

***Teacher & Parent
Seminars
And Child Enrichment Programs
Presented by:***



®

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I. Bio



Tracey Kretzer, M.S., LPSC, CCDI

Tracey Kretzer knows children. She has made their well-being her life's work, and their response to her is a key reason why her Parent Child University has been so successful in the D.C. area. As its founder, the guiding principal of Parent Child U, Tracey is an astute businesswoman who hasn't lost sight of the mission: To help create a joyous relationship between a confident parent and a child open to the world and its possibilities. Her two girls (8 and 6), toddler boy (2), and hundreds of children and parents she teaches a year are a testament to her skill.

It's Tracey's emphasis on parenting that first distinguished her as she developed her credentials, which include a B.A., *magna cum laude*, in psychology and an M.S. in educational psychology from SUNY at Albany, as well as her Certificate in Counseling & Development from George Mason University. During her ten years in the Fairfax County school system, she pioneered numerous elementary counseling programs, peer mediation programs, and parenting seminars. There she gained a reputation as the "go-to" person for advice and creative solutions.

When she became a parent herself, in an effort to balance work and family, Tracey found a research-based child enrichment program that included a bit of parent education with music education, *Kindermusik*®. From there, she learned about the power of combining music with American Sign Language and *Conscious Discipline*® and developed her sought-after *R.O.C.K.-n-R.O.L.L.* social emotional teacher training/child enrichment program. Come experience the winning combination and Learn, Read, Rhyme, Sing & Sign™ with us at Parent Child University today!

II. List of Currently Developed Parent/Teacher Workshops *Additional topics available upon request*

◆ **Positively Disciplined!™**

Sessions: One- Seven 2-hour sessions. Teachers, parents, and grandparents, come explore research-proven methods for disciplining yourself and your 0-11 year-old child! Learn tips heralded by the best in the field and share your ideas and concerns too! No judgments - only positive solutions for your parenting toolbox! Created by a certified parent educator, experienced elementary school counselor, child enrichment specialist, and the founder of Playground Diplomacy™ and Parent Child U®, this class is sure make the difference you are seeking and/or the reinforcement you deserve! Just a few of the many topics we will discuss include: child and brain development, speech and language, feelings-management, problem solving, bully-busting, tattling vs. reporting, school, and more! Build a stronger, more positive relationship with your child and be the parent you always knew you could be! Be confident knowing you are helping your child be the responsible adult you know they can become! Educational certificates will be given.

◆ **L.E.A.N. (Lifestyle, Exercise, Attitude, and Nutrition) Programs created by Dr. William Sears, M.D. to be presented by LEAN Certified Trainers & Coaches**

➤ **L.E.A.N Start Program**

- **Ages:** Parents of 3-12 year-olds
- **Sessions:** 3, 2-hour sessions

➤ **L.E.A.N Essentials Program**

Ages: Parents of 3-12 year-olds

Sessions: 1, 2-hour session

If you are confused by the latest Food Pyramid, worried about the obesity epidemic or just want to learn how to eat healthier, join us for this fun, interactive educational session and learn Dr. Sears™ four pillars of healthy living: L.E.A.N.: Lifestyle, Exercise, Attitude, Nutrition. Dr. William Sears is the author of over 40 books and has been referred to as “America’s Pediatrician.” Your certified L.E.A.N. Coach will guide you through fun activities, video clips and a delicious, healthy snack. Specifically, we will discuss why you should care about what your children eat, traffic light eating, why breakfast is important, the skinny on fat, how much protein is enough, how play helps children grow, why frequent sips of water are so essential and so much more! Participants will leave with lots of answers, healthy and tasty recipes, a discount on the L.E.A.N. Start Program and the LEAN Essentials Workbook. Please bring a \$15 materials fee to class. Educational certificates will be given. Be sure to visit [www. ParentChildU.com](http://www.ParentChildU.com) to learn more!

