

# Seminars for Parents, Educators, and Caregivers

## Understanding Sleep to Promote Youth Wellbeing

Dr. Clayton Cook and Dr. Andrew Barnes

October 7, 2019 | 7-8:30 p.m.

Lakeville North High School, 19600 Ipava Avenue, Lakeville

Alarmingly common among youth, sleep problems result in difficulties regulating mood, reduced academic engagement and performance, increased relationship



problems, greater susceptibility to health problems, and impairments in overall quality of life. Adults play a critical role in promoting youth's

healthy sleep. Learn important knowledge about healthy sleep, as well as tools you can use to support youth in getting quality sleep that promote their social, emotional, academic, and physical wellbeing.

## How to GET and STAY on the Same Parenting Page While Dealing with your Child's Personality

Naomi and Robert Jirele

November 11, 2019 | 7-8:30 p.m.

Meadowview Elementary School, 6100 195th St. W, Farmington

Certified Family Coaches Robert and Naomi Jirele understand the WINS and the WOES of parenting from raising their six biological children who are just six years apart! Learn how to navigate through everyday challenges and thrive as a family. Gain insights and understanding from BOTH parent perspectives while learning how to nurture and cultivate the unique personality and talents of your child...together!



## Screenagers: Navigating the Digital Age

February 3, 2019 | 7-8:30 p.m.

Kenwood Trail Middle School, 19455 Kenwood Trail, Lakeville

Are you watching kids scroll through life? Are you concerned about technology's impact on our kids? Screenagers is an award-winning documentary which reveals how tech time impacts youth development and offers solutions to achieve balance in the digital world. Following the documentary, a local mental health provider specializing in this topic will provide practical strategies and tools as you navigate the digital age with your child(ren).

## Decoding the Mysteries of the Teen Domain:

**The Top Secret Project** (Presentation for Adults Only)

March 9, 2020 | 7-8:30 p.m.

Meadowview Elementary School, 6100 195th St. W, Farmington

Step in to our traveling exhibit, simulating your child's bedroom, designed to help you! Learn how to identify objects that could provide critical insights for potentially risky behavior. Discover how particular objects can signal physical and mental health concerns, and walk away with valuable resources to prevent unsafe behaviors and take action. New for 2020, this presentation will feature a discussion on the vaping epidemic.



## Speaking of Kids

Seminars that empower parents, educators, and caregivers

\$4 per seminar | \$12 for all four sessions | \$5 at the door

Free childcare available for children ages 2-8

(Registration required)

Register: [www.speakingofkids.info](http://www.speakingofkids.info) or 651-460-3200

Registration includes CEUs. Scholarships are available.