

The WEST Region

- TBA** **NEW SEASON KICK-OFF PICNIC**
No ants allowed! Come meet old friends and make new ones at the PACES family picnic. We'll kick off the new parent education year with good food, lots of games, and fun for the whole family! Bring a dish to share.
- SEP 11** **THE MAGIC OF THE MUSIC/BRAIN CONNECTION**
TUE 9 am Music soothes the savage beast, they say. Here's your chance to see it in action. Mary Van Deven, certified Musikgarten teacher, will talk about the power of music and how it can impact your child's neurological development. Learn what music can teach your child. Bring the kids as Mary will lead them in singing, dancing, and learning.
- OCT 9** **LEADER, FOLLOWER, PEACEMAKER: HOW BIRTH ORDER AFFECTS US**
TUE 7 pm Laugh and learn with Dr. Michael Maniacci as we discuss the unique role that birth order plays in our development. What characteristics are typical for first-borns? Is your youngest child doomed to be a rebel? Is life really harder for middle children? How does your birth order affect your parenting style? Don't miss this informative and entertaining presentation.
- OCT 18*** **PRESCHOOL FORUM**
THU 7 pm Representatives from local preschools will talk about their school philosophies and a typical school day. Ask all the questions you want! Preschool guidebooks will be available for purchase.
- OCT 27*** **HALLOWEEN PARTY**
SAT 10:30 am Bring your little goblin to a great party! We will have delicious treats, ghostly games, bubbly music, and witchingly good crafts. Come for the fun!
- NOV 13** **GUILT-FREE PARENTING**
TUE 7 pm Moms: zap the guilt and parent with confidence. Join life coach Lori L. Radun, CEC, as we explore the common reasons mothers feel guilt. Can you do it all? Do you want to? What does that mean? Learn to set realistic goals and expectations for yourself and your family, so you can enjoy these fleeting years. Lori will offer strategies to help alleviate guilt-based parenting and show us how to trust ourselves and parent with confidence.
- DEC 7*** **HOLIDAY BRUNCH**
FRI 9 am Take a Christmas break with us. Fun, frivolity, and festivities for all! Bring the kids and join us as we gather for a holiday celebration that includes food, holiday crafts, music, and games.
- JAN 15*** **INFANT MASSAGE**
TUE 7 pm Learn something new! Massages rejuvenate and replenish our bodies and souls. Learn what they can do for your baby as we explore the wonders of pre-natal and baby massage. Find out what is safe and what is too stressful for your infant. Barb Kaufholdm, a massage therapist, will present interesting information on this growing practice. In this session, we'll practice our techniques on dolls, rather than our infants.
- FEB 12** **POTTY TRAINING**
TUE 7 pm Moving from diapers to underwear isn't always easy, even for the most interested kid. Join our speaker for tips and helpful advice on the loaded subject of potty training. Find out what to expect, how to handle accidents, and when to reward achievements.

MAR 11
TUE 7 pm

STRONG MARRIAGE, STRONG FAMILY

Remember the days before kids when you and your spouse could have uninterrupted conversations? When any night could be date night, and any restaurant would welcome you without raised eyebrows? Since having kids, it can be hard to carve out time for your spouse. Learn why it's important that you do. Family therapist Susan Adler, LCSW, ACSW, will help you rediscover your sense of humor and teach you how to put some life back into your marriage.

APR 8
Tue 7 pm

INFANT AND CHILD CPR

Every parent worries about their child choking. If you needed to, could you do CPR? Join longtime PACES member and certified social worker, Paula Duellman as she leads us through the complexities of infant and child CPR. Learn the proper techniques for handling infants, toddlers, and older kids. Learn when your child is really choking and what signs indicate breathing. Paula will provide relevant materials.

Note: this is not a certification course.

MAY 3
SAT 5:30 pm

10TH ANNUAL TODDLER BARN DANCE

Come one, come all to PACES 10th Annual Toddler Barn Dance at Arabian Knights Farms, 6526 Clarendon Hills Road, Willowbrook, from 5:30 - 7:30 pm. Don't miss one of the highlights of the PACES year!

MAY 13
TUE 7 pm

THE POWER OF SIMPLE TRADITIONS

Traditions are not just for Christmas! Discover some simple and meaningful ways to strengthen family ties and connect with your loved ones. Laura Steed, a consultant with Once Upon A Family, will outline the nine powerful benefits traditions have on our families and give numerous ideas on how to make it happen in our busy lives. She will discuss how easy it can be to create great memories with our families—and show us that traditions don't need to be complicated or expensive. Something as simple as Saturday morning pancakes with dad or having "movie night" on Friday nights will create traditions and fond memories. We all want to celebrate life and pass on powerful keepsakes. Learn how easy it is!



Meeting Place:

Good Shepherd Lutheran Church, 525 W. 63rd Street, Downers Grove

Date/Time:

2nd Tuesday of the month, unless noted with an *. Times vary.

Babysitting:

Available for a reasonable fee. Reservations suggested. Call Kerstin Reilly (630) 410-4183

Non-members are welcome to attend meetings. A donation of \$2 from non-members is requested.

For Membership Information Call:

Lisa Bezella (773) 467-1705

For Details on Events, Contact Regional Coordinators:

Rachel Horn, (630) 433-0389, Karen Kotynek, (630) 835-4754

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