◆ **Systemic Training for Effective Parenting (STEP): *The Elementary Years***

Want your child to have better self-control, do better in school and follow directions? Want to enhance your relationship with your child and be the parent you know you can be? This class is led by a child development expert and based on Dinkmeyer, and McKay's "Systemic Training for Effective Parenting" (STEP) program. Come join other parents and learn about practical approaches in guiding your six to 12 year old to be responsible, cooperative and independent. Build strong, positive relationships and prepare you for the tough times. Educational certificates will be given. Find out more at www.ParentChildU.com. Please bring a check for \$18 to the first class for your STEP parenting book.

◆ **Systemic Training for Effective Parenting (STEP): *The Teen Years***

Based on Dinkmeyer, Dinkmeyer, and McKay's Systemic Training for Effective Parenting (STEP), join other parents and learn about practical approaches in guiding your teen or pre-teen to be responsible, cooperative, and independent. Build strong, positive relationships and prepare yourself for "talking about the tough topics." Be the best parent you can be!

◆ **Preventing Power Struggles at Home & School**

◆ **Keeping Kids Safe Online & With Media** "Screen time:" TV, computer, video, gaming, and texting, and the smart phone is a huge part of our children's lives. What are the best ways to keep your kids safe? Come learn strategies and more information.

◆ **Discover Your Parenting Style!**

◆ **Are Your Children Stressed Out?**

◆ **Positive Discipline Parent/Teacher Workshop**

What do we really want for our children? Do we want our children to become happy, responsible, independent, and successful, adults? Do our parenting methods match our goals or do we want children to simply do what they are told? And if they do, what kind of adult will result? There are dozens of ways parents can help their children learn to become responsible adults. Perhaps the most powerful method is through modeling. However, it is tough being a parent! Most parents don't want to be permissive, and they try talking to their child only to become frustrated and ultimately resort to power methods: yelling grabbing, saying "Because I said so," and more. This teaches children that the bigger, stronger, or most powerful people get their way. Is that really what we want to teach our children? "More traditional parenting styles model bullying behavior" (Alfie Kohn, March 2007). Participants learn positive discipline methods heralded by the best in the field along with the research behind such approaches. Using positive discipline, parents can be confident they are helping their children become the adults they want them to be!

◆ **Playground Diplomacy™ Parent/Teacher Workshop**

Ages: Adults only (There is a parent-child play class families too.)

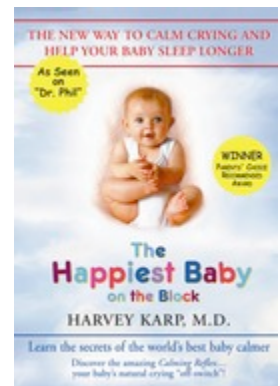
Participants learn research-proven methods of helping their children learn child-to-child “Playground Diplomacy” as well as parent- to-parent tips. Empathy, problem- solving, bully-busting, tattling vs. reporting, and anger management are explored. Experience voluntary role-plays and mock family meetings.



- ◆ **Bullying Hurts Everyone Parent/Teacher Workshop** Bullying has been a factor in every major U.S. school shooting incident over the past 10 years. What are signs that a child is the target of a bully...or a bully himself or herself? If a child witnesses bullying, are there any implications? What can parents do that will help and not aggravate the situation? Participants learn research-based ways to help a child, school, and community deal with bullies and decrease school bullying incidents.

- ◆ **Peer Pressure Parent/Teacher Workshop** Peer pressure is usually considered a “bad” thing, but peer pressure can be positive, too! Participants learn both negative and positive ways peer pressure can be used to help children thwart bullying and help each other.

- ◆ **The Happiest Baby on the Block™ Parent Workshop** Harvey Karp currently works with Prevent Child Abuse America. He posits that crying is a precursor to many child abuse cases. *The Happiest Baby on the Block* class is for all expecting and new parents and grandparents. New babies are such a blessing, but they can also bring with them sleepless nights, crying, and sometimes quite a bit of stress. Participants learn a step-by-step approach to help their baby sleep longer and soothe even the fussiest colicky baby in minutes...even seconds. Magic? A miracle? No, it's a reflex!™ Based on Dr. Karp's approach in his best-selling book and DVD, parents will learn why the idea that colic is due to gas pains is mostly an old wives' tale, why keeping the house quiet may actually be upsetting to many newborns, why most babies get more upset in the evening, why it's impossible to spoil young babies, how to help infants sleep a few hours more a night, and why fathers are often the best calmers in the family. **Home Materials:** A \$40 value - *The Happiest Baby on the Block* DVD & *Super Soother* CD.



