

Thrive update

 **Boulder Valley** School District
Excellence and Equity

Enhance Inspire
Inform healthy kids make smarter students

Volume 2 | Issue 5

FEBRUARY 2010

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I like that there are more entree choices. If there is an entree I don't like, I can always go to the salad bar.

from Brendan
6th grade, Southern Hills Middle School

This issue of Thrive Update is devoted to physical health and wellness, a broad topic that includes everything from good nutrition to positive body image. In addition to promoting healthy habits from a very early age, parents also need to educate their children about the consequences of unhealthy behaviors such as tobacco use and alcohol abuse. We hope these articles support you in your efforts to keep your children healthy, safe and well.

>>Healthy School Lunch: It Matters

Schools have five major challenges to overcome to change children's relationship to food:

Food: We need national policies that are weighted toward fresh fruits, fresh vegetables, whole grains and clean protein. Our policies have to include both breakfast and lunch and assure that "no child is left behind," literally - meaning **no child is left hungry or undernourished**. We need only healthy choices for our children and policies that protect them from unhealthy choices.

Finance: We should be feeding every child every day. School meals should be universal, which means every child is offered a healthy/delicious breakfast and lunch every day. Not only will a policy of universal meals alleviate the myriad paperwork that consumes most school food staff, but it will mean that **every child has the same "fuel"** from which to learn and play.

Facilities: In order to move from highly processed unhealthy food to menus made up in large part of fresh fruits, fresh vegetables, whole grains and clean protein, **we must cook**. For decades school fare has been based upon reheating the likes of chicken nuggets, tater tots, corn dogs and pizza pockets. A "real food" based system requires

cooking as opposed to reheating equipment.

Human Resources: We need to **teach our school food service workers to handle fresh food again** and to serve meals to our children in a warm and inviting dining room as opposed to the feed and run 15 minute models we currently see across the country.

Marketing: The average child watches 10,000 commercials a year for foods of little or no nutrient value. Research has shown that **what children learn in school is taken home** and becomes part of the family. We need a marketing campaign that elevates fresh fruits, vegetables and whole grains to the status of Coke and Pepsi – **School Food is Cool Food!**

This issue is the social justice issue of our time. Children can't think or excel when they're malnourished. It should be a birth right in our country that every child, every day in every school is served healthy, delicious food.

By Ann Cooper and Beth Collins, partners in the Food Family Farming Foundation and creators of the Lunch Box Project. www.foodfamilyfarming.org and www.thelunchbox.org.

Ann Cooper is Interim Director of Nutrition Services for Boulder Valley School District

>>Garden to Table is Growing a Community of Healthy Children

*It is green and red
You eat it and it tastes good
It's lettuce yum yum*

- Maggie L, 1st grade

Maggie has been learning how lettuce grows with her school's Garden to Table program and wrote some haiku about her experience. Dalton thought he hated kale until he grew some and made kale chips. Inspired by his son's flourishing "green thumb," James planted a garden at home and purchased a salad spinner. Mary, a long-time teacher, rediscovered her passion in the classroom when she saw how engaged the children were making salad dressing during a cooking class.

These are just a few of the life-changing stories the Growe Foundation hears all the time. The non-profit developed its

Garden to Table program as a way to reconnect elementary school children to where food comes from, and to teach them about the nutritional benefits of preparing and eating healthy meals. The program, which is currently in 11 schools and has a dedicated website in development, enriches education with hands-on learning experiences that integrate with core curriculum, laying the foundation for a lifetime of wellness and environmental stewardship.

This is no small task, especially with billions of dollars being spent on advertising high-calorie, low-nutrient junk foods to children. The Institute of Medicine asserts that this kind of food marketing affects children's food preferences, consumption, and health. Furthermore, researchers believe that this kind of targeting is a major reason why nearly one-third of children in the United States are overweight or obese.

Here in BVSD, great progress is being made to address these issues. As the School Food Project works to provide students with access to the fresh, flavorful, and nutritious meals they need, the Garden to Table program is working to bring teachers, parents, and the community together to educate children about healthy eating and caring for the environment.

