

It's All About the Kids!

Children's Health Issues Workshops

William Paterson University's College of Education and St. Joseph's Healthcare System will sponsor a series of workshops designed for teachers, school nurses and guidance counselors.

1600 Valley Road, Wayne, New Jersey 07470

Does This Child Need Help? Physical and Emotional Warning Signs

(Workshop #: CPE-E011)

A child who needs help from adults may express this need through behavior in the classroom or on the playground and in relationships with both classmates and adults. Dr. Gauderer, who is a pediatrician, child psychiatrist and child development specialist, will summarize the stages of physical and emotional development in school-age children, describe risk factors that may impact a youngster's healthy emotional development and outline warning signs that a child may need help. He will offer guidelines to enable school personnel to identify kids at risk, provide strategies to help children and parents and summarize indications for professional intervention.

Presenter: Ernst C. Gauderer, M.D., Child Psychiatrist
The Children's Hospital at St. Joseph's

Date: Tuesday, February 9, 2010

Time: 4:00 – 5:30 pm

Fee: \$15

Managing Bullying

(Workshop #: CPE-E012)

According to the National Crime Prevention Council, more than 30 percent of youngsters are bullied at least once a month and six out of ten American teens witness bullying daily. Described as a "devastating form of abuse," bullying can be either physical, verbal, psychological or occur in cyberspace. The presenter will review the types of bullying and describe the behavioral and emotional cues that indicate that a child is the victim of bullying. He will offer strategies for kids to effectively manage the various forms of bullying and provide guidelines for school personnel to reduce bullying.

Presenter: Milton Villafane Bernard, M.A., Clinical Psychologist
St. Joseph's Regional Medical Center

Date: Tuesday, March 2, 2010

Time: 4:00 – 5:30 pm

Fee: \$15

Helping Kids Manage Anger

(Workshop #: CPE-E008)

Anger is a normal, healthy human emotion. Enabling children to recognize when they are angry and appropriately express this emotion can be challenging for school personnel and parents. The presenter will explain the differences between productive and non-productive expressions of anger, discuss the causes of anger for children and adolescents and outline intervention strategies for school personnel when handling youngsters with anger issues. He will also offer guidelines for working with both parents and mental health agencies.

Presenter: Joshua Belsky, MSW, LCSW, Director of Passaic County Screening Program
St. Joseph's Regional Medical Center

Date: Tuesday, April 6, 2010

Time: 4:00 – 5:30 pm

Fee: \$15

Children and Diabetes

(Workshop #: CPE-E009)

According to the American Diabetes, one in three of today's 10 year-olds will develop diabetes at some point in their lifetime and one in two African-American and Hispanic youngsters will develop the disease. Helping youngsters and families reduce their risk for diabetes through exercise and healthy eating as well as enabling children with diabetes to effectively manage their disease and participate in school activities will be discussed in this workshop. The presenter will describe the latest guidelines for nurses and school personnel to assist students to self-manage their disease, and offer strategies for working with both youngsters and parents to facilitate compliance.

Presenter: Mary Ann Hickey, MS, MA, CPNP, CDE, Pediatric Clinical Education Specialist
St. Joseph's Regional Medical Center

Date: Tuesday, April 13, 2010

Time: 4:00 – 5:30 pm

Fee: \$15

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Sponsored by St. Joseph's Healthcare System & William Paterson University

Promoting Healthy Eating: *It's As Easy As Apples, Beans, Carrots*

(Workshop #: CPE-E010)

Currently, 32 percent of all children, ages 2 through 19, are considered either overweight or obese. New Jersey has the highest reported rate of obesity in the nation for low-income children between ages two and five. Eating healthy meals and snacks, controlling portion sizes and including exercise in their daily activities can be challenging for kids who are more likely to snack on chips or candy while playing Nintendo. This workshop will focus on how teachers can promote healthy eating and exercise habits both in and out of the classroom. Easy-to-follow strategies and specific recommendations from successful programs that address the obesity epidemic in children will be given.

Presenter: Heather Russell, RD, Pediatric Nutritionist
The Children's Hospital at St. Joseph's

Date: Tuesday, April 27, 2010 **Time:** 4:00 – 5:30 PM **Fee:** \$15

More Than an Apple a Day! Teen Health 101: Nurturing Good Health and Promoting Healthy Behavior

(Workshop #: CPE-E013)

During adolescence, teens develop patterns of behavior and make lifestyle choices that impact their current and future health. Parents and school personnel can help adolescents avoid health risk behaviors, including tobacco and substance abuse, participating in gangs or other violent activities, or becoming sexually active as well as promote good health habits that last a lifetime. Dr. Blaustein will outline the various health risks that impact teens and discuss the critical importance of protective factors, including a youngster's feeling of *connectedness to family, school and community* in supporting positive health behaviors and academic achievement.

Presenter: Silvia Blaustein, M.D., Co-Chief of Adolescent Medicine
The Children's Hospital at St. Joseph's

Date: Tuesday, May 4, 2010 **Time:** 4:00 – 5:30 PM **Fee:** \$15

Love Shouldn't Hurt: Physical and Psychological Abuse of Children

(Workshop #: CPE-E014)

Every year, approximately 906,000 children in our country are victims of abuse and neglect. Thirty percent of all girls and 20 percent of boys are sexually abused by an adult during their childhood. Physical, sexual and psychological abuse of children, as well as neglect, occurs in families from all racial, ethnic, cultural and socioeconomic backgrounds. The presenters will outline the risk factors for child abuse, describe the physical and behavioral signs of physical, sexual and emotional abuse and summarize procedures for reporting abuse. They will also discuss the risk and protective factors that influence the long-term effects of abuse on a child's life and offer support, guidelines and coping strategies for school personnel.

Presenters: David Kroening, M.D., Medical Director, Child Protection and Safety Center
Joyce Hippman, MA, LPC, Clinical Coordinator, Child Protection and Safety Center
The Children's Hospital at St. Joseph's

Date: Tuesday, May 11, 2010 **Time:** 4:00 – 5:30 PM **Fee:** \$15

To register for all 7 workshops in the Children's Health Issues series, please use:

Workshop #: CPE-E015 **Fee:** \$94.50 (10% discount)

New Online Registration Procedures - All registrations and payments will be processed online!

WEB REGISTRATION: <https://www.wpunj.edu/cpe>

(If you experience difficulty registering online, please call 973-720-2354 for assistance.)

Cancellation Policy: Notification must be received in writing via email (williamsr@wpunj.edu) or fax (973-720-2298) at least 3 business days prior to the workshop to receive a credit towards a future workshop. No refunds or credits will be given if you fail to show up for the workshop.