

January 25 from 7:00 to 9:00 p.m. in the Parlor

Sleep Well for School (and Life!) Success

Over half of children don't get the sleep they need each night, which has an enormous impact on their emotional intelligence, cognitive abilities, and physical coordination. All of this impairs their school performance, interferes with mood, and increases their risk of obesity. Catherine Darley, ND from The Institute of Naturopathic Sleep Medicine, will cover how sleep impacts children, red flags of sleep problems, and how to help your children get healthy sleep. There will be plenty of time for questions and discussion. This event is free, open to the public and for parents of children age 3-14. Childcare will not be provided.

February 2 from 7:00 to 9:00 in the Parlor

The Young and the Restless: The Social Lives of our Children

Julie Metzger, famous for her Children's Hospital classes, will review the latest research on social dynamics to help kids communicate effectively and build healthy relationships to navigate such things as not getting invited to a birthday party or being teased at recess. It can be challenging in the moment to know how to help our children communicate effectively and build healthy relationships. Come hear a review of latest research on social dynamics of children and strategies for kids and parents.

This event is free, open to the public and for parents of children in 2nd through 8th grade. Childcare will not be provided.

February 27 from 7:00 to 9:00 p.m. in the Parlor

Villa Parent Book Club: The Nature Principle

Book clubs are great motivators to actually finish a book. So, check this one out of the library and plan to finish before the end of February. Villa parents will gather in the Parlor for an evening of discussion about Richard Louv's latest book, The Nature Principle. His first book on this subject, The Last Child in the Woods, started an international movement to reconnect children with nature. Now, Louv reaches even further with a call to action for the rest of us. Supported by groundbreaking research, anecdotal evidence, and compelling personal stories, Louv shows us how connecting with the natural world can boost mental acuity and creativity; promote health and wellness; and build smarter and more sustainable businesses, communities, and economies. It should be an interesting read and interesting evening talking about what we thought of it.

This event is for Villa parents.

Childcare will not be provided.

March 27 from 7:00 to 9:00 p.m. in the Parlor

A Safe Environment for Villa Kids

Jody Elsner, Director of the Lower School, will inform parents about the programs and policies of Villa Academy's Safe Environment Program. Parents will learn about the personal safety training that employees, volunteers, parents and children of the school receive. As part of this evening, parents will have an opportunity to view "Called to Protect for Parents and Families", highlighting personal safety issues and child abuse. There will be a presentation followed by discussion and Q&A.

This event is for Villa parents.

Childcare will not be provided.

March 21 from 7:00 to 9:00 in the Parlor

Your Tween's Safety

Kim Estes of Savvy Parents, Safe Kids will be here for an empowering and non-fear based workshop full of practical safety tips and tools to become helpful and resourceful parents. You'll learn how to confidently talk to kids about being more independent and keeping themselves safe without scaring them (or you!). We will cover readiness for staying home alone, cell phones, babysitting, going to mall/movies without you, body and personal safety, school and neighborhood safety, sleepovers and new friends. Solid safety steps during this exciting chapter of their lives will help reduce their risk of sexual abuse, bullying and abduction. No graphic conversations. No scare tactics.

This event is free, open to the public and for parents with children in 2nd through 8th Grades.

Childcare will not be provided.

April 30 from 7:00 to 9:00 p.m. in the Parlor

Parenting with Courage and Connection

Jody McVittie, MD, a parent trainer, coach and parent educator will focus on how parents can connect with kids and see behavior that makes everyone happier. Using what she has learned from studying leading childhood behaviorist, working with families and educators as well as her experience with her own children, Jody will guide us through new ways of thinking about balancing firmness and kindness to create better relationships. She will provide insight into why we all do the crazy things that they do when trying to get along in families.

This event is free, open to the public and for parents with children of all ages.

Childcare will not be provided.