Growing a community of healthy children requires cultivating healthy and sustainable living habits at a young age. Enriching student education with school gardens and opportunities to inspect ecosystems, measure plant growth, and write about eating experiments is when those habits form "It's lettuce...yum yum."

by Bryce Winton Brown
Founder Growe Foundation

“There is a tremendous **joy** on the faces of our **students** when they **work in the garden**. For children who have been traditionally underserved in our educational system, school work can be difficult and frustrating at times. Gardens provide the opportunity to **learn** science, math, health, reading and writing in an outdoor setting that is **hands-on** and **downright fun**.”

Karen Daly
Executive Director for Student Success, BVSD



Dear Garden to Table,
Thank you for your hard work. Garden to Table is a very educational and fun program. It will definitely help me later on in life.

from Ben
4th grade,
Mesa Elementary School

>> Be Physically Active and Live Well!

According to the National Center for Chronic Disease Prevention and Health Promotion, 2010:

“ the prevalence of **obesity** among children aged 6 to 11 more than **doubled** in the past 20 years ... [and] the rate among adolescents aged 12 to 19 more than **tripled**... Obese youth are more likely to have **risk factors** for **cardiovascular disease** (CVD), such as **high cholesterol** or **high blood pressure**... In addition, children who are obese are at **greater risk** for **bone and joint problems, sleep apnea**, and social and psychological problems such as **stigmatization** and **poor self-esteem**. ”

This and other data has led to reputable reports that this generation of children will perhaps be the first generation in U.S. history to have a shorter lifespan than their parents. With such a dire intolerable prediction, what are the causes and what are the solutions to prevent this from becoming a reality?

Some leading authorities link childhood obesity to reasons such as: junk food, fast food, “super sizing,” lack of portion control, TV advertising, and insufficient exercise with too much screen time.

To counter this trend toward obesity, parents need to daily model healthy behaviors for their children. If parents are regularly physically active themselves and with their children, they are telling their children that physical activity is important for good health. Parents can provide healthy meals and healthy snacks for their children with lots of fruits and vegetables every day.

More and more research suggests that increased levels of physical activity are critical for children, not only for their physical and emotional well being, but also to assist them to perform better academically. Exercise can be a lot of fun, too. By simple things such as regularly running or swimming together, hiking, biking or dog walking, parents can help their children to have healthier futures and Live Well.

LiveWell Colorado is a non-profit organization aiming to provide every Coloradoan access to healthy foods and opportunities for physical activity in the places they live, work, learn and play. For more healthy information visit www.livewellcolorado.org.

For more information on LiveWell Broomfield please visit www.broomfield.org.

by Mary Thatcher
LiveWell Broomfield Program Coordinator
Health and Human Services
City and County of Broomfield

“I like Yoga...we get to do a lot of fun poses.”

from Gabi
age 7

One thing I like about the new school lunches is that sometimes I get to try some new things – like garbanzo beans. I love them and eat them every single day now!

from Grace
1st grade, Superior Elementary School

>> Body Wellness

There is much more to body wellness than just focusing on what our bodies look like. Body wellness includes all aspects of our being including our physiological, mental/emotional, and even spiritual selves. A lot of current research links all of these concepts. This includes the connection between mind and body. Our brains produce substances that can improve our health. For example, endorphins, gamma globulin, and interferon are all chemicals that are impacted by thoughts, feelings, healthy exercise, and expectations. Your brain can combine these and other substances into a vast number of tailor-made prescriptions for whatever ails you.

Unfortunately our own bodies' healing powers are not really understood. Children are bombarded by pressures from school, the media, peers, and even parents themselves that not only discourage listening to their bodies but can actually be harmful. Stress and pressures affect our choices, behaviors, coping mechanisms, and our overall experience of wellness.

What's a parent to do? We first need to build awareness about how the media, peers and adults affect us. What messages are our children receiving from these influences? What is the impact of self-talk or information telling us that we can do better, look better, be better, rather than focusing on our current strengths and how beautiful and strong we already are? When we focus on doing more, accomplishing more, adding more to our already busy schedules, it is imperative to look at how that affects our mental health and wellbeing.

Consider the following suggestions to maximize body wellness:

- Think positively -- easier said than done, but with practice, positive thinking can become habituated just as easy as negative thoughts can. Our brains have amazing powers to respond to this!
- Work toward 'bettering' yourself, but be more accepting of who you are. This includes exercise, eating patterns, and feeling good in our bodies no matter what shape or size.
- Visualize health, healing, and empowerment. We become what we see and feel.
- Self Care -- too often this is the first to be disregarded, yet it is the most important for success in other areas.

by **Lauri Benblatt, LPC**
Boulder Psychological Services
www.BoulderPsychologicalServices.com

5.5% of BVSD high school students get enough sleep to feel rested.

