

# Parents@TOGETHER

## Winter/Spring 2010 Parenting Programs

Tuesday, January 12, 2010, 7 PM (snowdate January 14)

The Old Greenwich School

### **Elementary Years Cyber Smarts: Internet Safety and Cyberbullying**

Co-sponsored with Old Greenwich School

Monica Vila, [www.TheOnlineMom.com](http://www.TheOnlineMom.com)

Social networking, photo sharing, video games, IM & texting, internet security, cyberbullying, educational resources, gadgets and software -- learn how to encourage responsible behavior and help your elementary child safely harness the power of technology in the new digital world.

Tuesday, February 2, 2010, 7 PM (snowdate February 23)

OGRCC, Old Greenwich

### **Adults and Children in Organized Youth Sports: Who Wins, Who Loses?**

Bob Bigelow, Former NBA 1st-round Draft Choice and Penn Basketball Player

Bob's mission is to put the "youth" back in youth sports and find a balance at home and on the field. Too many youth sports systems meet the adults' needs rather than kids' needs and therefore create dispiriting sideline and "behind the scenes" behaviors and problems, and burned-out kids. Up to 75% of our kids drop out of youth sports by age 13! Why, and how can we make sports better for them? Come learn new common-sense approaches for positive change in youth sports programs by one of the foremost lecturers in the country regarding youth sports.

Monday, March 1, 2010, 9:15 AM

The Cone Room, Greenwich Town Hall

### **Avoiding Bullying, Cliques and Exclusion**

by Meg Domino, MPH, CHES, Exec. Director, New Canaan Cares

Beginning in elementary school and escalating in middle school, aggression (generally physical with boys and emotional with girls) results in bullying, cliques, and exclusion. Learn how and why this happens and what you can do to prevent your child from being victim or aggressor. Meg's strategy session will provide you with a sampling of what our children fear, feel, and believe regarding friendships and social behaviors as well as offer tools to help build pro-social behaviors and avoid bullying.

Wednesday, April 7, 2010, 9:15 AM

The Cone Room, Greenwich Town Hall

### **They Only Get To Grow Up Once: Preventing Your Child's Future Drug and Alcohol Use**

Alison Birnbaum, LCSW, "Ask the Expert" at [www.theAntiDrug.com](http://www.theAntiDrug.com),

This skill building session focuses on how to communicate with your kids and keep them substance free. It includes topics such as "How to monitor without being irritating," "It is possible to be cool even if you don't smoke or drink," "How important is an "absolute no," "Urban legends like "trust" and "teaching my child to drink safely," and "When is the right time for the d & a talk?" Alison has conducted extensive market research on how to help parents speak to their children about drug use.