

FOR IMMEDIATE RELEASE

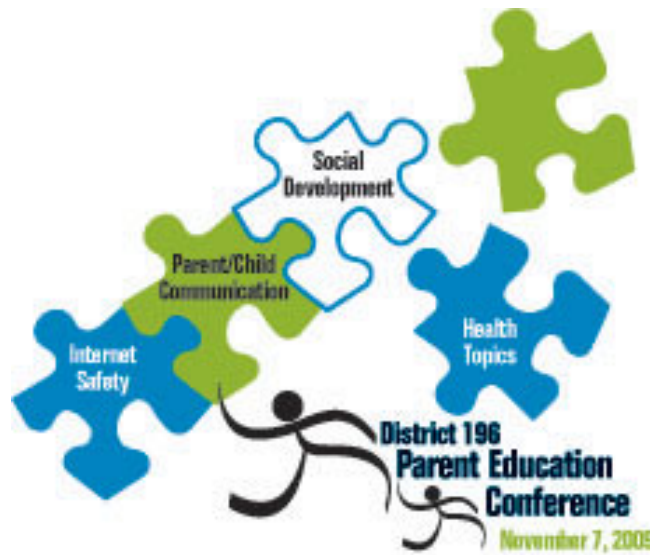
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October 16, 2009
Rosemount, MN

Free Parent Education Conference

November 7, 2009
8 a.m. to 12:30 p.m.
Eastview High School

Parents of children ages birth to grade 12 are invited to attend a free half-day conference offering learning opportunities to become better parents and help children reach their full potential. The conference is hosted by Independent School District 196 and will be held Saturday morning, November 7, at Eastview High School, 6200 140 St. W. in Apple Valley. To register for this free event, visit www.district196.org/ce or call 651-423-7920.



The conference will begin with keynote speaker, William J. Doherty, Ph.D. He will discuss *Too Fast with Too Much – How to be a Grounded Parent in a Crazy World*. Doherty is an educator, researcher, therapist, author, consultant and speaker. He is Professor and Director of the Marriage and Family Therapy Program at the University of Minnesota. He has authored and edited nine books for professionals, numerous articles in professional journals and five books for lay audiences on the topics of family rituals, confident parenting, marriage and overscheduled kids. He is a popular, nation-wide speaker and is sought by the media for his expertise for print, radio and television including appearances on *Oprah*, *20/20*, *Today Show* and the *CBS Morning Show*.

(more)

(October 16, 2009)

Following the keynote speaker, two sessions of workshops will be presented by local parenting experts and district staff. Attendees may choose from over 20 workshops that will explore specific topics of interest to District 196 parents.

For example, learn how to turn “love-hate” sibling relationships into “win-win” relationships in ***Sibling Relationships***. Learn cell phone safety as a means of preventing “Sexting” behavior amongst pre-teens and teenagers with James C. Backstrom, Dakota County Attorney. National acclaimed motivational speaker, Gaye Hanson, will present ***Raising Undefeatable Children***. Find out about eating to be healthy in ***Smart Foods for a Smart School Year*** from Kowalski’s nutritionist, Susan Moores, MS, RD. Kristine Valdivia, kindergarten teacher at Oak Ridge Elementary School, will provide tips on how to be a more positive, loving and nurturing parents while maintaining structure, discipline and, above all, sanity in ***Positive Parenting for School Age Children***. Learn the anecdotal and statistical evidence that support ***Benefits of World Language Studies*** presented by Rosemount High School teachers, LaRae Ellingson and Cristina Sturm. Many more workshops will be held, for a list, visit www.district196.org/ce.

In between the two workshops, parents can visit the resource fair. Representatives of area organizations that offer a variety of parenting resources will be on hand to answer specific questions and will give valuable information about their programs and services.

The free parenting conference will provide parents of children birth to grade 12 an opportunity to obtain relevant parenting information to help their children reach their full potential. The conference is sponsored by District 196 Community Education and Family Services Collaborative. Childcare for children ages 2+ is available for \$10 per family. Make your reservations for this free conference at www.district196.org/ce or call 651-23-7920.

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District 196 Community Education provides quality lifelong learning opportunities for more than 60,000 participants of all ages. District 196 serves more than 27,500 students in early childhood, K-12 and special education programs combined. District 196 includes all or part of Rosemount, Apple Valley, Eagan, Burnsville, Coates, Inver Grove Heights, Lakeville and Empire and Vermillion townships. For more information, visit www.district196.org/ce.