

MORNING PROGRAMS

School Forum: *Beyond St. Paul's School Information Days*

Tuesday and Wednesday, October 2 and 3 • 9 to 10 a.m.
Several elementary schools, private and public, will have information about their programs available for parents to take. *Free.*

Toilet Training without too many Tears

Wednesday, October 10 • 9:45 to 11:15 a.m.
Parents often feel confused about when and how to toilet train their children. Dr. Myron Friedman, Director of Psychological Services at Edu-Clinic, Inc., offers sound advice on this timely topic. He will discuss preliminary considerations for toilet training, basic strategies, preparation for one-day toilet training, and the routine used for that day. *Free.*

Conversations about God

Friday, November 9 • 9:45 to 11:15 a.m.
Bring your questions and thoughts about “things spiritual” to an informal discussion with Rev. Kelly Sullivan, an associate minister at St. Paul's Church. No preparation required. Just an inquiring heart and mind. *Free.*

Helping Young Children Develop Self Control

Tuesday, November 13 • 9:45 to 11:15 a.m.
Dr. Myron Friedman, Director of Psychological Services at Edu-Clinic, Inc., returns to offer techniques that foster a child's ability to gain self control. He will talk about the normal development of self control, what may interfere with it, and how to improve it. *Free.*

All about Kindergarten

Thursday, December 6 • 9:45 to 10:45 a.m.
Join us for this opportunity to learn about our fantastic Kindergarten here at St. Paul's School. Class 9 teachers, Ann Loden and Amy Savage, will give an overview of the curriculum with an explanation of the reading and mathematics programs. Samples of the children's work will be shown to illustrate the uniqueness of our Kindergarten program. *Free.*

CPR and First Aid

Saturday, January 19 • 9 a.m. to 2 p.m.
What would you do if your child – or an older relative or neighbor – had an accident or health crisis? Gain

peace of mind by learning cardiopulmonary resuscitation (CPR) and/or First Aid in just one day. Led by Cintas First Aid and Safety. *Cost: CPR \$30. First Aid \$30. Both \$55.*

Did You Get a Good Night's Sleep? Helping Children (and Parents) with Sleep Problems

Wednesday, February 13 • 9:45 to 11:15 a.m.
We expect to have sleepless nights with a newborn, but when our baby continues to wake throughout the night, we also become sleep-deprived. When our older child turns bedtime into a major struggle or has worries about being alone in their own room, then our best parenting skills are put to the real test. Dr. Myron Friedman, Director of Psychological Services at Edu-Clinic, Inc., offers research-based advice on how to deal with common sleep-related problems. *Free.*

SKATE: Safe Kids Are Taught Early

Thursday, March 27 • 9:45 to 10:45 a.m.
Bob Walcutt from the Laura Recovery Center Foundation will give a demonstration of what we teach children to keep them safe from predators and abductors. He will present valuable information that parents need so they can talk to their children without frightening them. *Free.*

How to Talk So Kids Will Listen

Wednesday, April 16 • 9:45 to 10:45 a.m.
This session focuses on helping parents learn specific communication skills that build better relationships between adults and children. These skills enable you to cope with your child's negative feelings, engage your child's willing cooperation, discipline without hurting or alienating, encourage autonomy, and foster a family atmosphere of love and respect. St. Paul's School Director, Zane Ann Tigett, offers this informative program. *Free.*

Mothering Daughters • Mothering Sons

Tuesdays • 9:45 to 11:15 a.m.
April 22 (Daughters), April 29 (Sons)
A mother's relationship with her children, whether they are boys or girls, profoundly affects their development. From the day that a woman finds out that she will be a mother, her hopes, dreams, and personal history come together to shape her feelings about her children and her role as a mother. Dr. Merle Holland and Dr. Sarah Pollack will speak on two consecutive Tuesdays on “Mothering Daughters” and “Mothering Sons.”

Dr. Holland and Dr. Pollack will explore the unique ways in which the gender of the child shapes the mother's response and address the particular needs that sons and daughters have as they grow to become loving, secure, independent children. In the mother-daughter relationship so much of the mother is reflected in her same-sex child. The mother is constantly modeling how her daughter may choose to be and at the same time attempting to protect her daughter from her own struggles in becoming a woman. With sons mothers often struggle with how to treat them so they will be loving, kind, connected and still meet society's expectations as men. Mothers provide for their sons a model of womanhood that their sons take with them throughout life. *Free.*

LUNCHTIME PROGRAMS

(bring a brown bag lunch)

Handling Sibling Rivalry and Fighting

Tuesday, September 18 • 12:30 to 1:30 p.m.
Children will have conflicts and siblings will be competitive. Discover how to bring peace to the fights and how to teach children the skills they need to resolve conflicts in a peaceful manner. Dr. Deborah Fry, certified instructor for the International Network for Children and Families, shares her expertise on this topic. *Free.*

How to Prepare Your Child for Testing

Thursday, October 25 • 12:30 to 1:30 p.m.
Dr. Merle Holland, a psychologist in private practice at the Houston Family Institute, has been administering school admissions tests for 21 years. She will explain the testing process and will give suggestions to parents that will enable their children to have a positive experience in the testing situation. *Free.*

Encouraging Philanthropy in Young Children

Monday, February 25 • 12:30-1:30 p.m.
Michelle Shonbeck, Executive Director of the Christian Community Service Center, will discuss ways to promote kindness and compassion in children. She also offers specific suggestions to build a philanthropic spirit in young children. *Free.*

Dealing with Temper Tantrums

Tuesday, March 11 • 12:30-1:30 p.m.

