

# parent perks

Parent Education Series  
2018-2019



Join the Lamplighter community for Parent Perks, an education series designed to broaden your knowledge of the work being done by educators, psychologists, and writers. It is our hope that these discussions will assist us in our most important role: igniting young minds.

Dr. Joan Buchanan Hill, Catherine M. Rose Head of School

The series is divided into three categories:

**On Our Minds: What Educators Are Thinking** Local professionals will talk to us about important trends that are currently top-of-mind in the education world.

**Lunch and Learn** These lunchtime sessions were carefully chosen to focus on issues that reflect the mission of our school. Bring your lunch and a desire to delve into lively discussions.

**Ask the Expert** Dallas is fortunate to have many outstanding child psychologists, therapists, and educators to help parents with the daunting task of raising children. This year's experts will provide us with guidance, the latest research, and practical solutions to our toughest questions.

## Schedule At-a-Glance

Tuesday, October 23	8:30 a.m.	Ask the Expert: Dr. Tia Crossley
Tuesday, November 13	11:30 a.m.	Lunch & Learn: Dr. Kelly Jameson
Thursday, December 13	8:30 a.m.	On Our Minds: Dr. Kathy L. Tipps
Wednesday, February 27	11:30 a.m.	Lunch & Learn: Leda Owens
Thursday, March 21	11:30 a.m.	Ask the Expert: Dr. Misty Solt
Monday, April 29	8:30 a.m.	On Our Minds: Rusty Lozano

### Helpful Information



parent education series

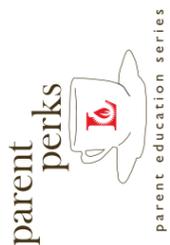
Reservations are greatly appreciated. Please respond to [tls@thelamplighterschool.org](mailto:tls@thelamplighterschool.org) or call Hilary Jenkins at 214.369.9201

Please park in the North Field.

