



EDUCATION, FRIENDSHIP & SUPPORT

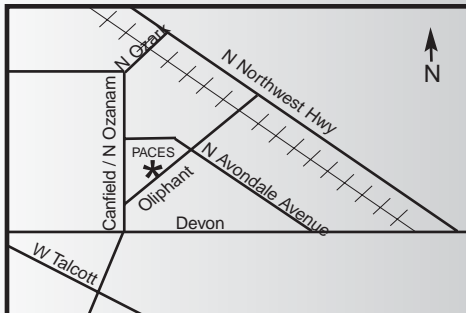
PACES is an educational support organization for parents of newborn to preschool age children. PACES offers family enrichment through expert parenting information, peer support, social activities and volunteer opportunities. A not-for-profit, all-volunteer organization centered in Chicago's suburbs, 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: Edison Park Lutheran Church, 6626 N. Oliphant, Chicago (773) 631-9131

Date/Time: 1st Thursday of the month at 9:30 a.m. unless noted with an *.

Babysitting: Available for a reasonable fee. Reservations are required. Call Kerry McElligott (847) 676-9043.



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 Stephanie Guest (847) 384-1886.

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: Nan Clarke (847) 518-9065

BABYSITTING CO-OP

The babysitting co-op gives members opportunities to exchange babysitting hours. Contact Barbra Versino (847) 518-1420

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 contact: Mary Byrne (773) 467-0478

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.

FOR MEMBERSHIP INFORMATION CALL:

Chris Sassan (847) 384-7372

FOR DETAILS ON EVENTS, CONTACT REGIONAL COORDINATORS:

Barb Turbett (847) 685-0950, Sue Biagi (847) 685-1094

Email us at: pacesprep@pacesmoms.org

PARK RIDGE/EDISON PARK

and neighboring communities

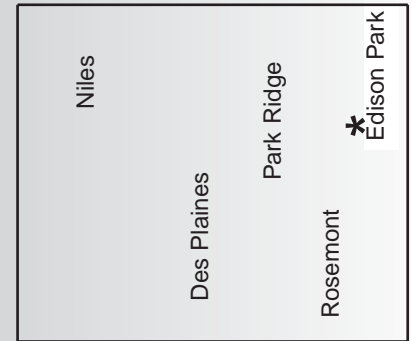
Regional Calendar & Activities 2005-2006

COMMUNITIES THIS REGION SERVES:

Chicago
Edgebrook
Edison Park*
Jefferson Park
Norwood Park
Glenview
Lincolnwood
Morton Grove

Niles
Skokie
Des Plaines
Harwood Heights
Norridge
Park Ridge
Rosemont

* Community where meetings are held



Parent And Child
Education & Support Organization

ASK THE PROS....

SEP 1
THU 9:30 am

GETTING ORGANIZED
Not enough hours in the day? Overwhelmed by piles of mail, misplaced items and clutter? Join us as we welcome Monica Friel, the founder and president of Chaos to Order, a professional organizing company in the Chicago area. She has been featured on Oprah and appears regularly in the Chicago Tribune and the Chicago Sun-Times. Monica will share time-saving ideas for staying on top of a busy schedule, practical tips for organizing and managing your home, as well as ideas for keeping your kids organized.

OCT 6
THU 9:30 am

RAISING BOYS/RAISING GIRLS
Is it different parenting a girl than it is a boy? What are the myths and truths about the role of gender? Ann McCartney, Ph.D., will explore gender development in raising children and look at the impact of biology, culture and environment. Learn how to accept and respond to your child's "wiring." Come to reflect on the nature of gender differences in our children, while being more aware and sensitive to our own gender differences.

OCT 22*
SAT 4 pm

MARRIAGE: NURTURING YOUR RELATIONSHIP
Have the demands of parenting, careers and household responsibilities challenged your relationship with your partner? Pack up your kids (babysitting available, reservation required) and bring your partner to hear Dr. Michael Maniacci and Dr. Laurie Sackett-Maniacci explore ways to enrich and strengthen your relationship. Learn basic strategies for improving communication and problem solving.

