideas in English. In the class, we will read a variety of wonderful children's books about themes that are of interest to both adults and children—culture and tradition, immigration, racism, overcoming challenges, and learning disabilities, to name a few. We read the books together in class, discuss them, and often write about them—and then take them home to share with our children. The class is geared toward parents with children in kindergarten through grade 5.	2	FALL 2009 SPRING 2010
PT221	Helping Your Child Become a Great Reader/ English and Spanish	If you want your children to be great and eager readers, you need to find books that will engage your whole family in discussing issues that are important to all of you. In this workshop, you'll have a chance to get familiar with a number of such books, and to see what it means to really read a book deeply. Whether you have always loved reading or not, come learn about some great children's books and how to read and discuss them with your children in a way that will promote deep comprehension and a love of reading.		10/31/09
PT221S	Ayudando a Su Niño a Convertirse en un Lector Bueno y Avido Bilingual:	Si quiere que sus niños sean buenos lectores y le entusiasme la lectura, necesita libros que capte la atención de toda la familia y promueva la discusión de asuntos de interés. Este taller le proveerá la oportunidad de familiarizarse con un sinnúmero de estos libros, y lo que significa el adentrarse en el mundo de la lectura. No importa que no sea amante de la lectura, venga y aprenda sobre fabulosos libros de niños y a como leerlos de manera que promueva el amor por la lectura.	1	
PT222	(PA) Supporting Your Child As a Reader	Participants will learn about the new K-5 reading program in the Boston Public Schools and ways they can foster their children's love of reading and development of reading skills.	1	
PT223	Not Just a Babysitter: Using Educational T.V. to Enhance Your Child's Reading Skills	We will look at the T.V. show Between the Lions and discuss ways to watch T.V. with your child, which will enhance his/her reading and problem solving skills.	1	

Parents Are Powerful!



Enriching - Engaging - Empowering



Parents Are Advocates

Parents Are Teachers



Parents Are Learners



Parents Are

PARENT UNIVERSITY

**Preparing Parents to be Powerful Partners for
Student Success and School Improvement!**