

## Parent Education Presentation Sponsored by the **Williams WINS**

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# CHALLENGE

# SUCCESS

Championing a Broader Vision of Success for Youth

## The Well-Balanced Child: Avoiding Stress and Over-Scheduling Tuesday, November 8<sup>th</sup> at 7pm Williams Elementary School Cafeteria



Children today live in a culture that is increasingly characterized by a “more is better” and “earlier is better” mindset both in and out of school. This fast-paced existence for kids too often places them under undue pressure and stress, which can result in burnout, disengagement, unhealthy life patterns, or debilitating health problems. Further, over-scheduling infringes upon the most productive activity for children: unstructured play. This thought provoking program is a must for parents seeking a healthy balance between achievement and personal fulfillment for their children.

In this presentation, you will learn:

- Explore the unique demands placed on children's time today.
- Examine how today's high-pressure, fast-paced culture can have unintentional but damaging effects on children.
- Discover simple ways your family can counter the fast-paced culture without sacrificing achievement and while allowing kids to be kids.

Presenter: **Jim Lobdell**

*Jim Lobdell, M.A. is an educational consultant and publisher with expertise in curriculum design, school reform, parent education, and youth sports. Mr. Lobdell co-founded Teachers' Curriculum Institute, widely regarded as the nation's most innovative publisher of K-12 social studies curriculum. He has authored several teaching methodology books, including *Bring Learning Alive! Engaging All Learners in the Diverse Classroom* and advised school districts nationwide on teacher-training and site-based reform. A former NCAA athlete and high school social studies teacher, Mr. Lobdell currently advises the Positive Coaching Alliance, working to transform youth sports by helping to create a more positive and character building experience for young athletes.*