# Parents for Crane

## PFC Parent Education

One of our goals at Crane Country Day School is to help parents navigate their child's social, emotional, and academic growth during their years here. Our parent Education program, which is composed of a variety of adult learning experiences, will facilitate your understanding of how your child thinks, learns, and grows as we help you to prepare them for an every-changing world.

There are three categories of our parent education program:

**Inside Crane** – key presentations by Crane Administrators or Crane Learning Specialists in either Cate Hall or the Brittingham Family Library.

**Fireside Café**- join a small intimate group of parents in the fireplace reading room of the Brittingham Family Library to hear from Crane Staffulty.

**Parents For Crane (PFC) Meetings** – monthly meetings that consist of a brief overview of Crane happenings followed by a professional speaker in the Brittingham Family Library.

Please look over the following types of offerings. We look forward to your participation and hope that you find them to be educational and enlightening.

#### **Inside Crane**

Upper School Back to School Night Lower School Back to School Night ERB Testing: What It Is and Why We Do It

#### Fireside Café'

Headmaster Fireside Chat with Kindergarten Parents Introduction to Singapore Math Diversity Committee Update Safety Committee Update

#### **Parents For Crane (PFC) Meetings**

<u>Fitness, Health and Happiness: Identifying and Reaching Your Goals</u>
Presenter: Bob Green, Exercise Physiologist and Certified Personal Trainer

How to Survive your Child's Tween/Teen Years: A Drug Prevention specialists Parenting Tips.

Presenter: Jonathan Scott, Professional Speaker, Writer, and Educator

# Children, Mindfulness, and Acceptance

Presenter: Irina Kerdman, Licensed Clinical Psychologist and Board Certified in

Neurofeedback.

# <u>Learning to Encourage and Model this Powerful Thinking for our Children and</u> Ourselves

Presenter: Dr. Winifred Lender, Ph.D., Licensed Clinical Psychologist

#### Reclaiming Childhood in the Digital Age

Presenter: Richard Freed, Ph.D., Licensed Psychologist, Author

## **Emotional Intelligence**

Presenter: Carrie Towbes, Ph.D., Licensed Clinical Psychologist