

Concerned About Your Child?

Whatever the reason...

Connecting for Kids can help.

You're not alone

Connecting for Kids (CFK) provides education and support to families with concerns about their child. We serve all families, including those children with and without formal diagnoses. CFK offers educational programs, support groups, a Parent Match Program and numerous resources.

Registration is required for all programs. Register online: connectingforkids.org/register, via email: info@connectingforkids.org or call: 440-250-5563.

Speaker Series

Join us for presentations on various childhood topics by local, pediatric professionals. During the presentations, free, supervised children's activities are available, but adults and children must register separately.

Dealing with Preschool Behavior in Public

Embarrassed by your kids' behavior in public? Are there times when you don't know what to do? Do you sometimes just give in to what they are whining about because it's the easiest approach? How should you appropriately discipline in public without causing a scene? Christine Jurik, MA, BCBA, COBA, of Behavior Consulting Services, LLC, will discuss ways to deal with preschooler behavior when running errands, attending parties and participating in community functions. Jurik will also teach attendees how to address whining, yelling, tantrums, unsafe behaviors and more. Learn new behavioral strategies to feel more confident taking your preschoolers with you in the community!

Tuesday, January 17, 7:00 pm, Westlake Porter Public Library, 27333 Center Ridge Rd., Porter Room

No Body is Perfect

Are you concerned because your child has a negative body image? Do you worry about your family's mealtime behaviors and whether they are healthy? Would you recognize the signs of an eating disorder? Kelly Bhatnagar, PhD, of The Emily Program, will discuss how to model positive body image behavior and ways you can talk to your child about weight and wellness that will positively impact self-esteem. She will provide tips for keeping mealtimes healthy, social and fun to promote a peaceful relationship with food. Dr. Bhatnagar will also address what to do if you suspect your child may have an eating disorder.

Saturday, January 21, 2:00 pm, Westlake Porter Public Library, 27333 Center Ridge Rd., Porter Room

All About Reading

How can you tell if your child is having difficulty reading? What are some things you can do at home to teach your child how to read? What do you do if you suspect a disability? Tammie Sebastian, Information Specialist/Trainer at the Ohio Coalition for the Education of Children with Disabilities, will teach participants the basic foundational steps needed to learn to read. Rhyme, rhythm, pictures and phonemic awareness will be discussed and applied with a hands-on approach. Storytelling techniques will be demonstrated. How to recognize if a child is having difficulty reading and what some of the warning signs of a possible disability will also be discussed. Content geared toward preschool and elementary school families.

Saturday, March 11, 2:00 pm, Westlake Porter Public Library, 27333 Center Ridge Rd., Porter Room

Register at connectingforkids.org/register

Email: info@connectingforkids.org | Phone: 440-250-5563

Winter Programs 2017

Managing Meltdowns

Do your child's meltdowns seem to last longer than normal? Are you concerned with how frequently they occur? Does the slightest thing send him or her into a downward spiral? Join Christine A. Chambers, MEd, OTR/L, of Abilities First, LLC, as she discusses ways to decrease the frequency and intensity of meltdowns in toddlers and preschoolers. Learn how to prepare your child and the environment to avoid meltdown triggers. Chambers will also teach you how to help your child recognize the signs that he or she is becoming overwhelmed and initiate age-appropriate, self-calming activities.

Saturday, March 18, 2:00 pm, Middleburg Heights Branch of Cuyahoga County Public Library, 15600 East Bagley Rd., Meeting Room.

Parenting the Anxious Child

Does your child worry excessively about grades or social situations? In class, does your child put unreasonable expectations on himself or herself? Are you looking for strategies to help reduce your child's anxiety? Join Liesl L. Glover, Ph.D., of Kenneth A. De Luca, Ph.D. & Associates, Inc., for this interactive presentation. She will discuss causes of anxiety and give specific ideas about how families can help their elementary-aged children. Dr. Glover will provide strategies to both reduce and handle worries in the home and school environment. During the presentation, there will also be time for questions.

Tuesday, March 21, 6:30 pm, Grant Elementary School, 1470 Victoria Ave., Lakewood

Introducing Sensory: A Reason for Behavior Problems?

Does your child love to spin around in circles and crash his body into things? Does she yell when she hears loud noises or sees bright lights? Does he become nervous in crowded environments? Join Denise Attie, COTA/L, of Mercy Rehabilitation Services, as she helps families recognize whether their child has sensory issues. She will provide examples of sensory-specific behaviors and discuss ways to detect the early signs of a sensory disorder. She will also provide

information about resources and therapies that can improve outcomes for your toddler or preschooler.