66% of BVSD high school students participate on one or more sports teams.

from
2007 Boulder Valley Youth Risk Behavior Survey

>> Body Image

Can you imagine what our world would be like if every young person loved and respected their body? It would be a world of young people with healthy self-esteem - not easily pulled into depression, substance abuse or self-harm - and empowered to make self-respecting sexual decisions.

Body image dissatisfaction is not harmless.

Lower body satisfaction predicts the use of behaviors that may place youth at risk for poorer overall health. Today, the average age of onset for anorexia is 9 years old. Girls feel pressure to be thin and boys may feel the need to be strong and muscular but both girls and boys feel the constant pressure to not be fat. As one young person said, "My mom is more afraid of me becoming fat than of any other thing that could happen to me."

Real health comes from eating nourishing food and movement, not from being a certain size. My earliest memory of hating my body was when I was 10 years old. I was in the kitchen with family watching how easily the new electric knife sliced off pieces of the turkey. I looked down, held my stomach and said, "I wish I could cut this off the way we cut the turkey." What a perfect moment that might have been for an adult to help me with my feelings about my body. Instead, the women in my family joked, "Yeah, me too! Wouldn't that be great?" and talked about how much better their lives would be if they were smaller.

We can help kids improve their body esteem by modeling a healthy body image. Criticizing our bodies in front of our kids sends a powerful message. Make your home a "fat-talk free zone" and help your child understand that their unique body is just right.

“ I used to think that the **only way** that I could ever **be happy** with my body would be to **change** how I looked. As I began to **learn** about how to **love** your body rather than hate it, I realized that the path towards **contentment** with my body didn't have anything to do with losing weight or getting makeovers, but with **accepting** and **appreciating** my body as it is. ’ ’ - 14 year old

by Carmen Cool, MA, LPC
Psychotherapist
Director, Boulder Youth Body Alliance

6.3% of BVSD high school students are overweight but 18% think they are.

18% of BVSD high school students intentionally self-injured (such as cutting or burning) themselves.

71% of BVSD high school students believe it is wrong for someone their age to smoke cigarettes.

from
2007 Boulder Valley Youth Risk Behavior Survey

>>Dangers of Tobacco

In the past year, two well-known Addiction Recovery Centers in the United States have gone smoke free. Research shows that substance abuse patients who smoke are two times as likely to relapse as non-smokers. Nicotine is a highly addictive substance that undermines attempts to quit alcohol and other drugs. Unfortunately, the adolescent brain has twice as many nicotine receptors. Teens tend to experience more of the pleasurable effects and less of the negative effects. They may experience more brain and body damage from tobacco.

Tobacco in any form including cigars, pipes, and chew is toxic and addictive. There are 4,000 chemicals in tobacco. Forty are known carcinogens. There are approximately 10 mgs of nicotine in a cigarette. The amount of nicotine delivered into the system depends on the length and depth of the draw. Most smokers send 1 to 2 mgs of nicotine straight to the brain. This takes about eight seconds. The smoker experiences a high due to the release of Dopamine. Smoking is now cued with pleasure in the brain. The high wears off and the brain urges the smoker to take another drag. Tolerance builds. People who start with five cigarettes a day are often smoking a pack a day within the year.

Smokers have a reduced sense of smell and taste. They have less stamina and energy. Their skin ages prematurely. They have bad breath and their teeth yellow. Adolescents get sick more often and they can have smaller lungs and weaker hearts. They are more prone to anxiety and are at higher risk to experiment with other drugs.

Tobacco is possibly the most difficult addiction to quit. People are discouraged due to the number of failed attempts. Withdrawal includes irritability, sleep disturbances, increased appetite, severe cravings and depression. Fortunately, free resources are available:

- www.ownyourc.com
- www.fixnixer.com
- www.mylastdip.com
- Colorado Quit Line 1.800.784.8669

Parents are the single biggest influence over their children's behavior. If you smoke, quit. Discuss the dangers of tobacco with your young children. Offer to quit with your adolescent. Ask if their friends smoke. Ongoing discussions and modeling are the best strategies to keep your children healthy.

by Ann Kloos, LPC
Certified Addiction Counselor II
Boulder Psychological Services

Q&A with Dr. J

Q: *My 13-year-old daughter is a cutter. She also smokes. I have done everything I can to stop her, but she did it again last night and I took her to the emergency room. On the way home, I asked her what I could do to help her stop cutting. She said if I would let her smoke cigarettes at home, that would help, because smoking soothes her and helps alleviate her need to cut.*

What should I do?

