

## PARENTING...

# A little help figuring it out

### The Early Years: So Young, So Small, So Complicated

The early years of childhood offer their own special delights and challenges for both children and their parents. How do you encourage your child's growing independence and curiosity about the world? How can you share the caregiving, minimize the stress, and maximize the joy of parenting, as your child passes through these critical early stages of development? These seminars (12:00 – 1:30 p.m.) will help you answer these and many other questions about nurturing your young child's intellectual and emotional growth.

Oct 21 **The Importance of Dad's Role in Helping Kids and the Family Flourish**

Kyle Pruett, M.D.; Clinical Professor, Child Study Center, Yale University

Nov 3 **Raising Bilingual Children**

Suzanne Flynn, Ph.D.; Professor of Linguistics and Language Acquisition, MIT

Nov 17 **Communication and Limit-Setting with Your Preschool Child**

Deborah Weinstock-Savoy, Ph.D.; Independent Mental Health Care Professional

Monthly **Breastfeeding Support Group for New Mothers**

Wendy Mackey-Kydd, M.Ed., BCCE, NMC; Birth Educator, MIT

Monthly **Infant and Toddler Child Care Briefings**

Anna Robinson, M.A.; Work-Life Representative, MIT

### The School Years: It's Not Easy Being a Kid

As parents, how do we help our school-age children develop the skills they need to engage successfully in new, complex, and demanding social and educational environments? How do we help them make sense of the larger world, become adept at cooperating and negotiating with others, and persist despite the inevitable challenges and setbacks along the way? These seminars (12:00 – 1:30 p.m.) explore these "big issues" while focusing on some very practical decisions you may be facing as a parent.

Oct 7 **Comprehensive Resources to Help Children with Special Needs Succeed in School**

Carolyn Romano, J.D.; Special Education Practice Leader, myEdGPS/Bright Horizons Special Needs

Nov 4 **Navigating Youth Sports**

Rebekah Conway Roulter, Ed.M., CAGS, LMHC; Associate Director, Doc Wayne Youth Services, Inc.

Jonathan Baum, M.A., LICSW; Clinical Director, Doc Wayne Youth Services, Inc.

Nov 19 **Summer Camp: Finding the Right Fit for Your Child**

Ronnie Mae Weiss, MSW; Senior Program Manager, MIT

Monthly **Parenting Group: Raising Children of All Ages as an LGBT Parent**

Ronnie Mae Weiss, MSW; Senior Program Manager, MIT

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## THE TEEN YEARS AND BEYOND...

# Parenting teens and planning for college

### Helping Your Teen Make the Right Choices

As our children grow older, we face an array of new parenting challenges. How do we help our teenagers deal with the increasingly complex issues of who they are and who they want to become, which values they want to own and cultivate, and how to assess and manage risk? What advice do we offer, and what limits do we set? When do we step in, and when do we step back? These seminars (12:00 – 1:30 p.m.) will help you develop the parenting style that best meets your teen's needs.

#### Nov 10 **Helping Your Teen Land Their Ideal Summer Job or Internship**

Peggy Iafrate, BSSP; Director of Partnerships and Promotions, TeenLife Media

Robin Neff Clebnik, MBA; Founder and CIO, InternBoston

#### Dec 3 **Helping Teens Navigate Their Complicated Online Life**

Carrie James, Ph.D.; Research Director, Harvard Graduate School of Education

#### Dec 8 **Raising Teens: Leveraging Your Past Experience to Inform Your Parenting**

Judy Elkin, M.Ed., PCC; Professional and Personal Coach

#### Monthly **Parenting Group: Raising Children of All Ages as an LGBT Parent**

Ronnie Mae Weiss, MSW; Senior Program Manager, MIT

### Planning and Preparing for College

Getting into college—getting into the “right” college—can be a major source of family stress. As parents, how do we plan ahead for our children's college future, and later help our children successfully make this major life transition? How do we deal with the financial implications? How much and what kind of support should we provide? What's our role in the whole college decision-making process? These seminars (12:00 – 1:30 p.m.) will provide a wealth of information and practical suggestions.

#### Sept 29 **Planning for College: How to Maximize Your Child's Success**

Elizabeth Heaton, B.A.; Director, Educational Consulting, College Coach

#### Oct 8 **U.S. College Admissions 101: Demystifying the Application Process**

Stu Schmill '86, MIT Dean of Admissions

#### Oct 20 **Paying for College**

Shannon Barry Vasconcelos, M.A.; Director, College Finance, College Coach

#### Dec 1 **Student Loan Repayment Strategies**

Jeanne Mahan, M.A.; Director, College Finance, College Coach

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## YOUNG PROFESSIONALS...