- ◆ **Signing Smart™ Beginner Workshop for Parents** [Signing Smart Treasure Chest 2 video clip!](#) The *Signing Smart* Beginner Workshop is for expecting parents or parents new to signing with their baby as well as for those who have already gotten started and are looking for support during the early phases. This workshop teaches the research-proven *Signing Smart*

strategies and techniques, how many and which kinds of signs to use in the early stages, when to add more, and how to recognize your child's versions of signs. Through instructor presentation, interactive activities and discussion, and video examples, participants will learn more than 50 ASL signs, as well as tools, strategies, and resources that can enable you the success of *Signing Smart* from the very first day! Visit www.ParentChildU.com to see video clips and see why 99 percent of families who take this class enroll in our play classes! **Home Materials included in price:** [Signing Smart with Babies and Toddlers: A Parent's Strategy and Activity Guide](#).

- ◆ **Signing Smart™ Infant/Toddler Teacher Workshop** Perfect for childcare providers, nannies, babysitters, and even grandparents who provide care for children ages 0-2! This Signing Smart Workshop is relevant for childcare providers and teachers of hearing infants and toddlers and is specifically geared toward those who work with multiple children simultaneously. More than just motivating teachers to sign with the babies and toddlers in their care, this workshop helps professionals develop a plan for successfully incorporating signs and research-proven Signing Smart strategies and techniques in their classrooms. By using group-orientated Signing Smart strategies, teachers can enhance spoken language skills, facilitate cognitive and emotional development, and take advantage of this powerful classroom management tool. As a result, teachers will notice a decrease in children's frustration, aggression, and tantrums, and an increase in constructive interactions and positive affect. Through instructor presentation, interactive activities and discussion, and video examples, participants will learn simple but successful Signing Smart techniques that make signing a welcome addition to their work with children. They learn the Signing Smart Start in a group setting, as well as how many and which signs to use as they introduce Signing Smart to an entire class. They will further learn how help children access signs in the hectic environment of a classroom, how to implement our simple and successful strategies that make signing a breeze, and how to recognize what signs look like on children's hands. **1st Teacher Cost: Includes** a Home Materials fee; **2nd & 3rd Teacher at one center cost:** half price with no materials. **Home Materials include:** award-winning *Signing Smart with Babies and Toddlers: A Parent's Strategy and Activity Guide* for parents or caregivers to begin signing with their hearing infant or toddler, as well as for those seeking additional tools or activities. Also includes a choice of two Diaper bag Dictionaries: *First/Animal/Food Holiday Signs*.

◆ **Relating to Your Grandchildren!**

Do your grandchildren seem to live in a different world from the one in which you grew up? In a way they do, but the bond between grandparents and grandchildren is as important as ever. Whether you are raising grandchildren, living across town or across the country from them, there is much to talk about in maintaining and strengthening those bonds. Tracey Kretzer, M.S., parent educator, parent of a tween, child, and toddler will facilitate.

◆ **Guiding Good Choices® A Families That Care® Program**

The premier, research-based drug-prevention program for parents of children 9-14

Channing Bete Company brings you the *Guiding Good Choices* program, a science-based, proven-effective ATOD-prevention program that gives parents the skills they need to ensure the future well-being of their children. In just five sessions, *Guiding Good Choices* can improve substance abuse outcomes (Directly from their website).

III. List of Child Enrichment & After-School Programs *Additional offerings available upon request*

❖ **R.O.C.K. -n- R.O.L.L. Social-Emotional Learning Program (1 – 7 yrs. divided by age)**

Ages: Teacher/Child or Parent/Child or Child-only. Come R.O.C.K.-n-R.O.L.L.™ with us! Come experience R.ituals O.f C.onnection K.nowingly N.urturing R.elationships of L.ove & L.earning! Research proves that increasing “developmental assets” improves relationships, life success and happiness. This class is designed to teach social emotional skills to all children and their parents and teachers through music, stories, and the arts. Learn through play in this dynamic, life-changing class! Discover why parents and teachers rave about this class at www.ParentChildU.com!