A: Cutting and cigarette smoking share a common thread; both are unhealthy ways to deal with negative emotions. While all of us struggle with feelings like sadness, anger, and anxiety, we each deal with our feelings very differently. Some adolescents have tremendous difficulty experiencing and working through their negative emotions and are limited to self-harm behaviors as a maladaptive coping mechanism. It is

difficult for most of us to understand, but for some individuals cutting can seemingly provide their only source of relief and often develops into an addictive behavior that is very difficult to stop.

Common misconceptions regarding cutting are that it is a suicidal gesture and/or attention-seeking behavior. Those that cut use it as "a way to survive" and are usually not looking to kill themselves. Given how effectively they hide their scars by wearing long sleeves and purposely cutting in areas that are generally under clothing, this is clearly not an attention-seeking behavior. Rather, cutting is a desperate behavior that demands our attention.

Self-harm behaviors are a serious indicator that the individual needs professional help. It is important that the mental health professional

have expertise in not only treating adolescents but also self-harm behaviors. Common co-occurring issues that also need to be treated or ruled-out include: history of sexual abuse, family dysfunction, risky sexual behavior and substance abuse.

Finding the right therapist for your daughter, who can help her learn how to deal with negative emotions in a more effective way and thereby reduce (and eventually extinguish) her self-harm behaviors (including cigarette smoking), would be the critical next step.

You can submit your questions directly to me by phone (720-217-3270), fax (720-381-6089), email (Jan.Hittelman@gmail.com), or regular mail (1527 Pine Street, Boulder 80302).

I hope to hear from you soon.

by Jan Hittelman
Licensed Psychologist

>>Calendar of Classes & Events

FEBRUARY 2010

Pathways to Parenting Success: Body Image and Eating Issues

Panelists: Lauri Benblatt, LPC, Marcela Ot'alora G., LPC, Jeffrey Kuhn, LCSW

Monday, Feb. 1, 7:00-8:30 p.m., Meadows Branch Library, Boulder

Increase your understanding of how and why eating disorders develop and learn about effective treatment strategies for these potentially life-threatening issues.

For more information: www.BoulderPsychologicalServices.com

Pathways to Parenting Success: Cutting and Other Self-Harm Behaviors

Panelists: Lauri Benblatt, LPC, Jeffrey Kuhn, LCSW, Susan Denison, LPC

Monday, Feb. 8, 7:00-8:30 p.m., Meadows Branch Library, Boulder

Self-harm behaviors are often difficult to understand. Learn more about the warning signs and the reasons behind these behaviors.

For more information: www.BoulderPsychologicalServices.com

College Planning Night at Monarch High School

Monday, Feb. 8, 6:30-8:30 p.m.

Monarch High School, 329 Campus Drive, Louisville

Join author and motivational speaker Peter Van Buskirk in this interactive presentation of the college admission process. Learn what will happen to your application in the selective admissions process! In the activity you will become a member of an admission committee, review four candidates' credentials, debate their strengths and weaknesses, and vote to determine who gets in. Free to all BVSD students and their parents!

For more information, visit www.TheAdmissionGame.com.

ADHD Parent Support Meeting (BVSD)

Monday, Feb. 8, 6:00-8:00 p.m.

Fireside Elementary School, 845 Dahlia Street, Louisville. Contact Parent Liaison Anna Stewart for more information: 720-561-5918 or anna.stewart@BVSD.org

Twice Exceptional Children: Gifted With a Disability

Presenter: Cheryl Franklin-Rohr

Wednesday, Feb. 10, 7:00-8:30 p.m., Centaurus High School

This presentation will focus on the unique needs of twice exceptional students and will provide specific instructional strategies and classroom management techniques and parenting ideas which can optimize the academic and social-emotional development of this distinctive population. Presented by Boulder Valley Gifted and Talented (BVGT). **Free**; donations accepted.

