



LOCATION: School Library

RSVP: info@oakhillacademy.org

At Oak Hill Academy, we strive to provide a whole-child educational experience to your children. In addition to academics, we nurture social and emotional growth. As we continue to educate our students, we recognize the need to carry those philosophies and methods into the home. Our hope is to extend a variety of educational opportunities to our parents as

well as to the parents of the wider community. Events will include professional speakers and question-and-answer sessions to provide parents with guidance, the latest research, and practical solutions to their toughest questions. It is our hope that these discussions will assist both the school and parents in our most important role: **preparing our students for their next stage in life.**

TOPIC: PARENTING FOR SUCCESS AND CONNECTION

WHEN/SPEAKER:

Thursday, September 26 @ 8:30am
with Miki Johnston, LCSW

Parenting isn't easy! As parents, discovering which parenting style will complement you and your child's unique personalities can improve communication, foster respect, and make for a more harmonious home. Join us as we discuss practical parenting strategies that are sure to promote strong parent-child bonds, increase self-esteem, and encourage positive behavior in children with a wide range of social and emotional needs.

TOPIC: TIPS TO BALANCING SCREEN USE IN YOUR CHILD

WHEN/SPEAKER:

Thursday, November 7 @ 9:00am
with Mr. Edge, LPCS, IGDC

Jeremy provides insightful information on problematic and addictive internet use for children and teens. In addition, he provides parents with tips for managing internet usage with their children.

TOPIC: NAVIGATING SAFETY PREPAREDNESS WITH YOUR CHILD

WHEN/SPEAKER:

Thursday, December 5 @ 8:30am
with Dr. Amy Foxman, PhD, BCBA, LBA

Dr. Amy Foxman will discuss the essential role of safety preparedness and planning for critical, potentially life-saving safety concerns and skills in your child's repertoire. Dr. Foxman will introduce a (free!) assessment tool you can use to guide in your discussions and planning around safety for your child. This tool comprises a thoughtfully crafted set of open-ended questions that include fire safety, water safety, social media/bullying, and wandering, among others. The session also will dive into an evidence-based procedure that can be used for practicing and teaching a variety of critical safety skills to your child, such as independently exiting your home in the event of a fire.

TOPIC: TIPS AND TRICKS FOR PARENTING A CHILD WITH ADHD

WHEN/SPEAKER:

Thursday, February 27 @ 8:30am
with Zac Grisham, MS, LPC

Parenting ADHD children can be hard! Mr. Grisham will help parents understand the effect ADHD has on the lives of their children. He strives to give concrete and attainable action plans to help enact change in students' lives, while also empathetically helping students and families feel empowered by the strengths of the diagnosis.

TOPIC: PARENTING ON A TIGHT ROPE: WORKING WITH DEMAND AVOIDANCE

WHEN/SPEAKER:

Thursday, April 3 @ 8:30am
with Kirsten James, LCSW-S, Neurowise Therapy

Many neurodivergent children (and adults!) become overwhelmed and anxious when demands are placed upon them. Demands as simple as being asked to brush their teeth or being prompted to ask a question in class can send them into a state of dysregulation, leading them to lash out or shut down. Parenting demand avoidance can feel like walking a tightrope, never knowing if you are pushing too hard or setting expectations too low. Join us for an informative session discussing the latest research in demand avoidant profiles and strategies for parenting children who struggle with demand avoidance.