# Navigating your life and career

The challenges facing millennials living in the Boston area today can be daunting. How do you take your career to the next level? How do you get to do the work you really want to do? How will you pay back your college loans (or take out new loans) while paying bills and rent? How do you get the most out of life on a limited budget? How do you deal with those complicated relationships at work and in your personal life? In these engaging, interactive seminars, you'll develop new strategies and skills to help you make the most of this exciting time of your life—and you'll also meet new people and have a good time while you're at it.

October 14  
5:30 – 7:30 p.m.

### **Developing Your Negotiation and Communication Skills for Challenging Conversations**

Robert Wilkinson, M.S.; Lecturer, Harvard University & Tufts University

November 5  
5:30 – 7:30 p.m.

### **Eating Healthy and Staying Active on Your Own Schedule and Budget**

Kelsea Gusk, R.D., LDN; Registered Dietitian, MIT Recreation Sports

December 1  
12:00 – 1:30 p.m.

### **Student Loan Repayment Strategies**

Jeanne Mahan, M.A.; Director, College Finance, College Coach

Monthly  
12:00 – 1:00 p.m.

### **Workshop Series: Navigating Your Life and Career**

Topics will include: Mindfulness for stress reduction, identifying your values and priorities, and leveraging social media for career success

**Presented in collaboration with MIT Global Education & Career Development, MIT Office of the Vice President for Research, and MIT Millennials ERG.**

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## WORK-LIFE...

# Creating the life we want to live

We each face our own, ever-changing set of personal and work-related challenges and opportunities. How do we shape a life for ourselves that also makes a positive impact on the lives of others? How do we stay creative and resilient? How do we attain financial security? How do we get the most out of each new phase of our lives? These interactive seminars (12:00 – 1:30 p.m.) can inform, inspire, and support you in this process, with research-based strategies, tips, and information to help you be better prepared for whatever life presents next.

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September 30 **Buying Your First Home: What You Need to Know Before Getting Started**

Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator

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October 6 **Get What's Yours: The Secret to Maxing Out Your Social Security Benefits**

Laurence J. Kotlikoff, Ph.D.; Professor of Economics, Boston University

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October 27 **The Years Beyond 50: Composing a Further Life, "The Age of Active Wisdom"**

Mary Catherine Bateson, Ph.D.; Writer and Cultural Anthropologist

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December 1 **Student Loan Repayment Strategies**

Jeanne Mahan, M.A.; Director, College Finance, College Coach

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December 2 **Supporting Friends and Loved Ones with Cancer**

Jill McNamara, LICSW; Supervisor, Senior Care Advisors, Care.com

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## CARING FOR AGING PARENTS...

# What worries you the most?

Mom seems much more forgetful, Dad's having more trouble getting around, and your siblings don't want to talk about it. In the face of family changes caused by aging, disease, or other life circumstances, the questions can be worrisome, and the answers hard to find. What kind of help might your parents or loved ones need now, or next year? Where do you find that help and how much will it cost? What is your role, and what are the roles of your family members? How can you maintain the pleasurable experience of being the loving child, while at the same time address your parent's needs for safety and support? What kind of help do you need? These lunchtime seminars (12:00 – 1:30 p.m.) offer an opportunity to share your concerns, and gain the practical information you need to make the plans and provide the support that will work best for you and your loved ones.

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October 29    **Communicating and Negotiating with Siblings to Care for Aging Parents**  
Jody Gastfriend, LICSW; Vice President, Senior Care Services, Care.com

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November 18    **Don't Let Them Slip Away: Caring for Loved Ones with Alzheimer's/Dementia**  
Jody Gastfriend, LICSW; Vice President, Senior Care Services, Care.com

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December 2    **Supporting Friends and Loved Ones with Cancer**  
Jill McNamara, LICSW; Supervisor, Senior Care Advisors, Care.com

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Monthly    **Caregiver Support Group: Caring for a Family Member with Alzheimer's/Dementia**  
Jennifer Gibbons, LICSW; Senior Care Advisor, Care.com

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Monthly    **Caregiver Support Group: Caring for an Aging Family Member**  
Jennifer Gibbons, LICSW; Senior Care Advisor, Care.com

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