

# LEADing the Way

LEAD • Linking Efforts Against Drugs • Winter 2003

## You're invited to Parent U!

**Saturday, March 8 at Lake Forest Academy**

"A wonderful thing about Jim Fay's "Love and Logic" is that it helps us parents maintain positive relationships with our children while still holding firm on our limits, rules, and values."

—Mary Carolyn Embry

"I so look forward to Parent University every year. It helps me proactively focus on my children's various stages of development."

—Charlotte Ahern

You are invited! Whether you are a parent of a newborn, college student, or kids in between—Parent University is for you. While each of us has different dreams for our own kids and our own parenting style, we do share some common goals and experiences. We all hope our kids will grow to become responsible and mature adults, capable of finding success and happiness on their own. We all genuinely want to be the best parents we can be. And... we all wish we could replace the stress and frustration we often experience as parents with more love and respect among our family members. If you agree, we've got great news for you!

**Our goal at LEAD is to offer you an opportunity to gain proven parenting skills, newfound energy and resilience to continue doing the most important job of your life.**

This year LEAD and Northern Trust are co-sponsoring Parent University. We are very fortunate to have Jim Fay, co-author of *Parenting with Love and Logic: Teaching Children Responsibility* and founder of the Love and Logic Institute as our featured speaker. Jim's experience as an educator and parent of three led him to devise the Love and Logic philosophy. Jim teaches parents how to use love, empathy, and logical consequences to teach their children responsibility. Children learn the consequences of their choices, feel empowered to become better decision makers, and their self-esteem grows. In turn, parents experience more positive relationships with their children.

**Jim's sense of humor and sincere storytelling style make it fun and easy for parents to examine their own parenting styles and to relate to the struggles we all face—big and small.**

We feel so strongly about the value of his message that we have decided to bring Jim Fay to you for the entire day. We've arranged for Jim's presentation to be structured as two sessions, so parents can attend one or both. The morning will focus on Love & Logic strategies for parenting younger children, and the afternoon will focus on parenting teens.

I encourage you to register early. Attend both sessions if you can, or trade off with your spouse. You'll be glad you did.

Betty Frank-Bailey  
Chairman,  
Parent University Committee

**PARENT** UNIVERSITY  
Inspiration and Information  
for Parents of All Ages



Jim Fay is one of America's most sought after presenters in the areas of parenting, positive discipline, and classroom management.

### About our Presenter

Jim Fay is co-founder, with Foster W. Cline, M.D., of the Love and Logic philosophy. Love and Logic teaches a way of working with children which puts parents and teachers back in control, and teaches children to be responsible and prepared for the real world.

Jim began his career as a teacher, and for 31 years served in public, private and parochial schools. His classroom experience included elementary grades 2 through 6, art instruction, and high school music classes. Jim has also been a school principal and school administrator. For the past 20 years, he has served as an educational consultant and public speaker.

"Northern Trust is delighted to collaborate with LEAD to bring Jim Fay to Parent University. In fact, Northern Trust feels so strongly about the value of what Mr. Fay has to say to parents that we are bringing him back this spring for two days of client events across Northern Illinois."  
—David Blowers,  
President of Northern Trust - Illinois North Region and a Lake Forest parent.



[www.LEADweb.org](http://www.LEADweb.org)

**Register on page 3**



Presented with  
**Northern Trust**

# Love and Logic can help you become a better parent

by Mary Carolyn Embry

The unique approach of the Love & Logic philosophy unlocks the secrets of successful parenting and teaching.

Participants will receive practical, easy to use techniques that they can put to work after the very first week.

Would you like to have a loving relationship with your children, while feeling that your “parenting skills” are molding responsible, caring, thoughtful children? We all aspire to be the best parents possible. Love and Logic parenting techniques can make this dream a reality. **Is it easy? Absolutely not! Is it possible? Yes!**

Jim Fay, educator, and Foster Cline, psychiatrist, have developed a philosophy and curriculum for parents that works. There’s nothing “magical” about it. Rather, I like to think of Love and Logic strategies as “the best way” to treat other people. Children are people and need to be treated with the respect and consideration we would give to our friends.

