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. Local professionals will talk about the important trends in the education world and help parents on topics that reflect the mission of our school.

This year’s experts will provide us with guidance, the latest research, and practical solutions to our toughest questions. It is our hope that these discussions will assist us in our most important role: igniting young minds.

Jill Schroeter, M.Ed., LPC-S, RPT-S
Office of Student Life

**AT-A-GLANCE**

**Wednesday, October 16  11:30 a.m.**
Quick and Healthy Weeknight Dinner Solutions, Plus How to Expand Your Picky Eater’s Palate
Ms. Roni Proter

**Tuesday, November 12  11:30 a.m.**
Raising Secure, Confident, and Relationally Competent Children
Dr. Katie Sardone

**Tuesday, December 10  8:30 a.m.**
Bringing Everyone to the Table: Developing Healthy Eating Habits in Children
Dr. Shayla Holub

**Thursday, February 6  11:30 a.m.**
Digital Kids: Parenting in the Age of Smartphones
Dr. Ryan Smith

**Wednesday, March 11  8:30 a.m.**
Why is My Child So Angry? Effectively Managing Your Child’s Strong Emotions
Dr. Tia Crossley

**Wednesday, April 1  8:30 a.m.**
Beyond the Birds and the Bees: Communicating About Sexuality From Childhood to Adolescence
Dr. Joanna Gentsch

*Session includes cooking demonstration and food samples
**Feel free to bring your lunch to enjoy during the session

Reservations are greatly appreciated
Please respond to tls@thelamplighterschool.org or call the front desk at 214.369.9201

Please park in the North Field
Dr. Ryan Smith will shed light on the worry of parents of school age children. Dr. Ryan Smith will explore topics ranging from the impact of technology on family and the relationships that matter most. But most importantly, he will develop brains to how and why our phones can so easily disconnect us from our own family. He will explore topics ranging from the impact of technology on developing brains to how and why our phones can so easily disconnect us from family and the relationships that matter most. But most importantly, he will provide practical tools that will allow you to leave feeling better equipped to navigate the sometimes-frightening waters of parenting in the digital age.

Dr. Ryan Smith holds a PhD in Counseling with an emphasis in Marriage and Family Therapy. He is a Licensed Marriage and Family Therapist and Licensed Professional Counselor. He currently serves as the President of the Texas Association of Marriage and Family Counselors. Ryan has been married to his amazing wife for 13 years. They have two sons and live on a little farm with goats, dogs, horses, chickens, and ironically, no Internet service.

Beyond the Birds and the Bees: Communicating About Sexuality From Childhood to Adolescence

Whether you are a parent, teacher, or other professional working with children or teens, talking about sex and sexuality can be difficult. Research indicates that having these conversations early and often contributes to various positive outcomes. This talk will help get the conversation started by blending evidence-based findings with practical advice as well as the sharing of developmentally appropriate resources.

Dr. Joanna Gentsch is the director of student programming and community engagement in the School of Behavioral and Brain Sciences at The University of Texas at Dallas. She is a developmental psychologist and received both her PhD and Master’s Degree from UT Dallas. She recently received a Quantum Leap grant to expand experiential learning opportunities through community-based learning and the creation of innovative student programming focused on social and academic belonging. Dr. Gentsch enjoys teaching undergraduates in the School of Behavioral and Brain Sciences and through the Holson Wildenthal Honors College. Her personal curriculum includes courses on human sexuality and positive psychology.