Thursday, March 23, 6:00 pm, West River Branch of the Elyria Public Library System, 1194 West River Rd. N., Miller Room. A light dinner will be served.

Elementary ExperiencesSM

For families and their children (ages 7-12 years) who are struggling in an area of development.

Legos and Language

Does your child struggle with conversation? Can he or she play cooperatively with others? Do you notice that your child has a difficult time expanding his or her thoughts and ideas when talking? Join Aletta Sinoff, PhD, CCC-SLP, BCBA-D, as she uses Lego activities to build cooperative play skills and help families become more effective communication partners with their children. Families will gain a better understanding of how to facilitate back and forth conversation with children who may not have developed this skill on their own.

Saturday, January 28, 2:00 pm, Lakewood Public Library, 15425 Detroit Ave., Toddlers' Story Room

Book Making: A Creative Technique to Help with School Work

Does your child have trouble concentrating on that tedious page full of multiplication facts? Is there a way to make that boring list of spelling words more exciting to enhance your child's learning ability? Dr. Nora McNamara, Child & Adolescent Psychiatrist, of University Hospitals Case Medical Center, will introduce you to the world of book making. Participants will learn how a Necklace Book allows students to practice math facts, how a Starburst Origami Book can be used as a reference for a test and how to make a Flexagon art book. Dr. McNamara will discuss how book making allows children to develop concentration and a sense of order.

Saturday, February 4, 2:00 pm, Westlake Porter Public Library, 27333 Center Ridge Rd., Dover Room



Meditation Made Easy

Stressed out? Need a new strategy to bring peace to your home? Join Terri McNeely, MEd, BS, of The Child & Family Counseling Center of Westlake, as she teaches families about meditation and how it provides many benefits to children including increased focus and reduced anxiety. During this hands-on workshop, adults and children 7 years and older can spend time together and practice different types of breathing techniques. Not only will your children learn how to use meditation to rid themselves of the negative effects that stress has on the body, adults can also take advantage of these techniques too. Meditation can be applied to home, school and work environments.

Saturday, March 4, 2:00 pm, Westlake Porter Public Library, 27333 Center Ridge Rd., Dover Room

Create a Healthier Family with Better Foods

Are your kids pulling out junk food begging for a snack just before dinner? Are your kids resistant to trying new things? Dr. Casen DeMaria, DC, CACCP, of The Drugless Doctors, will discuss how the body works and what foods are best to support the brain and nervous system. Bring the whole family and learn the benefits of making food at home and the ingredients that you want to avoid. Attendees will take home recipes they can start incorporating into meal planning immediately. Dr. Casen will also show you some easy exercises and answer your questions about nutrition and wellness.

Saturday, April 1, 2:00 pm, Westlake Porter Public Library, 27333 Center Ridge Rd., Dover Room

For more information, visit connectingforkids.org/elementary

Coffee and Chat

Join our interactive support group and meet other families facing similar struggles. Free, supervised children's activities are available, but adults and children must register separately. The group is facilitated by a mental health professional. Coffee donated by Starbucks Coffee Company. Cookies donated by Little Miss Cookies.

**Westlake Porter Public Library,
27333 Center Ridge Rd., Porter Room**

Parents AND Siblings Chat about the Needs of Siblings

This program is for parents and elementary-aged siblings (7-12 years) to attend together. Families will work on exercises designed to better communicate the needs of a sibling who has a brother or sister who is struggling.

Tuesday, February 7, 7:00 pm

For more information, visit
connectingforkids.org/support



Music Therapy & MoreSM

This program is for families and their children (ages 0-6 years) who are struggling in an area of development. A board-certified music therapist from Music Therapy Enrichment Center, Inc. will teach families how to use music to improve their child's motor, communication and social skills as well as behavior. Each session is 30 minutes.

West River Branch of the Elyria Public Library System, 1194 West River Rd. N., Miller Room

Session begins at 6:00 pm. A light dinner will be served following the session.

Thursday, March 9

Lakewood Public Library, 15425 Detroit Ave., Toddlers' Story Room

Sessions begin at 9:30 am and 10:30 am.

**Saturday, February 11
Saturday, March 11**

Middleburg Heights Branch of Cuyahoga County Public Library, 15600 East Bagley Rd., Meeting Room

Session begins at 6:30 pm.