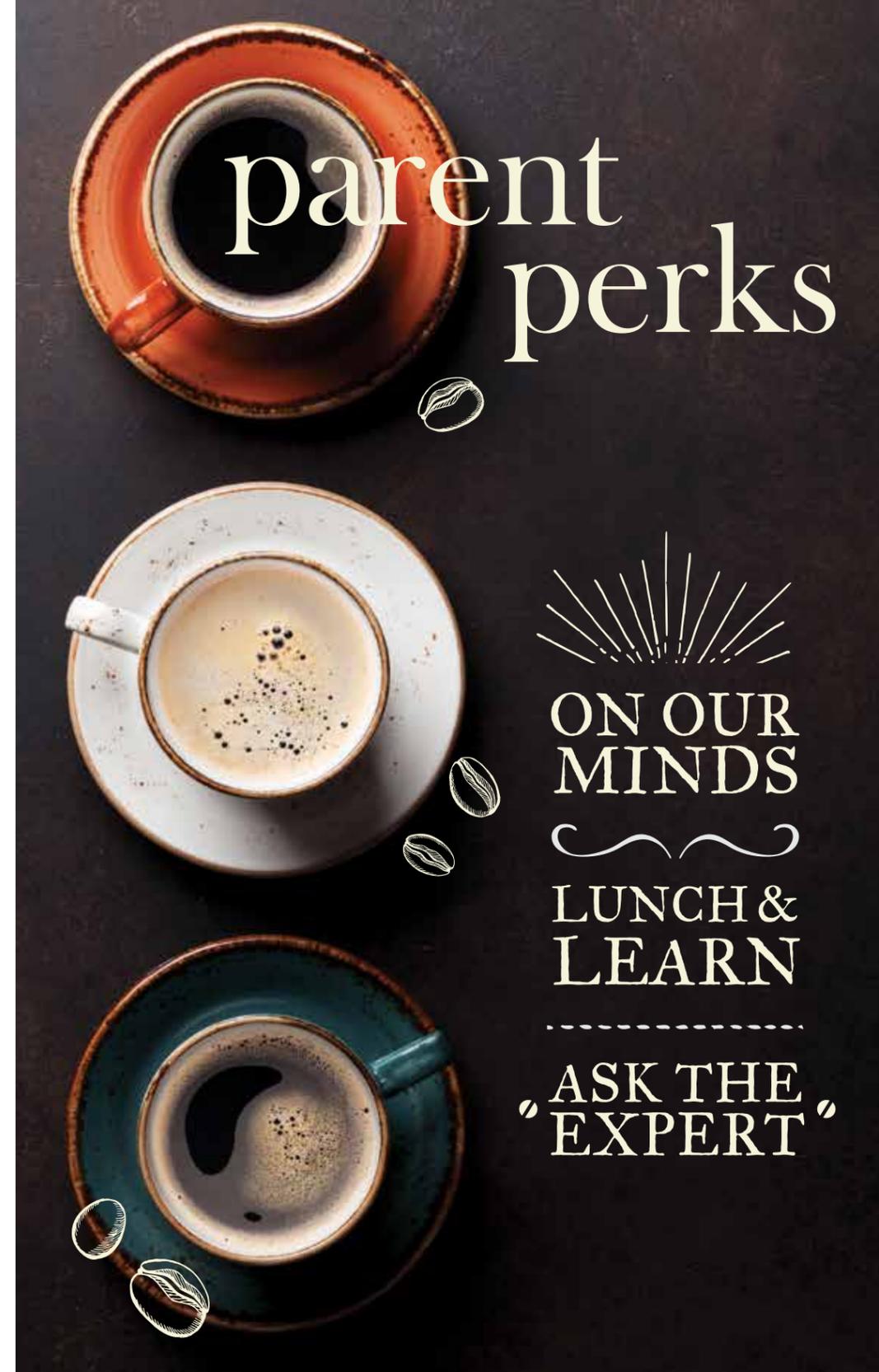


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11611 Inwood Road | Dallas, Texas 75229



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## ON OUR MINDS

## LUNCH & LEARN

## ASK THE EXPERT

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## ON OUR MINDS

What Today's Educators Are Thinking

Thursday, December 13 • Klyde Warren Auditorium  
8:30 a.m. - 9:30 a.m.

Dr. Kathy L. Tipps

*Responsibility: A Key to Your Child's Success*

Being responsible for belongings, choices, and emotions is challenging for children. However, the ability to hold oneself accountable for choices, actions, and consequences is closely linked to self-confidence and success. Join us as we discuss practical ways to support your child in accepting mistakes and acknowledging successes. You will leave with guidance on how to raise an empowered, responsible child.



Kathy L. Tipps, Ph.D. is a Clinical Psychologist with over 20 years of experience in private practice in Dallas, Texas. A graduate of the University of Texas Southwestern Medical Center, Dr. Kathy enjoys working with individuals in all life phases, including children, teenagers, adults, parents, and families. She provides parent and staff workshops to area schools and is a long-time consultant with The da Vinci School.



Monday, April 29 • Klyde Warren Auditorium  
8:30 a.m. - 9:30 a.m.

Rusty Lozano

*Weathering the Storm: Parenting an Emotional Child*

If you have been around children for any length of time, you have likely observed a child's array of emotional responses to life's fun and not-so-fun demands. Whether in a classroom, home, or public setting, a child can exhibit emotional extremes of anger, sadness, and fear in response to perceived stress. This presentation will look at behavior and pathology with a focus on the body's response to stress. Parents will learn practical techniques to serve as a guide in parenting and defusing challenging behaviors.



Rusty Lozano is the founder of the Center for Biofeedback & Behavior Therapy in Addison, TX. He is a Licensed Professional Counselor helping children and families in the North Dallas area since 2006. Rusty is a former Dr. Phil McGraw staff member at the PNP Center in Lewisville, TX. He has been recognized and featured on several local, national, and international media platforms for his work with stress-related conditions and developmental issues in children. Rusty lives in Coppell, has been married for 18 years, and has three daughters and a son.

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## LUNCH & LEARN

Bring Your Lunch

Tuesday, November 13 • Conference Room  
11:30 a.m. - 12:30 p.m.

