



MIT CENTER FOR WORK, FAMILY & PERSONAL LIFE

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Spring 2005 Programs

The Center's programs are provided for the benefit of all members of the MIT community, including students, staff, faculty, partners, and families. The Center seminars are open to the general public as well. All programs are free of charge.

Advance registration is required. To register, visit the Center's web site at:

<http://web.mit.edu/hr/worklife/seminar.html>. Alternatively, you can send an email to worklife@mit.edu, giving your name, the name of the workshop(s) you would like to attend, your email address, and your telephone number.

Programs are held in Room 16-151 unless otherwise indicated.

Driving and Aging

Thursday, February 24, 2005

Before you can do anything, you have to get there first. In the United States, the overwhelming way to get there is by car. As we age, driving may become more difficult or pose a hazard to ourselves and to others. How can older drivers begin to think and prepare for the day they may no longer drive? What role can families play in supporting an older adult who is moving from driver to passenger? Should we think of our transportation needs in older age as part of good retirement planning?

Leader: Joseph Coughlin Director, Age Lab, Center for Transportation and Logistics, MIT.

For further information about the MIT Age Lab, click [here](#).

Designing Homes for Families

Monday, February 28, 2005

How your home is set up can support or sabotage family communication, time together, and/or your personal privacy. For example, if there is no cozy place for your kids to hang out with you, they will invade your bedroom or home office, or isolate in their rooms. This workshop will offer insights based on environmental psychology and child development about ways that simple furniture arrangement, lighting, and accessibility can create a home that supports you and your family. Limited to 15 participants.

Leader: Linda Varone, RN, MA, private practice, Arlington

Home Care for Elders

Thursday, March 3, 2005

Is home care right for a member of my family? If so, where do I start looking, how do I evaluate prospective caregivers, and what does home care cost? A specialist in elder care issues will offer an overview and lead a discussion for those involved in caring for elderly parents and other relatives.

Limited to 20 participants.

Leader: Karen Wasserman, Director of Geriatric Care Management, Jewish Family & Children's Services, Newton

The Perfectionistic Child

Tuesday, March 15, 2005

Does your child put a lot of pressure on him/herself about performance? Does she rip up drawing after drawing because they're not good enough? Does he avoid new experiences or postpone starting things because he's worried about failure? We all want our children to "do their best," but sometimes children develop unreasonably high standards for themselves that actually get in the way of success. This workshop will help identify and understand the perfectionistic child, taking into account the influences of both temperament and life experience. Through discussion we will generate a wide range of strategies to nurture helpful skills, such as greater cognitive flexibility, emotional resilience, and self-confidence. (These strategies can be helpful for the perfectionistic parent as well!)

Limited to 20 participants.

Leader: Deborah Weinstock-Savoy, Ph.D., parenting education consultant, Lexington

Preparing for Parenthood

Monday, March 28, 2005

This workshop for women and men anticipating the birth or adoption of a baby will offer information and discussion about the common realities and myths of the early months with a baby, as well as recommendations and information on resources for baby equipment and toys. Limited to 20 participants.

Leader: Sylvia Sirignano, Ph.D. Developmental Psychologist, Founder and Director of Parenting Solutions, Westborough; Facilitator, Infant and Toddler Parents Groups, MIT Medical.

Advocating for Children with Special Needs

Tuesday, April 5, 2005

An introduction to the rights and responsibilities of parents and guardians under the Individuals with Disabilities Education Act, the No Child Left Behind legislation, and Massachusetts Special Education Law. Created by the Federation for Children with Special Needs and the Department of Education, this workshop is designed to help parents and families learn how to be effective partners with their child's school, to decide the child's eligibility for special education, to plan and make decisions, and to monitor their child's educational progress.

Leader: Donna Murphy, Special Education Advocate, Federation for Children with Special Needs, Boston; private practice, Arlington

The Language Development of African-American Children: A Look at Literacy

Wednesday, April 6, 2005

One of the least understood contributors to reading difficulties is the role that a child's home language plays in learning to read standard English, especially if the home language is a different form of English. Does the mismatch between the version of English taught in school and the version of English learned at home create difficulties for African American children learning to read in school? Is this mismatch sometimes misinterpreted as a learning disability? In this presentation, Dr. Calvin Gidney, a researcher specializing in language development for African American children, will discuss current understandings of the language development of African American children, explain what is meant by the term "African-American English," and reflect on the possible role that African-American English might play in the reading development of African-American children.

Leader: Calvin Gidney, Ph.D., Professor of Linguistics, Literacy, and Sociolinguistic Development, Department of Child Development, Tufts University

Caring for Aging Parents

Friday, April 8, 2005

This workshop will explore the emotional challenges of caring for elderly parents, including the impact of past family relationships, the elder's needs, sibling issues, and the demands on the caregiver from other sources, such as work and personal life. Limited to 15 participants.

Leader: Marsha Frankel, MSW, Director of Mental Health, Jewish Family & Children's Services, Newton

Buying a Home

Monday, April 11, 2005

For first-time home-buyers, this workshop will offer an overview of the steps in home-buying, including finding a broker, making an offer, hiring a lawyer, having the property inspected, signing a purchase-and-sale agreement, applying for a mortgage, and closing. Included will be discussion of special documents and potential issues in buying a condominium or a multi-family dwelling.

Limited to 20 participants.

Leader: Karen Kruskal, Esquire, Pressman& Kruskal, Cambridge

Helping Children with Homework

Tuesday, April 12, 2005

Is homework a hassle in your house? Do your children spend long hours doing their homework? Or avoid it altogether? This workshop will offer an opportunity to examine your family's homework challenges and learn about strategies for dealing with issues your child's homework raises. Appropriate for families with children in elementary, middle, and high school. Limited to 15 participants.

Leader: Harriet Heath, Director, The Parent Center, Bryn Mawr College, Philadelphia

Step-Families

Thursday, May 5, 2005

Special issues arise for families when divorced parents take new partners, including how to handle discipline, ex-partners, children's conflicted loyalties, and time for you, your partner, and the children. This workshop will provide an opportunity to learn about the stages of step-family development and to explore problems and solutions. Limited to 15 participants.

Leader: Judy Osborne, Founder & Director, Stepfamily Associates, Brookline

Negotiating Job Flexibility

Friday, May 6, 2005

This workshop will provide an introduction to flexible work schedule arrangements, including job sharing, telecommuting, flexible schedules, leaves, and part-time work. Participants will be offered a summary of MIT policies and resources and a format for developing a workable flex-time or flex-leave proposal.

Note that this seminar lasts from 12:00pm to 2:00pm.

Location: Rice Room E19-207f

Leaders: Kathy Simons, M.S., Co-Manager, MIT Center for Work, Family & Personal Life; Barbara Peacock-Coady, Manager, Career Planning @ MIT

BRIEFINGS

Infant/Toddler Child Care

February 14; March 4, 17; April 1, 28. 12:00-1:30 p.m.

Introductory discussions for expectant parents and those new to parenting or child care, covering types of care, costs, finding and evaluating care, and parental leave. Held twice monthly from 12:00-1:30pm.

Short-term/Back-up Child Care

Thursday, March 31, 12:00-1:00 p.m.

Overview of options to help prepare for and handle temporary child care needs, including care for children who are mildly ill and care during times when regular providers or programs are not available.

Summer Camp

Friday, February 18 and Thursday, April 14. 12:00-1:00 p.m.

Overview of resources to help identify and select day camp and summer enrichment programs for children.