

Fantastic Day for Parents

By Beth Johnson

On April 24, John Lake School was abuzz with parents who started the day with a very concise and clear introduction to Adlerian principles led by Deb Gibson. Each participant then had the opportunity to attend two of the eight sessions offered. From reading over the feedback forms, it becomes apparent that the 75 people who attended A Day for Parents deemed it to be a highly worthwhile day.

Here are some of the superlatives that characterized the comments about facilitators: Amazing, excellent, fantastic, phenomenal, effective, informative, knowledgeable, creative, humorous, relaxed and open, great communicator, professional and personal at the same time, shared great stories and personal examples. The material they used was described as: structured, well laid out, organized and efficient, well prepared, message loud and clear.

A few of the many comments about the most helpful information and ideas that people said they would take home and use were listed as: learning that my behaviour has an effect on those around me; seeing what parenting style I am using; realizing the love languages of family members and learning to nourish them;

self-care, self-care, self-care! goals of behaviour; using time-out as a way to calm down for parent and child; give/create power for my child; use reflective listening; use one word instead of a whole sentence; using encouragement; eliminate negativity; positive reinforcement; not to label; never do on a regular basis what the child can do for him/herself; encourage kids to come up with their own choices/options; praise vs encouragement; focus on effort and development; clear information on how children deal with grief.

For kids with ADD/HD some parents said they learned: Giving the child time to switch gears; music; timeouts for myself; looking at my expectations; understanding the mind of ADHD; the difference between punishment and consequences.

Parents of teens took home these messages: divide up issues into irritating, worrying, don't care; pick and choose your battles; the way they behave will probably not last; don't sweat the small stuff; negotiate in a calm moment; celebrate the good moments; when to let go.

Refreshments were courtesy of **Del Mengerling, Market Mall Safeway, Saskatoon Greystone Co-Op,** and **several volunteers** who did the baking. Lunch was served at **Somewhere Else Pub & Grill.**

Some people took home door prizes including books and a poster from SAS, tickets to the children's symphony courtesy of the **Saskatoon Symphony Orchestra,** and water bottles from **saskmom.com.**

The day was made possible by the volunteer efforts of a whole host of people including the six presenters: **Linda Kasdorf, Dean Hoscheit, Mavis McPhee, Bev Stroeder McMaster, Paige Gryba, and Deb Gibson.** Many thanks to all who contributed in a multitude of ways!