Dr. Kelly Jameson

*You Can't Pour From An Empty Cup: Prioritizing Parental Self-Care*

No, you aren't crazy! Parenting in 2018 is different (and much more difficult) than your parents' generation. Today's parenting can be exhausting- mentally, physically, and emotionally. So, how well are you taking care of your own needs? Dr. Kelly Jameson will explore the shifts in parenting that have made this role so demanding of your time, effort, and mental health. Tips on how to balance it all, while staying sane, will be discussed.



Dr. Kelly Jameson is a therapist in private practice at Girls to Women Health and Wellness. She works with adults and adolescents on a variety of psychological issues including mood disorders, marital conflict, resilience, school success, heartbreak, and much more. Dr. Jameson was named Top Doctor by *Dallas Child Magazine* and is a national public speaker and a regular on nationwide talk radio.



Wednesday, February 27 • Conference Room  
11:30 a.m. - 12:30 p.m.

Leda Owens

*Developing Your Child's Executive Functioning Skillset*

Executive functioning skills are necessary to analyze, plan, and organize tasks, as well as to self-regulate emotions and behaviors. Because this higher order skillset is underdeveloped in at least 10% of the child population, as parents, we have to act as a manager to help develop our child's skills. This presentation will focus on understanding daily deficits associated with poor executive functioning, providing guidance to develop appropriate expectations for your child, and implementing realistic strategies to support these weaknesses.



Leda Owens is a Licensed Professional Counselor at The Housson Center, where she has worked for 10 years. She conducts psychoeducational assessments targeted to identify children with learning disabilities, ADHD, and emotional disorders. She also serves this population in cognitive-behavioral therapy and has developed executive functioning training sessions for children and parents. Mrs. Owens is married to a brilliant man, who happens to have ADHD, and is a mother to three daughters, ranging in age from three to twelve years old.



## ASK THE EXPERT

Guidance, Research & Practical Solutions

Tuesday, October 23 • Klyde Warren Auditorium  
8:30 a.m. - 9:30 a.m.

Dr. Tia Crossley

*Anxiety 101: Teaching Anxious Children to Cope*

Anxiety among young children is rising. More and more children are presenting with high degrees of worry and fear. Dr. Crossley's presentation will focus on identifying and understanding anxiety in young children. She will introduce strategies and techniques to help you and your child cope more effectively with stressful situations.



Dr. Tia Crossley is a Licensed Psychologist and Licensed Specialist in School Psychology. She has worked in mental health facilities, community organizations, and schools for 10 years. Dr. Crossley is currently the Executive Director of a nonprofit mental health clinic, Synergy Center for Wellness.



Thursday, March 21 • Conference Room  
11:30 a.m. - 12:30 p.m.

Dr. Misty Solt

*Limit-Setting: How to Strengthen Emotional Intelligence and Brain Regulation through the Art of Boundary Setting with Children*

Are you tired of power struggles with your child? Limit setting can be tricky, but Dr. Misty Solt is here to help. Dr. Solt's presentation will teach parents a systematic process for setting limits with children in a way that builds self-control, empathy, self-responsibility, self-worth, and compassion. Parents will learn how to set limits using a three-step process and how stay focused and centered while encountering challenging behaviors.



Dr. Misty Solt is a Licensed Professional Counselor-Supervisor in the state of Texas. Dr. Solt is also a National Certified Counselor, Registered Play Therapy-Supervisor, Licensed Chemical Dependency Counselor, Certified Child-Centered Play Therapy-Supervisor, Certified Child-Parent Relationship Therapist-Supervisor, and Board Certified in Neurotherapy.

Dr. Solt is currently serving on full-time faculty as an Associate Clinical Professor at SMU. Prior to serving on faculty, she was the Clinic Director of the SMU Center for Family Counseling. In May of 2003, Dr. Solt opened Neurotherapy and Counseling Services, which provides counseling services to children, adolescents, and families, as well as supervision to LPC-interns and play therapists. Dr. Solt has authored various articles in the area of play therapy and is the author of "My Special Playtime." Dr. Solt is a mother of three and resides in Frisco, Texas.

