

The
2019 Middle School Parent Conference Presents:



Strong Community, Nurturing Parents, Healthy Kids

When: Sunday, May 5, 2019

Where: Pollard Middle School, Needham MA

8:30AM Registration

9:00AM Keynote Presentation:

*Preventing Anxiety and Depression: Skills We Can (and SHOULD!)
Be Teaching Our Children*, Lynn Lyons, LICSW

11:15AM Workshops

Pre-Register at: <https://tinyurl.com/NMSConference2019>

Keynote Speaker:
Lynn Lyons, LICSW



Lynn Lyons, LICSW is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families.



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The 2019 Middle School Parent Conference: Workshops

1. **Needham Youth Substance Use/Misuse**

Presented by Catherine Delano and Karen Shannon

Our talk will look at data in Needham and discuss trends of substance use/misuse among Needham youth. We will also talk about prevention and harm-reduction approaches as well as “the power of parenting” – what you can do as a parent as well as different tips/suggestions.

2. **Internet Safety**

Presented by Officer Adrienne Anderson, School Resource Officer and Officer Rich Evans, Investigator with METROLEC Computer Crime Unit

The Internet safety presentation will address social media concerns for parents of Middle School and High School age students. The presentation will discuss the risks of social media usage and touch upon app usage, texting, sexting, social media subcultures, secret apps, dating apps, etc. Ofc Evans will be able to provide a unique perspective about the forensic examination of a cell phone and what types of data are able to be extracted from cell phones.

3. **Emotion Coaching for Dads**

Presented by John C. Carr, LICSW

With fathers more involved in parenting, it is truly a great time to be a dad in our nation’s history. One of the natural surprises and challenges that comes with more time in the trenches means that dads often must deal with the complicated terrain of emotions. Participants in this workshop will learn a few tried and true methods of soothing, resolving, and handling your child's (and yours) emotions.

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4. **Raising Body-Confident Kids**

Presented by Caryn I. Bello, Psy.D.

The constant presence of diet recommendations, health food fads, Instagram fitness posts, and pressure to be perfect bombards adolescents with messages and images that shape their beliefs about health, beauty and their own worth. This workshop will provide information about the factors impacting body image development in children and adolescents. The relationship between body image, self-esteem, anxiety, mood and eating disorders will be discussed. Methods for critical viewing of advertisements and images will be taught and practiced. Attendees will come away with tools for talking with adolescents about these important topics and techniques for fostering healthy body image in today's challenging culture.

5. **The Secret Life of the Needham Teen**

Presented by a panel discussion of Needham Teens in SALSA, moderated by Karen Mullen

This is an interactive workshop that gives parents the opportunity to ask questions of 5-7 SALSA students about the life of a Needham teen – school, stress, sports clubs, alcohol and drug use at NHS, etc.

6. **The Road Less Traveled: Parenting a Different Path to Adulthood**

Presented by a panel discussion of members from SEPAC

For students with disabilities or learning differences, the journey to adulthood can differ from that of their peers, as well as from the expectations of their families. A panel of special needs parents will share what they have learned along the way so far, with valuable lessons that are relevant for many parents. The panel will also answer any questions parents might have about special education, inclusion, or parenting a child with special needs.

7. **Navigating the Constantly Changing Road: Challenging Conversations and the Journey from Mistakes to Growth Opportunities**

Presented by Amy K. Friedman, Ph.D.

Does it feel like it's often hard to keep up as our kids are growing and changing? Does it feel like the rules keep changing? If there are truly no hard and fast rules, on what basis and principles do we make strong choices and decisions for ourselves and our children?

This workshop is for sharing together about how to have hard conversations about the situations that are emerging for our kids and families. This may include limits, drugs, social media and technology, friends, finances, attitude and motivation, bullying, race and class, spirituality, identity and difference, and social situations such as dating and sexuality. The intention and focus will be on parenting strategies for strong and connective communication, for building esteem and resilience in children and teens, and on generating empathy in our kids.

8. **Executive Function Strategies for Success in Middle School and Beyond**

Presented by Beyond Book Smart

It's common for otherwise bright and capable students to struggle in middle school. Too often, the demands on middle schoolers to be organized and productive is a mismatch with their current abilities to manage themselves. The good news is that students can learn skills such as time management, planning and prioritizing, how to study effectively, and more. Join Executive Function coach Jennifer Flewelling for a workshop that features tools and strategies that parents can use to help their children learn essential skills that will prepare them for success in high school - and beyond.