NOV 3
THU 9:30 am

MEET THE ALLERGIST
Does someone in your household have eczema? Hay Fever? Asthma? Peanut issues? Join us as we discuss the nature of allergies and what we can do to alleviate and prevent suffering in our homes. A representative from Lutheran General Hospital will lead the discussion.

DEC 1
THU 9:30 am

MERRY MUSIC MAKING
Bring your children and delight in a presentation by Mary Thilleman of Music Together. Music Together is a music and movement approach to early childhood music development for infant, toddler, preschool, and kindergarten children and their parents and other caregivers. Begun in 1987 as an educational project of the Center for Music and Young Children in Princeton, NJ, Music Together pioneered the concept of a research-based, developmentally appropriate, early childhood music curriculum that strongly emphasizes and facilitates adult involvement. Mary will conduct a mini-class for us and then discuss the program in greater detail.

DEC 10
SAT 10 am

HOLIDAY PARTY
Fun, frivolity and festivities for all! Join us as we gather for a holiday celebration that will include food, holiday crafts, music and a visit from Santa.

JAN 5
THU 9:30 am

ENCOURAGE DISCIPLINE - STOP YELLING
Threats don't work; yelling doesn't work, and "No!" is not effective. How do you deal with the day-to-day challenges of raising a young child? Parenting expert and family counselor Janet Hodge will present positive and proactive ways to address misbehavior, teach acceptable alternatives, and provide better ways to encourage good behavior.

FEB 2
THU 9:30 am

RAISING SEXUALLY HEALTHY CHILDREN
Sexuality is a part of normal development, beginning at birth and continuing throughout one's life. As parents, our words, actions and attitudes impact this developmental process. Norma Swanson Irie, LCSW, will discuss sexual development at various stages of early childhood and will address "touchy" issues such as masturbation, sexual curiosity, nudity, potty language, gender identity and body image. In addition, our speaker will address ways of responding to children's questions about sex and reproduction.



FEB 26*
SUN 4:30 pm

ITTY BITTY BALL
Get ready for music, and most of all fun! This is an evening of dancing, and a kid-friendly dinner for the whole family. A DJ will play songs to make little and big feet tap. Kids can make festive crafts to take home. It's sure to be a blast.

MAR 2
THU 9:30 am

TAKING CARE OF BABY, TAKING CARE OF YOU
Mothergrowth: Much of the talk about development centers on children, but what about that of the mother? Motherhood forever changes a woman's identity and can be a catalyst for tremendous personal growth. However, with the pressures on mothers today it is easy to get caught up in trying to be the "perfect mom" and lose sight of our own emotional needs. Nancy Jarvis, from Turning Point, will explore the importance of attending to your whole identity and growth through self awareness and support. Children will benefit from a mom who can refuel her own emotional needs, and mothers will be fortified to meet the many demands of parenting, thus helping to prevent burnout.

APR 6
THU 9:30 am

MEDIA INFLUENCES ON CHILDREN
Electronic media is a powerful tool that can be used for good or bad. If used properly it can be beneficial. If overused or used improperly the electronic media can be a destructive influence on the family. Come learn with other parents how best to utilize and manage the media in your home. Lisa Grundon taught for 17 years in elementary schools in Spain and California prior to her directorship at Kingswood Academy. She has Master's degrees in Education and in Educational Administration, and she has conducted extensive research on the topic of media and education.

MAY 4
THU 9:30 am

STOP SCHOOL VIOLENCE AND BULLYING
With more than 17% of students bringing weapons to school every day, this is an issue that cannot be ignored. Programs address this subject for the victim and their parents, but most kids do not tell their parents or teachers that they're being bullied because of humiliation and fear of retaliation. A representative from school district 64 will discuss intimidation, bullying, and what to watch for in your children.