



# Tuesday's Parent

A newsletter for Tuesday's Child donors, alumni and friends.

JUNE/JULY 2014

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



## Calendar of Events

### June 17

Summer Camp Starts

### June 24

Executive Functioning & School Success  
Workshop for Parents & Alumni  
JoAnne Loper & Beth Miller  
6:00-7:30 PM

### August 29

Summer Camp Picnic

### September 13

Fall Saturday Program Starts

### September 19-20

Illinois Chapter of the American Academy  
of Pediatrics Annual Conference (AAP)  
featuring Meg Kincaid, Ph.D.

### September 25

Alumni Open House

### Fall 2014

Professional Provider Open House

## SAVE THE DATE

**October 25**  
Grown-Ups Ball:  
Celebrating Achievement

Looking forward to seeing you!

## FROM OUR ARCHIVES: IN YOUR CORNER

Originally published Spring, 1991 in the "Tuesday's Tales" Newsletter

By: Dr. Vicki Lavigne, Co-Founder of Tuesday's Child

Q. How do you get three and four year-olds to stay within the boundaries set for them outdoors? Does a parent have to supervise them every minute?



R. How much freedom a child is allowed outdoors depends on your neighborhood. On a busy street with many unfamiliar people passing by, parents need to supervise outdoor play closely. In areas with little traffic, a fenced-in play area and familiar neighbors, young children might be outside while a parent checks on them frequently from the house.

Make boundaries very clear and very visible - - the back fence, the tree that is two houses away, the end of the neighbor's yard.

Praise your child frequently for remembering the boundary rules and being responsible. When you go inside for a short while be sure to praise your child for adhering to the rules while you were away.



Your positive encouragement will help your child develop the self-control he or she needs to follow the rules when you are not present.

If your child goes beyond the boundaries, bring him/her into the house for a short time--- three to five minutes. Then go out and try again. Be sure to offer praise when your child follows the boundary rules. If a second transgression occurs again soon, end outside play until later or the next day.

Tuesday's Child  
www.TuesdaysChildChicago.org  
Chicago, IL 60618  
3633 N. California Ave.  
c/o Gordon Tech High School  
Tuesday's Child



## SAVE THE DATE

Tuesday's Child presents the 33rd Annual Grown-Ups Ball:

*Celebrating Achievement*

Honoring Tuesday's Child's remarkable families of past, present and future

Saturday, October 25, 2014  
6:00 PM

Depaul College Prep  
3633 N California Ave, Chicago

Join Tuesday's Child in recognizing our event honorees while enjoying delicious hors d'oeuvres, warm and chilled beverages and listening to the eloquent sound of Parkwest Strings trio.




Tuesday's Child  
**ALUMNI REUNION**  
Meet & Greet

September 25, 2014  
5:00 PM - 8:00 PM Open House  
Tuesday's Child  
This event is FREE!

## Exciting Updates for Tuesday's Child Alumni

As Tuesday's Child moves forward, we don't want to forget the many families and children that have come through our doors in the past. It is our goal to remain not only in contact with you but to be at your service as you continue your path, with your child, through their maturing years. As some of you may know, we offer a variety of supports for past participants such as: IEP support, which includes observation of the classroom and consultation with your child's teacher to give him/her the best possible education experience and continuing education workshops:

### Upcoming Events

#### Executive Functioning and School Success Workshop

June 24, 2014  
6:00 PM – 7:30 PM  
Tuesday's Child

Information will focus on:

- Self-control
- Taking the perspective of others
- Communications
- Making connections among things or ideas
- Taking on challenges
- Self-direction and engagement

Register online @ [www.TuesdaysChildChicago.org](http://www.TuesdaysChildChicago.org).

#### Alumni Reunion Meet & Greet

September 25, 2014  
5:00 PM – 8:00 PM  
Tuesday's Child

Reunite with families from your group, new parents, staff, clinicians and peer mentors! More information will be forthcoming.



Lastly, we want to hear your success stories. Your stories not only motivate the staff but most importantly motivate parents that are currently in the program or are contemplating joining us. Please send your stories to Gary Koenig, Director of Development at [gkoening@tuesdayschildchicago.org](mailto:gkoening@tuesdayschildchicago.org).

## Help Make A Difference

Tuesday's Child programming is exceptional and of high quality. Because we insist on the highest level of service we can provide, it comes with an expense. An expense that if it was passed on to the participants, they would not be able to have access to service that they desperately need. To assist parents and their children, Tuesday's Child has been providing scholarships so all of Chicago's families can access our services.

In the first quarter of 2014, Tuesday's Child has:

- Funded over 350 clients through over
- \$31,000 in scholarships!

Please help us continue to serve those who need assistance with family behavioral challenges. You will be receiving Tuesday's Child's mid-year appeal in the mail shortly. Consider a donation of \$5, \$10, \$20, \$100 or even \$500 to continue supporting Tuesday's Child scholarships. **You can make a difference.**

## Behavioral Intervention Presentation at IL AAP Conference

Tuesday's Child is proud to be selected to present at this year's Annual Conference of the Illinois Chapter of the American Academy of Pediatrics (AAP) in September. Meg Kincaid, PhD will address Behavioral Intervention and how it can impact families experiencing ADHD, Autism and behavioral issues.

We will also be exhibiting at the conference, educating participants about our services and how their patients can benefit from programming.

This is a great opportunity to share our wisdom and success with pediatricians from across Illinois as we continue to demonstrate that we are the Behavior Management Experts.



## Keystone Concepts for Long Term Positive Parenting

By: JoAnne Loper, Director of Parent Education, Tuesday's Child

In twenty years of studying and teaching parent education, I have discovered great sensory activities to set kids up for success; learned floor time techniques to enrich parent child relationships and have developed phrases and sayings to encourage cooperation. However, to this day I still rely on a few keystone concepts:

**Praise the behavior you want to increase:** When my boys were small, I noted cooperation, good listening and making good choices. Today with my teen, I acknowledge communication, respectful dialog and still making good choices.

**Redirect, or What can they do?:** "That's an outside game-activity-animal-let's get outside!" seemed to be a constant refrain in our house when the boys were little. Now I focus trying to get my sixteen year old to spend time in the house. "I am also looking forward to you going out with your friends—on the weekend—school nights are for school work and school activities."

**Differential Attention:** "I don't listen to rude talk. That's not the way to get my attention" and "end of discussion" were cues to my little boys their antics hadn't hooked me. These days, I strive daily to ignore the cheekiness and swagger of my teenager.

Jack is closing in on his college days and my daily, hands-on parenting draws closer to an end—an awesome and awful thought! I am thankful I believed **that discipline is an opportunity to teach a child how to behave.**

## 2014 Family Marathon Raises Over \$10,000 to Support Scholarships



On May 4th, Tuesday's Child held its 3rd Annual Family Marathon. Over 200 parents and children registered for the event and we raised over \$10,000. This was the most successful Family Marathon in 3 years and we thank everyone who created a team and did personal fundraising to make it a great success.



All funds raised for the event will be used for scholarship assistance for families needing services at Tuesday's Child. Participants at the walk enjoyed a nice cool day to run or walk the 2.62 mile course. At the end of the walk, activities such as a bouncy house and inflatable slides, carnival games, face painting, a caricaturist and plenty of food awaited them. We look forward to seeing everyone again next year.