Parents often become overwhelmed when their children have temper tantrums and are uncertain in their attempts to deal with this kind of behavior. Dr. Deborah Fry addresses these issues in her talk. She offers definitions of temper tantrums, presents ways to diagnose them as well as how to prevent them. Learning how to recognize patterns that trigger tantrums provides additional information. *Free.*

NIGHT PROGRAMS

Parenting 1-2-3

Wednesday, September 26 • 6:30 to 9 p.m.

Dr. Rosana Scarce, an author and a psychologist in private practice, presents her no-nonsense method of training and disciplining children ages two to 12 without arguing, yelling, or spanking. Parents learn how to control inappropriate behavior such as whining, disrespect, screaming, fighting, teasing, and tantrums. *Cost: \$39 per person.*

Relationship Seminar: *Who Do You Trust?*

Thursday, January 17 • 7:00 to 8:30 p.m.
Trust is not blind acceptance, ignorance, or never being disappointed. It is an on-going process of knowing yourself, your partner, and how to nurture your relationship. People who attend this workshop will gain the tools and skills to do these things. Dr. Sherry Beeman and Dr. Bill Kerley, therapists who are married to each other, present their 15th annual seminar that offers sound advice on ceating and maintaining a happy, harmonious marriage. *Free.*

About St. Paul's Church

St. Paul's United Methodist Church is a diverse, open community where people of all backgrounds seek to reach out to each other and the world, focusing especially on ministry to children and youth, outreach to those in need, and spiritual formation through study, worship, and music.

We are committed to helping parents rear children in a loving, Christian atmosphere that provides a solid foundation for spiritual and moral growth. You and your family are warmly invited to join us.

Sunday School classes for children of all ages meet at 9:45 a.m. Nursery care is available while parents attend worship or Sunday School. Children's Church for ages three and older is held during the 8:30 and 11:05 a.m. worship services. Preschoolers meet for the "Joyful Noise" singing and worship experience prior to their Sunday School classes. Children's choirs for first to fifth graders meet Sunday mornings, and they sing periodically in worship services plus special occasions such as the Blessing of the Animals in the Fall.

Infants and preschoolers have fun along with their parents at Musikgarten classes and Friday-morning Play Group. Kids Night Out is our popular Friday night child care while parents enjoy an evening on their own; reservations are required. Seasonal programs include special events during Lent and Easter; Vacation Bible School and music camp in the summer; the Fall Family Festival in October; and Sights, Sounds, and Smells of Christmas and the Children's Candle-light Service in December.

Please call 713-528-0527 to join our mailing list for children and parents or to learn more about becoming a member of St. Paul's. We believe that God has a place here for you and your family.

Rev. Dr. L. James (Jim) Bankston,
Senior Minister

Dr. Ellen Edwards,
Christian Education Director

About St. Paul's School

in its second 50 years of nurturing children in a challenging learning environment

The first school in Houston accredited by the National Academy of Early Childhood Programs – and one of the first two re-accredited by the NAEYC's new, more rigorous standards – St. Paul's School has been providing Christian love and care in a challenging learning environment for children ages four months to kindergarten since 1954.

The caring, experienced staff of St. Paul's School offers extended day care options, developmental testing, field trips, Spanish, and music. Tumbling, dance, Lego[®], yoga, and computer classes also are available at an additional fee. When space permits, registration is open year around.

Zane Ann Tigett, *Director*
St. Paul's School
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Houston, TX 77004

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SUMMARY CALENDAR

SEPTEMBER 2007

18. Handling Sibling Rivalry and Fighting. *Lunchtime.*

26. Parenting 1-2-3. *Evening.*

OCTOBER 2007

2&3. School Forum: Beyond St. Paul's School Information Days. *Mornings.*

10. Toilet Training without too many Tears. *Morning.*

25. How to Prepare Your Child for Testing. *Lunchtime.*

NOVEMBER 2007

9. Conversations about God. *Morning.*

13. Helping Young Children Develop Self-control. *Morning.*

DECEMBER 2007

6. All about Kindergarten. *Morning.*

JANUARY 2008

17. Relationship Seminar: Who Do You Trust? *Evening.*

19. CPR/First Aid. *Morning or Afternoon or All Day.*

FEBRUARY 2008

13. Did You Get a Good Night's Sleep? *Morning.*

25. Encouraging Philanthropy in Young Children. *Lunchtime.*

MARCH 2008

11. Dealing with Temper Tantrums. *Lunchtime.*

27. Safe Kids Are Taught Early. *Morning.*

APRIL 2008

16. How to Talk so Kids Will Listen. *Morning.*

22. Mothering Daughters. *Morning.*

29. Mothering Sons. *Morning.*

Childcare is provided for all of these programs when reserved by calling the school office, 713-528-6779, at least 24 hours in advance.

PARENT ENRICHMENT EVENTS 2007-2008

St. Paul's School

Parent Enrichment Events

provide opportunities for parents

to share experiences and learn

about childhood issues.

All St. Paul's School parents, church members, and interested others are warmly invited to attend.



For more information about any event or to make child care reservations, please contact St. Paul's School

at 713-528-6779 or
sps@stpaulshouston.org.