❖ **Playground Diplomacy™ Social-Emotional Skills Program**

Created by experienced elementary school counselor, parent educator, and child enrichment specialist Tracey Kretzer (Parent Child University, LLC founder) this class is one of a kind. Part play class, part parenting class, participants explore conflict-resolution topics through literature, puppets, music, ASL, movement, crafts, noncompetitive parachute and other games, and more. They enjoy research-proven methods of learning child-to-child and parent-to-parent “Playground Diplomacy.” Feelings, compliments, empathy, problem-solving, bully-busting, tattling vs. reporting, anger management, stress, self-control, and more are explored.

❖ **Girl Power! (4th – 8th Grade Girls)** is a national public education campaign sponsored by the [U.S. Department of Health and Human Services](http://www.hhs.gov) to help encourage and motivate 9 to 13-year-old girls to make the most of their lives. Girls at 8 or 9 typically have very strong attitudes about their health, so Girl Power! seeks to reinforce and sustain these positive values among girls ages 9-13 by targeting health messages to the unique needs, interests, and challenges of girls.

❖ **Get Real About Violence®** *Get Real About Violence* is a mixed-media prevention program for grades K–12 that helps schools and community-based organizations build a culture of nonviolence. The program targets a wide range of violent behavior, including bullying, teasing, and spreading rumors among younger children, and threats and assaults in later years. Designed to give students the skills to stay safe, and healthy, the curriculum shows them how to resolve conflicts without violence and prevent or avoid violent situations by using self-control. Throughout the program, students and school adults carefully examine their beliefs about stereotypes, interpersonal relationships, and popular culture. *The Comprehensive Health Education Foundation developed Get Real About Violence.* Designed to be a school-wide intervention, Get Real About Violence should be conducted across all grade levels, with participation by the entire school community. The lessons can be integrated into core curriculum areas and

include a parental component. The number of lessons varies by grade level: **Grades K-3:** 29 lessons, 3 posters, and 3 videos, **Grades 4-6:** 22 lessons, 2 videos, 2 posters, and an audiocassette, **Grades 6-9:** 12 lessons, 3 posters, 3 videos, an audiocassette, and playing cards, **Grades 9-12:** 28 lessons at grades 9–12, 3 posters, 7 videos, 26 playing cards and a CD. (This description is quoted directly from the National Center for Mental Health Promotion & Youth Violence Prevention website).

❖ **Kindermusik®: Village (Birth – 16/18 mos.)**

Themes Vary on a 2-year cycle

Example: “Cock-a-doodle-MOO!”

Sessions: 8, 50 minutes. For over 30 years, Kindermusik® has remained the best choice for your child. In fact, research proves that our students do better in school! Each class is lead by a child development expert, and includes IQ-boosting American Sign Language, instrument play, songs, parachute play, parent education, a research-packed weekly e-mail, and professional monthly newsletter. Cock-a-doodle-MOO explores a farm theme through music, motion, and multi-sensory activities. See class pictures and clips and find out why families LOVE our classes at www.ParentChildU.com. Please bring a check for \$38 to the first class for your Home Materials which include: board book, a long-play CD, a Sunshine Jingle instrument, and a set of Art Banners all in a Kindermusik diaper bag!

❖ **Kindermusik®: Our Time (16-18 mos. - 3 yrs w/caregiver)**

Themes Vary on a 2-year cycle

Example: “Away We Go!”