If you feel that what you are doing as a parent is frustrating, and you feel badly about yourself, it’s time to try something new. Angry and upset parents create angry and upset children. Love and Logic strategies help parents accept and handle children and their mistakes without anger. Parents are encouraged to give

choices from early ages and are given steps for teaching children responsibility. Mistakes are considered “opportunities to learn.” Parents allow their children to experience mistakes and suffer the associated consequences, while the consequences are “affordable.” They also learn how to give a “good dose of empathy” before stating the consequences. As a result, children learn to think and make better decisions.

One parent reported recently that for the first time, she doesn’t get upset about her children’s mistakes. She actually looks forward to them, knowing that they can learn from their mistakes and be better prepared to handle the real world later.

Parents who try Love and Logic strategies report the results with excitement. **Love and Logic has taught many parents how to “neutralize arguing” and use “enforceable statements” in difficult situations with tough kids.** Parents model taking care of themselves, knowing that children learn best from good examples. **LEAD**

## Parent Education— Love & Logic for Parents (Grades K-8)

This six-week program will help shape thoughtful, caring and responsible children. The unique approach of the Love & Logic philosophy unlocks the secrets of successful parenting and teaching.

Participants will receive practical, easy to use techniques that they can put to work after the very first week.

Mary Carolyn Embry will show how love allows children to grow through their mistakes and logic allows them to live with the consequences of their choices.

Parents will study shared control, shared thinking and decision-making, consequences with empathy, and ways to maintain children’s self-confidence.

**Register today!**

## Love and Logic Parent Education

**Place:**  
Gorton Community Center –  
Grotto Room, 400 E. Illinois Rd,  
Lake Forest

**Dates:**  
Six Wednesdays—February 19 &  
26, March 5, 12, 19 & 26

**Time:**  
9:30–11:00 am

**Cost:**  
\$50 fee

## LEAD Spring Ed Registration Form Love & Logic

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Cost: \$50

Please make your check payable to LEAD and mail to LEAD, 400 E. Illinois Road, Lake Forest, IL 60045. Scholarships are available—contact the LEAD office at 847-295-9075.

www.  
LEADweb.org

Is it easy? Absolutely not! Is it possible? Yes!

**Jim Fay**  
**"Love & Logic:  
 Teaching Children  
 Responsibility"**  
**Saturday, March 8**  
**Lake Forest  
 Academy**

# PARENT UNIVERSITY

Inspiration and Information  
 for Parents of All Ages

**"Jim Fay puts the fun back in parenting. He shows you how you can be a nice person to your children without sacrificing your values or their responsibilities."**

— Gerry Girdaukas, Clinical Psychiatrist

**"Jim Fay's Love and Logic has been a great help to many of our Lake Forest parents striving to strengthen their family bonds and develop their parenting skills. I highly recommend it."**

— Dr. Kim Ostrowski, Asst. Director Pupil Services, Lake Forest District 67

**"Whether a first time parent, veteran teacher, or experienced administrator, Jim Fay will entertain you as he teaches you multiple strategies for communicating more effectively with children."**

— Patrick Browne, Principal, School of St. Mary

**Register today!**

**A win-win approach to parenting children of all ages. Learn how to develop healthy loving relationships with our children while teaching them responsibility and the logic of life by having them solve their own problems.**



