

Parents of 5th Graders!

are you **READY...or NOT?**
for those conversations your children need as they face
the changes of puberty.

They hear a lot from TV, movies, songs, the news, their friends...
but how much are they hearing from you?

It's time to "get ready" to start talking now!

Pat Garrity, L.C.S.W. will offer parents, grandparents and guardians:

- ✓ **Facts to help you start conversations**
- ✓ **Ways (for you and your child) to feel less embarrassed when you talk**
- ✓ **Ideas to help mothers and fathers talk to their daughters and their sons**
- ✓ **Suggestions to include family values**

**You will also preview the information
your child will have in their classroom program.**

**Monday, November 9th from 7:00 p.m. to 8:30 p.m.
at Frederick School**

(you'll laugh, you'll learn, and you'll like the resources!)

"Great presentation! I appreciate putting parents as the first teacher – as it should be."

"I could listen for hours. Her suggestions were things I could do tonight." (mom)

"This lady knows her stuff. A wealth of real time info and advice." (dad)

"You are a NATURAL at expressing the difficult information." (mom)

"Exceptional! Well worth the time!"

This evening presentation is intended only for the adults – students are not to attend.

If you would like more information about this presentation, please email pat-garrity@att.net or
contact Elisa Bundy, Health Coordinator for Grayslake District 46 at (847) 543-5834.