Research proves that Kindermusik® children do better in school! We include pre-literacy, pre-math, and social-emotional learning integrated into the fÜn and provides the home materials so you can relive the fÜn for years to come! Each class is led by a child development expert who gives you the tools to understand your child’s current developmental stage and reinforces it through weekly emails, and research-packed monthly newsletters. All classes include ASL, Spanish, instrument-play, finger plays, story time, parachute and prop play, parent education, and so much more! Come Away We Go! this winter on trains, cars, buses, horses, wagons, airplanes and boats! See class pictures and videos, schedule a make-up class, and learn why families LOVE our classes at <http://www.parentchildu.com/>! A \$58 materials fee will be collected the first day of class (siblings & their kits only \$18). Home Materials includes 2 books, a Home Activity Book, 2 Home CDs, and a pair of Zig Zag Blocks.

❖ **Kindermusik®: Imagine That (Ages: 3-5 yrs. Child & Parent-Child for the last 15 minutes)**

Themes Vary on a 2-year cycle

Example: “Toys I Make, Trips I Take!”

Kindermusik classes combine the best in child research and development, including music, movement, singing, dancing, story time, instrument play, and ASL with the aim to expand children’s physical, emotional, cognitive, language, social and musical development! Toys I Make, Trips I Take leads children on a magical journey into a

remarkable toyshop filled with boats, trains, jack-in-the-box and other toys that bring a glimmer to a child's eyes. Please bring a check for your home materials to the first class. Materials include two long play CDs, a literature book, and an instrument, pretend play manipulative component, drum, a family activity book and a backpack! Learn why families love our classes at www.ParentChildU.com!

❖ **Kindermusik®: *Family Time* (Birth - 7 yrs Parent-Child)**

Themes Vary on a 2-year cycle

Example: "Our Kind of Day!"

Our Kind of Day is designed to apply musical and developmental learning in a multi-age family-themed environment. Through music, movement, ASL, finger plays, story time, instrument and parachute play, Family Time helps children develop musical skills, as well as the social skills necessary to share, take turns, and strengthen the emotional bond among family members. A weekly email helps reinforce learning tips provided by our child development experts in class! Materials include: a family guide, 2 home long-play CDs, 2 Home Literature Books, 2 double egg shaker instruments, a kangaroo hand puppet with joey finger puppet, and a Domino Game.

❖ **Kindermusik® *Young Child* (5 - 7 yrs Parent-Child)**

Themes Vary on a 2-year cycle

Example: "Our Kind of Day!"

Come take an imaginary trip Around the World and explore the exotic cultures of Germany, Japan, Africa, England, and Mexico. Play native instruments, and learn native dances! A child development expert who will help your child develop a strong musical foundation by learning the concepts, language, notation, and vocabulary of music and its greatest composers teaches each class. Parents join us for the first 5 minutes and last 15 minutes of class. Please bring a check for \$37 to your first class for your home CD, arts and craft materials, a set of 5 picture folders, and a travel bag. Learn more at www.ParentChildU.com.

❖ **Signing Smart™: *Beginner Play Class* (Birth - 2 yrs Parent-Child)**

Signing Smart strategies integrate more than 150 American Sign Language signs into songs, games and activities developed to engage very young children and their parents. Research has shown that using American Sign Language with hearing babies and toddlers allows communication and spoken language to happen earlier and faster, while reducing frustration and tantrums. Most children have two to three words by 12 months, whereas Signing Smart TM children typically have 25 signs and 16 words! Most children start combining words into two-word sentences by 20 months, whereas Signing Smart TM children typically do this by 11-14 months and some as early as six months! The National Institute of Health even found a 12-point IQ increase for eight year-olds who used signs as young children. More research, class pictures and family quotes at www.ParentChildU.com. Home materials include Signing Smart for Early Communication: Beginner Handbook, Signing Smart Video Glossary and *The Treasure Chest: Vol. 1* children's video. Please bring your check for a \$48 materials fee (or \$16 for repeat families) to the first class session.

