



EDUCATION, FRIENDSHIP & SUPPORT

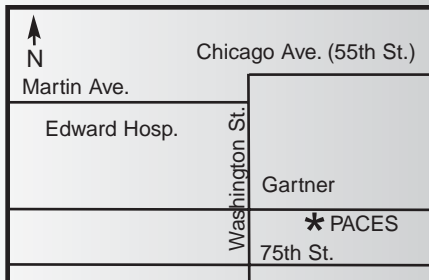
PACES is an educational support organization for parents of newborn to preschool age children. PACES offers family enrichment through expert parenting information, peer support, social activities and volunteer opportunities. A not-for-profit, all-volunteer organization centered in Chicago's suburbs, PACES promotes educated parenting without advocating specific theories or philosophies.

Purpose: To provide a peer group for families of young children committed to parental growth, family growth; to support educated parenting by providing the latest information on child-rearing.

Place: Grace United Methodist Church, 300 E. Gartner (Lower Level Fellowship Hall), Naperville, IL (630) 355-1748

Date/Time: 2nd Tuesday of the month, 9:30 - 11:30 a.m., unless noted with an *

Babysitting: Reservations required by the Thursday before meeting. Please call Nicole Sommerfield, (630) 961-2829.



Parent And Child
Education & Support Organization
P. O. Box 13, Lombard, IL 60148-9998
(630) 835-4111

Contact PACES on the web!
www.pacesmoms.org
Email us at: Info@pacesmoms.org

SEMINARS

PACES seminars provide an opportunity to meet and make new friends, to share ideas, concerns, "techniques" and to encourage realistic expectations of our children, families and selves. All are available for a nominal fee for non-members, free to members. New Motherhood and Older Babies seminars are scheduled as needed. All other seminars begin the second week of October, February and May. Advance registration is required. For registration information for any of the following seminars, call Theresa Mueller, 630-579-0048

NEW MOTHERHOOD SEMINAR

is for first-time mothers and their babies, birth to six months old.

OLDER BABIES SEMINAR

is for first-time parents and their babies, six to twelve months old.

TODDLER I SEMINAR

is for parents of 12- to 24-month-olds.

TODDLER II SEMINAR

is for parents of 24- to 36-month-olds.

PRESCHOOLER SEMINAR

is for parents of three- to five-year-olds.

SIBLINGS SEMINAR

is for parents of two or more children.

ADOPTIVE PARENT SEMINAR

is for parents of adoptive families.

WORKING MOTHERS SEMINAR

is for mothers working full- or part-time.

STAY AT HOME MOMS SEMINAR

is for mothers choosing motherhood as a career.

CHILDREN'S ENTERTAINMENT SERIES

PACES presents a variety of enjoyable programs for parents and children. See the PACESETTER for details.

NEWSLETTER

The PACESETTER is printed bi-monthly to publicize PACES activities and offer educational articles of special interest to parents. Mailed free to all members.

GROUP WORKSHOPS

*HOW-TO-TALK SO KIDS WILL LISTEN™ and *SIBLINGS WITHOUT RIVALRY™

These practical workshops by Faber and Mazlish are designed for individual parents or couples who want to improve communication within their families.

PLAYGROUP

Members and their children are invited to join playgroups which meet once a week at different members' homes throughout the region. To join a playgroup, contact: Cathy Mrock, 630-579-6155.

SOCIAL GROUPS

PACES invites you and your friends to join in many of our social activities and outings for children, moms and couples. See regional newsletter for more details or call Nicole Romanov-Nazar, 630-370-1192.

PRESCHOOL GUIDEBOOK

Comprehensive directory of area preschool programs available year-round. Guidebooks sold at Borders, Anderson Books and My Little Gym in Naperville.

PACES members and non-members are welcome to attend. A donation of \$2.00 from non-members will be asked to cover expenses. PACES also provides many other services and activities for parents of young children.

REGIONAL COORDINATORS:

NICOLE SOMMERFIELD, 630-961-2829;
NICOLE ROMANOV-NAZAR, 630-370-1192

FOR MEMBERSHIP INFORMATION CALL:

STEPHANIE SISKA, 630-428-1244

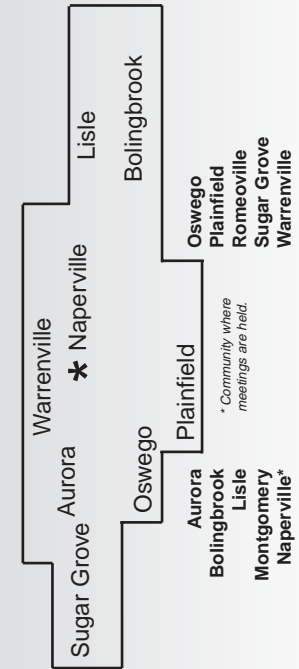
Email us at: pacesnap@pacesmoms.org

NAPERVILLE/AURORA/PLAINFIELD

and neighboring communities

Regional Calendar & Activities 2005-2006

COMMUNITIES THIS REGION SERVES:



Parent And Child
Education & Support Organization

ASK THE PROS....

