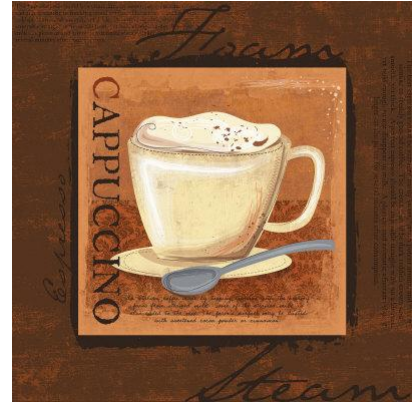


YOU'RE INVITED FOR CAPPUCCINO AND CONVERSATION



This year I am really excited to offer CAPPUCCINO MONDAY DISCUSSIONS for parents. Cappuccino Monday discussions will offer a forum for sharing ideas about how we can raise happy, responsible, and emotionally healthy children. We will read books, explore topics and invite guest speakers that will help us all be more informed about issues and challenges of parenting in today's world. The goal is to keep our healthy families healthy! I have selected two topics as a place to begin for this school year (see descriptions listed below). Each meeting will begin at 8:45 a.m. and will last about 1-1/2 hrs. I will provide the coffee, tea, seasonal treats and the structure, and together we will provide stimulating and meaningful discussions.

Please read over the choices below and if interested, complete the form below and return to KES Guidance to reserve your spot. I will have books available if you would like for me to send one home for you to read prior to the discussion. No time to read? ... no problem! come and be inspired by the the discussion and ideas shared by other families. I just need you to complete the form below so we know how many to expect.

Monday, February 14th - Valentines Day!

In keeping with the valentine theme, we will discuss the book: *The Five Love Languages of Children* by Gary Chapman and Ross Campbell. "According to the authors, each child expresses and receives love through one of five different communication styles. Parent's love language may be totally different from that of his or her child, which causes hurt feelings and misunderstandings. With the help of this book, adults can discover their child's primary language and learn what they can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in their child's emotions and behavior".

Monday, March 21st

Book/Video Discussion: *Redirecting Children's Behavior* By Kathryn Kvols. "An inspiring and motivating book that challenges parents, teachers, grandparents, coaches, and others to create cooperative relationships with children. *Redirecting Children's Behavior* helps promote peace in families by offering skills to: Improve communication, help kids get along, turn conflict into cooperation, use natural consequences and increase parent understanding of children's perspectives. Kvols shows parents how to encourage responsibility in children and build self-confident, cooperative individuals."

(Please complete by checking your choices, cut and return to Mary Warren, KES Guidance Counselor)

Name: _____ Phone # _____ Email Address: _____

Names, ages and KES Teachers of Children: _____

Monday, February 14th: *The Five Love Languages of Children*

- I would like to attend
- Please send home a book

Monday, March 21st: *Redirecting Children's Behavior*

- I am interested in attending
- Please send home a book