For details, visit www.bvgt.org. RSVP to programming@bvgt.org

THRIVEupdate for BVSD Parents

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Look for us on the web!
www.bvsd.com

>>Calendar of Classes and Events

FEBRUARY 2010

PEN Presents*

Beauty Mark film showing (and PEN fundraiser)

Thursday, Feb. 11, Naropa University, 2130 Arapahoe Road, Boulder

6:30 p.m. social and light refreshments

7:00 p.m. film showing followed by a brief presentation

Families welcome. A tax deductible donation is greatly appreciated. Suggested donations: \$25/ adult and \$10/ student. www.beautymarkmovie.com Interpretation available - see contact below.

2010 Impact Awards Dinner Celebration!

Thursday, Feb. 11, 5:30-8:30 p.m., at CU-Boulder's UMC Glenn Miller Ballroom

Come celebrate this year's nominees, finalists, and award recipients at this community event! The Impact Awards program recognizes individuals in the Boulder Valley School District who have an extraordinary impact on student learning by valuing education, service to student, and leadership. To purchase seats (\$35 each), call the Impact On Education event line at 303-245-5937 or mail in check payment to Impact on Education, 75 Manhattan Dr., Ste 205, Boulder, CO 80303.

Natural Highs Events Presents:

FREE Natural Highs Community Dialogue and Art Exhibit

You are invited to an evening of art and dialogue around "Natural Highs - Healthy Alternatives to Drugs & Alcohol" on **Friday, Feb. 12, from 6:00-9:00 p.m.** at the Boulder Museum of Contemporary Art on 1750 13th Street (downtown Boulder; next to Dushanbe Teahouse). The event is **FREE** for people of ALL ages interested in a community dialogue around drugs and alcohol, addiction issues, and "Natural Highs." There will be art exhibits, art making, philosophy, a Yerba Mate bar, snacks, and lots of opportunities to share your vision for a "Natural Highs" culture for our community. Be part of the movement! For questions, call Avani Dilger at 303-859-5778. Organized by New Vista's: Natural Highs Action Group."

PEN Presents*

Body Wholeness and Eating Disorders Prevention Awareness

Thursday, Feb. 18, BVSD Ed Center, 6500 Arapahoe Road, Boulder

8:30 a.m.: Food and socializing

9:00 a.m.: Presentation

A community collaborative event to increase awareness of eating disorders prevention, resources, and promoting a loving attitude towards body image, weight, and food. Interpretation available- see contact below.

Food Fight documentary showing to benefit BVSD's School Food Project

Monday, Feb. 22, at the Boulder Theatre, 14th and Pearl Street, Boulder

Doors open at **6:30 p.m.** with Ann Cooper talk

Film begins at **7:00 p.m.**

Tickets \$15 – all proceeds benefit the School Food Project

Food Fight: Revolution Never Tasted so Good! A documentary by Chris Taylor

This acclaimed film is a fascinating look at American agricultural policy and food culture in the 20th Century and the counter-revolution against big agribusiness. www.bouldertheater.com

Assessment in BVSD

Guest speaker and facilitator: Lorrie Shepard, Ph.D., Dean of Education at CU-Boulder

Thursday, Feb. 25, 5:00-7:00 p.m. in the BVSD Education Center Board Room at 6500 East Arapahoe Road.

Everyone interested in assessment for students in BVSD is invited to attend – teachers, parents, principals, etc. In preparation for the meeting, please read the following article authored by Dr. Lorrie Shepard:

http://bvsd.org/curriculum/Documents/Standards_Assessments_Accountability_white_paper.pdf

>>Calendar of Classes and Events

MARCH 2010

Parenting Book Group Organizational Meeting

Thursday, March 4, 6:00-8:30 p.m., at Louisville Middle School, Library, 1341 Main Street, Louisville.

Please Stop the Rollercoaster: How Parents of Teenagers Can Smooth Out the Ride is a guide for busy parents of teenagers who find themselves unsure of their changing role. PEN volunteers have organized parenting discussion book groups for the past two years using this resource. This kick-off meeting will give information about the book and organize parents into book discussion groups. Using a well established format, the discussion groups help parents examine and discuss important issues they are likely to face, using a book that offers a wealth of practical, succinct information.

For more information, contact Fawnda Hathaway at fawnda@comcast.net or 303 604 2547.

