

## **Parent University Topics and Dates (tentative)**

### **Oct. 16**

Fostering Responsibility (Life 101) and Ending the Homework Hassel – Heidi Hogan

### **Nov. 13**

Navigating the Nutritional Minefield with your Child – Alan Zametkin (NIH) (aka Childhood Obesity)

### **Jan. 8**

Birds and the Bees – Pediatrician

### **Feb. 12**

Tips for Busy Moms and Dads (Recipe and organizational idea xchange) – Mgr. of Container Store

### **March 12**

Is it Just a Phase? – Sue Swedo (NIH)

### **April 16**

Understanding ADHD and its' Medications – Alan Zametkin (NIH)

## **ALTERNATE TOPICS**

Boy Communication  
Social Inclusion/Exclusion  
Sleep Issues in Children