SEP 13 WILL YOU BE MY FRIEND: ENCOURAGING YOUR CHILD'S FRIENDSHIPS

New Year Kickoff Meeting
Children's friendships are the training grounds for adult relationships. From parallel play, interactive play to quarrels and power struggles, Norma Swanson Irie, LCSW and Coordinator of the Early Years Program and Turning Point Behavioral Health Care Center, will offer insight into the minds of children traveling the road to friendship. Make new friends of your own at our first meeting of the 2005-06 year while learning ways you can assist your child in building and negotiating friendships.

OCT 18* BEING YOUR CHILD'S TEACHER

3rd Tuesday

From Learning Through Play to Homeschooling When should a child know their ABC's? How do children learn to read? Whether you are just playing with your child or you want to take the big step and home school, each parent is their child's first teacher. PACES member, Marybeth Held, former elementary school teacher, will give us ways to include educational snippets throughout each day, games and techniques to encourage learning and explain the ropes of homeschooling. Everyone is sure to come away with many great tips for teaching our children.

NOV 1* 7TH ANNUAL PRESCHOOL FORUM

TUE 9:30 am
Registration for preschool is just a few months away. Are you ready to make that important decision for your child? Start the preschool 'shopping season' as representatives from over 20 local area preschools display info and answer your questions. The PACES 2006 Guide to Preschools will be available for purchase at this event for only \$5.00.

NOV 8 ENCOURAGING DISCIPLINE: STOP THE YELLING!

Stop the insanity! As much as you love your children, do they sometimes drive you nuts? Do you feel like you're hanging on by a thread at the end of the day? Then take a deep breath and come listen as Janet Hodges, MS, CCC/SLP, a certified Parent Educator and inspirational speaker, gives us some helpful hints on how to hang in there. She will talk about how to model self-control and positive behavior for our children and will talk about several more palatable alternatives to nagging, yelling and threatening.

DEC 13 HEALTHY AND HAPPY MOMS

At our Annual Silent Auction Potluck Brunch Ever notice that when mom gets sick the whole household stops? It is vital that we keep ourselves healthy and happy so our families stay on track. Join us at our annual holiday party and silent auction as PACES Professional Sponsor, Doris Cherwenka, CNM, gives us many great tips on how to stay healthy, happy and unstressed during the holiday season as well as all year long. And just in time for holiday gift giving, plan to participate in our annual silent auction, our biggest fundraiser of the year. Great bargains are to be had by all!

JAN 10 SWEET DREAMS

For the Whole Family
Sleep is something we can't live without. Getting the proper amount of quality sleep seems to be a challenge for parents and children alike." Hans Lonnroth, LCSW, from The Sleeping Child, will explain the nature of sleep, the amount and quality of sleep your child needs and problems associated with too little sleep. Hans will also expand on frequent night wakings, bedtime struggles, short or inconsistent naps and transitioning from a family bed to crib and a crib to a big kid bed. There will also be plenty of time to talk about sleep questions you may have.

FEB 11* KEEPING YOUR MARRIAGE ALIVE AFTER CHILDREN

SAT 3 pm
Held at Independence Village, 1030 Aurora Ave, Naperville (630) 357-3922
Dads and Moms, just in time for Valentine's Day, please join us for an enriching afternoon of lessons and laughter. Remember when you couldn't get enough of each other? Remember dressing up, going out on dates and having conversations that didn't revolve around your children? While having children is a wonderful thing, it throws many marriages for a loop and can strain that important, primary relationship. Dr. Michael Maniacci, expert child and family therapist, will help us rediscover our sense of humor and put some spirit back into our marriage. A strong marriage in turn creates a stronger healthier family.

MAR 14 THE REAL DEAL ON YOUR CHILD'S SELF ESTEEM

As a parent, do you ever wonder what it really means for your child to have good self-esteem? And where does good self-esteem come from? All parents want their children to feel good about themselves, to treat others respectfully and to eventually grow into competent, successful adults. But parents are often unsure of how to reach this long-term goal. This presentation by The Pediatric Psychology Associates of Oak Brook, will share with you the most important things you can do as a parent to ensure that your child grows up to be a happy, resilient, competent and successful individual.

APR 11 MUSIC IS MAGICAL

Music is soothing, it puts babies to sleep. Music is exciting, just look at the Wiggles! Music is moving, it evokes good memories even into adulthood. But why is music so important to us and when should it be introduced to children? Kids are invited to join us at this month's regional meeting while we learn why music is so important to the lives of young children and adults.

MAY 9 BOREDOM BUSTERS

Just in Time for Summer
You don't want to park your children in front of the TV this summer, but you've run out of ideas for fun. Join us as we learn about yummy child-friendly recipes, local outings, fun crafts and educational activities to last the whole summer long.

JUN 13* TEDDY BEAR PICNIC

TUE 10 am
Knoch Park, Naperville
Hey Kids, you and your family are invited along with your favorite teddy bear (or other furry friend) to a fun, family teddy bear picnic! There'll be teddy treats, some songs and stories, a teddy bear parade and lots of other teddy themed fun. We'll see you at 10 AM at Knoch Park, in Naperville, south of West Avenue near Martin Road (behind Edward Hospital). Please bring your own picnic lunch.

