

Raising the Emotionally Intelligent Child

IN TODAY'S DIGITAL WORLD



Parent Education Workshops

led by Ed Dunkelblau, clinical psychologist and nationally known speaker on social-emotional intelligence, humor, and health

Thanks to a grant from the Elementary Learning Foundation, District 64 is pleased to offer parents the opportunity to attend two workshops on parenting emotionally intelligent children presented by Ed Dunkelblau, an internationally acclaimed speaker on the topic of social-emotional learning and character development. His work has been featured in major national media, including the New York Times, Chicago Tribune and USA Today, as well as on NPR and CNN.



Helping District 64 Reach New Heights

MIX 'N MATCH ATTEND ONE OR BOTH

Tuesday, September 23

6:45 p.m. - 8:45 p.m. Washington School (auditorium)

This session will provide an overview of emotionally intelligent parenting and the specific behaviors we can use to support our children. Topics addressed will include: *What is emotionally intelligent parenting? Why is it important? Why as a parent should I care? What are the practices of a parent who is committed to raising an emotionally intelligent child?*

Thursday - October 2

6:45 p.m. - 8:45 p.m. Washington School (auditorium)

This session will address specific topics generated by parents related to their own experiences with their children. Although the session will be customized to address the specific needs of parents, it may include topics like managing and responding to different emotions, facilitating self-awareness and social awareness in children, healthy decision-making, and managing media appropriately and effectively.

Parents have a primary role in raising a respectful child who is self-aware, makes responsible decisions and learns how to manage emotions to withstand the inevitable conflicts in life. By forging a partnership between District 64 and the Park Ridge-Niles community, parents and teachers can work collaboratively to bring social emotional learning into the daily lives of children.

CAN'T ATTEND, BUT WANT TO JOIN THE DISCUSSION?

Watch for an opportunity later this year to join a District 64 Book Club to discuss "*Emotionally Intelligent Parenting*" by Elias, Tobias, and Friedlander. The club will be sponsored and facilitated by District 64 staff.