Wednesday, March 8

**Westlake Porter Public Library,
27333 Center Ridge Rd., Dover Room**

Friday sessions begin at 9:30 am and 10:30 am. Saturday sessions begin at 9:30 am, 10:30 am and 11:30 am.

**Friday, January 6
Saturday, January 7
Friday, February 3
Saturday, February 4
Friday, March 3
Saturday, March 4
Friday, March 31
Saturday, April 1**

For more information, visit
connectingforkids.org/music



Teach Me to PlaySM

For families and their children (ages 3-6 years) who are struggling in an area of development. During the program, free, supervised children's activities are available for siblings.

Thursday session begins at 6:30 pm and Friday session begins at 11:00 am.

**Westlake Porter Public Library,
27333 Center Ridge Rd., Dover Room**

**Thursday, January 19
Friday, January 20
Thursday, February 16
Friday, February 17
Thursday, March 16
Friday, March 17**

For more information, visit
connectingforkids.org/play

Special Needs Library Programs Cuyahoga County Public Library

Sensory Storytime

These storytimes for children with special needs and their families incorporate a schedule board, double visuals and sensory opportunities for participants, followed by time for socialization.

Middleburg Heights Branch, 15600 East Bagley Rd.

**Saturday, January 21, 11:00 am
Saturday, February 18, 11:00 am**

North Royalton Branch, 5071 Wallings Rd.

Saturday, February 4, 10:00 am

Parma Branch, 6996 Powers Blvd.

**Saturday, January 7, 11:30 am
Saturday, February 4, 11:30 am
Saturday, March 4, 11:30 am**

Solon Branch, 34125 Portz Pkwy.

**Saturday, January 21, 10:30 am
Saturday, March 18, 2:30 pm**

Strongsville Branch, 18700 Westwood Dr.

Thursday, February 16, 6:30 pm

Lakewood Public Library, 15425 Detroit Ave., Toddlers' Story Room Sensory Story Time

All ages welcome but content geared toward ages 3 - 7. This program is designed for young children with special needs and will incorporate schedule boards, books, visual stories, music and movement to create an engaging and interactive program for your family. Following the program, families will have an opportunity to socialize in a sensory friendly environment.

**Sunday, January 15, 3:30 pm
Sunday, February 12, 3:30 pm
Sunday, March 12, 3:30 pm**

All events are FREE and open to the public. Registration is required.

Westlake Porter Public Library,
27333 Center Ridge Rd.

Sensation Stations

Drop in for sensory fun! Engage your child's senses by scooping, pouring and sorting a variety of materials. This session is for children with special needs and their typical peers. No registration required. Ages 3-6.

Tuesday, January 3, 10:30 am

Kids in the Kitchen

Learn basic cooking skills with fast, simple, no-cook recipes just for kids! For students with special needs and their typical peers. If you have an allergy or special diet concerns, please contact the Youth Department at 440-250-5471 for a complete list of ingredients. Ages 8-12.

Monday, February 20, 2:00 pm

Sensory Storytime

Features a friendly storytime for children with special needs and their caregivers. Siblings are welcome. Includes time for social play. Content is geared to ages 3-7.

Saturday, January 7, 1:00 pm

Monday, January 16, 6:30 pm

Friday, January 27, 10:30 am

Saturday, February 4, 1:00 pm

Monday, February 13, 6:30 pm

Friday, February 24, 10:30 am

Monday, March 13, 6:30 pm

Friday, March 24, 10:30 am



Connecting for Kids

Elyria

Music Therapy & More and the Speaker Series in Elyria are presented in partnership with the Elyria Public Library System and supported by Lorain County Children and Families Council through Help Me Grow funding provided by Ohio Department of Health.

Lakewood

Elementary Experiences and Music Therapy & More at the Lakewood Public Library are supported by a grant from Community West Foundation. The Speaker Series in Lakewood is presented in partnership with the Lakewood City School District and supported by a grant from Community West Foundation.

Middleburg Heights

Music Therapy & More and the Speaker Series in Middleburg Heights are presented in partnership with Cuyahoga County Public Library.

Westlake

Coffee and Chat at the Westlake Porter Public Library is sponsored by The Child & Family Counseling Center of Westlake. Music Therapy & More, Elementary Experiences and Teach Me to Play at the Westlake Porter Public Library are supported by a grant from The Nordson Corporation Foundation. The Speaker Series in Westlake is presented in partnership with Westlake Porter Public Library.

Printed at the expense of Cuyahoga County Public Library.

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