*PEN contacts:

Childcare: Kathleen Sepeda, kathleen.sepeda@aol.com, 303-506-8929.

Free for kids 5 and over; RSVPs required.

Interpretation: Eugenia Brady, eugenia.brady@bvsd.org, 720-561-5150

General questions/volunteer: Betsy Fox, PEN Lead Coach, foxbetsy@msn.com, 720-563-7007

Host families needed for Exchange Students

Pacific Intercultural Exchange has students arriving in August 2010 to attend high school for the academic year. the students are from 46 different countries, have medical insurance and their own spending money.

For more information, call Paula Nicholson at 303-794-3363 or visit www.pieusa.org.

>> More helpful information about the importance of physical health and wellness is available in the Thrive Handbook.

Thrive Handbook (published by BVSD in 2008)

Available online at www.bvsd.org/parents/Pages/thrive.aspx – See pages 15-20 and pages 65-84.

>> Support the School Food Project

Have YOUR CHILD eat BVSD school lunches!



 **Boulder Valley School District**
Excellence and Equity

Foothills Parenting Classes

Winter 2010

Are you ready to put the fun back into parenting?
Looking for simple and practical skills that can be used immediately?

Add more tools to your parenting tool kit!

Becoming a Love and Logic Parent®

Jan. 20 - Feb. 24 (Wednesdays) 6:30–9:00 pm
Kohl Elementary School,
1000 West 10th Ave., Broomfield
Instructor: Cyndi Goldfarb

Feb. 2 - Mar. 16 (Tuesdays) 6:30–9:00 pm
A Class for Parents of Pre-Teens and Teens
Including one session on Natural Highs
presented by Avani Dilger
New Vista High School,
700 20th Street (at Baseline)
Instructor: Stephanie Bryan

Apr. 7 - May 12 (Wednesdays) 6:00–8:30 pm
Louisville Rec Center,
900 Via Appia, Louisville
Instructor: Sheryl Schwabe

Active Parenting for Stepfamilies™

Feb. 1 - Mar. 15 (Mondays) 6:30–9:30 pm
(No class Feb. 15)
Dreamcatcher Direct Instruction Center,
5440 Conestoga Ct. Boulder
Instructor: Stephanie Bryan

Costs and Childcare

Childcare is available for classes at the Parenting Place.
Call the instructors to register, for pricing information,
including price breaks for couples, and/or available
scholarships.

Instructors

Stephanie Bryan
(303) 397-0646 or www.REALparenting.net
Cyndi Goldfarb
(303) 494-8373 or cyndi@boulderparentingclasses.com
Marinela Maneiro
(303) 819-7606 or amorylogica@yahoo.com
Sheryl Schwabe
(303) 520-6803 or sschwabe@comcast.net

Love and Logic Early Childhood Parenting Made Fun!®

Jan. 17, 24, 31 (Three Sundays) 1:00–5:00 pm
Dream Makers Preschool,
Central Boulder, near 28th and Taft Dr.
– call for directions
Instructor: Cyndi Goldfarb

Feb. 6 - 27 (Four Saturdays) 1:00–4:00pm
Dream Makers Preschool,
Central Boulder, near 28th and Taft Dr.
– call for directions
Instructor: Cyndi Goldfarb

Feb. 6 - Mar. 6 (Saturdays) 10:00 am–12:30 pm
(Childcare available)
Parenting Place,
1235-A Pine St., Boulder
Instructor: Sheryl Schwabe

Feb. 9 - Mar. 9 (Tuesdays) 9:15–11:45 am
Real Parenting Office,
1530 55th Street, Boulder
Instructor: Stephanie Bryan

Feb. 10 - Mar. 10 (Wednesdays) 6:00–8:30 pm
Louisville Rec Center,
900 Via Appia, Louisville
Instructor: Sheryl Schwabe

April 3 - May 1 (Saturdays) 10:00am–12:30pm
(Childcare available)
Parenting Place,
1235 Pine #A, Boulder
Instructor: Sheryl Schwabe

Siblings Without Rivalry™

Classes scheduled upon request
Instructor: Stephanie Bryan

REAL Parenting®

Classes scheduled upon request
Instructor: Stephanie Bryan

Creating a class at your location

If you are interested in forming a class at your school
or community, please contact Cyndi Goldfarb.

www.FoothillsParentingClasses.com