❖ **Signing Smart® *Intermediate* Play Class (9 mo. – 2 yrs.)**

Through engaging and developmentally stimulating activities, you will learn how to use 150 American Sign Language signs and Signing Smart strategies to decrease temper tantrums, facilitate your child's comprehension of abstract ideas and stimulate your child's memory skills. Songs, rhymes, parachute play and center time help foster emotional understanding, encourage symbolic play, enhance overall vocabulary and sentence use (signed and spoken), and advance your child's pre-literacy abilities through strategic sign use while reading, rhyming, and storytelling! Prior signing experience is encouraged. Home materials include Signing Smart Intermediate Handbook, Key-ring Flashcards, The Treasure Chest 2: Signs, Songs and Rhymes children's DVD and CD with over 90 signs. Please bring a check for \$48 to class for materials. Repeat students materials fee is \$16.

❖ **Signing Smart®: *Zoo & Holiday* Play Class! (Birth - 2 yrs.)**

NEW Combo Class includes everyday signs too! [Signing Smart Treasure Chest 2 video clip!](#)

Sessions: 8, 50-minutes. This class will teach your child ASL starter everyday signs, zoo signs, and holiday signs through songs, games, and more. The research-based, proven Signing Smart™ strategies integrate American Sign Language (ASL) signs into songs, games, and activities developed to engage very young children and their parents. Research has shown that Signing Smart™ with hearing babies and toddlers allows communication and spoken language to happen earlier and faster, while reducing frustration and tantrums and increasing IQ 12 points! All families (signing or not) come sign, play, and sing with us! Learn over 100 ASL signs through gross motor play, activities, and small group center time, and learn how to sing and sign such well-known songs such as "5 Little Pumpkins," "Over the River and Through the Woods," "Frosty the Snowman," and so many more! Please bring \$18 to the first class for your [Signing Smart Holiday Handbook](#). Be sure to visit www.ParentChildU.com to learn more!

❖ **ABC Music & Me! Created by Kindermusik International**

VIDEO CLIP: ABC Music & Me (2-4 yrs. & 4-6 yrs.) Created by Kindermusik

For Playgroups, Child Care Centers, After-School Programs, or Community

Centers: *ABC Music & Me* is an award-winning enrichment program for 2 to 4 or 4 to 6 year-olds, that was designed by Kindermusik International, the world's number one seller of music curricula for 0-7 year-olds for over 30 years. *ABC Music & Me* is a research-based language and early literacy program built around music. *ABC Music & Me* helps develop pre-literacy and language skills through a child's most-loved rituals: music and story time. *ABC Music & Me* supports the early childhood standards and requirements for "high quality programs" as defined by the National Institute for Early Education. Plus for the older age group, *ABC Music & Me* aligns with pre-K national and state standards.

Your Child Will Experience In Our ABC Music & Me Classes:

- Songs and rhymes to develop phonetic awareness and early reading skills

- Tapping, clacking, and ringing rhythm instruments in time with music to improve hand-eye coordination
- Focused listening with music to improve skills in following directions
- Instrument play to strengthen fine motor skills
- Developmentally-appropriate songs to develop vocal chords and expressive speech
- Learning that emphasizes storytelling, imaginative play, and taking turns

Registration includes

- Developmentally appropriate curriculum for children ages 2 to 6 years old
- 4-week semester with 12 different monthly themes
- Weekly 30/45-minute class
- Monthly Home Kit that includes a magazine-style Family Guide, CD with all the music from class, and an instrument every other month

Full Curricula List: [ABC Full Curricula List](#)

Parents: Download an [ABC Music & Me!](#) flyer to share with your 0-6 year-old's caregiver or teacher.

Child Care/Preschool Directors Flyer: [ABC Music & Me!](#)

❖ Birthday Parties By PCU®! (All ages)

Parent Child U®: Kindermusik or Sign & Sing Birthday Package* Cost: \$175 - an *incredible* deal in the DC area, Description: Parties usually take us at PCÜ 3-4 hours with prep, ordering and stuffing bags, travel, set-up, clean-up, time with the kids & our as one family put it, "priceless" fÜn 40-minute Kindermusik and/or Sign & Sing music and story time circle led by a licensed PCÜ educator, 8 gift bags, a gift for the birthday boy/girl, theme, songs & gift bags planned with Parent Child Üniversity ahead of time so you won't have to worry!

For our most current full class list and class pictures and videos, please visit our website at www.ParentChildU.com

We look forward to seeing you in class!!