Presented with  
**Northern Trust**

## Parent University Registration Information

**Morning Session:**  
 The First 10 Years  
 \$25 (9:00 am - 11:30 am)

**Afternoon Session:**  
 Pre-Teen & Teen Years  
 \$25 (12:30 pm - 3:00 pm)

**Both Sessions:** \$35

**Cafeteria Lunch:** \$7  
 (11:30 am – 12:30 pm)

*Available by Pre-Registration only*

**Location:**  
 Lake Forest Academy  
 Performing Arts Center  
 1500 W. Kennedy Road  
 Lake Forest, IL 60045

**For information contact LEAD:**  
 Phone: 847/295-9075  
 Fax: 847/295-9076  
 Email: LEAD9075@aol.com

**To register by mail,  
 Send your  
 registration to LEAD  
 400 E. Illinois, Lake  
 Forest, IL 60045  
 Register Early!  
 Reservations  
 are limited.  
 Walk-Ins add \$5.**

### REGISTRATION FORM (PLEASE PRINT CLEARLY)

Please reserve \_\_\_\_\_ seat(s) for me at Parent University 2003 on Saturday, March 8, 2003.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

**PAYMENT**

Circle One: VISA or MasterCard Amount \$ \_\_\_\_\_

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Choose the session(s) right for you!

- Morning Session \$25 (9:00 am-11:30 am)
- Afternoon Session \$25 (12:30 pm-3:00 pm)
- Both Sessions \$35 (9:00 am-3:00 pm)
- Cafeteria Lunch \$7 (11:30 am-12:30 pm)  
*Lunch Available by Pre-Registration only*

**REGISTRATIONS AT DOOR ARE AN ADDITIONAL \$5**

Fax your registration to LEAD @ 847/295-9076.

For checks, make payable to LEAD and mail to 400 E. Illinois, Lake Forest, IL 60045.

**TICKETS WILL BE HELD AT THE DOOR**



# LEAD

P.O. Box 61  
Lake Forest, IL 60045  
847-295-9075  
www.LEADweb.org

**In this issue: Parent University and  
Love and Logic Parent Education...**

**A win-win approach to parenting children  
of all ages!**

## LEAD Spring Calendar

February 3, 2003

**Growing up on the North  
Shore for the 'In Crowd'  
and the 'Not So In  
Crowd'—Helping Kids  
Navigate the Pressures**

Speaker: Alice White  
10 am, Gorton Comm. Ctr.

February 19, 26, March 5, 12,  
19, 26

**Love and Logic for  
Parents—A Parent  
Education Series**

See page 2 for details.

March 3, 2003

**Cliques and Bullying**

Speaker: Mimi Omilinsky  
10 am, Gorton Comm. Ctr.

March 8, 2003

**Parent University**

Pre-registration recommended;  
See front page for details.

April 10, 2003

**Panel Discussion on  
Issues of Concern to  
Parents of High School  
and Middle School  
Students**

Speakers: Representatives  
from LFHS, community health  
agencies, Lake Forest Hospital,  
and more.

9:30-11:00 am, Lake Forest  
Hospital Health Education  
Center

April 14, 2003

**Adolescents, Alcohol  
and Parties**

Speaker: Kris Andersen  
10 am, Gorton Comm. Ctr.

Special thanks to the Buchanan  
Family Fund for helping to  
provide these programs.

**Parents and Community  
Members are also welcome  
at the Monday morning LEAD  
meetings prior to the pro-  
grams, where local police,  
CROYA, and schools discuss  
issues and events of impor-  
tance to parents.**

**The meetings are held at 9  
am at the Gorton Community  
Center on Feb 3, March 3,  
and April 14.**

### LEAD's Mission Statement

LEAD is a community organiza-  
tion dedicated to parents and  
other adults and their role in the  
promotion of healthy family rela-  
tionships and the prevention of  
alcohol, tobacco and other drug  
use and risky behavior by youth.

### LEAD Board

Kris  
Andersen  
Susan  
Armbruster  
Donna  
Birney  
Dorothy  
Chantler  
Cheryl  
Derman  
Betty  
Frank-  
Bailey  
Nancy  
Gunder  
Suzanne  
Henderson  
Ann  
Meulbroek  
Kathy  
Sorensen  
David  
Templin  
Stacy  
Vermeylen  
Ellen Young