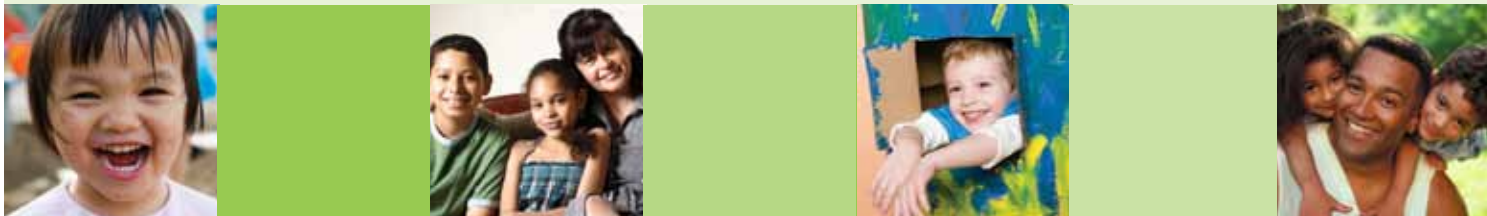


SMART LOVE newsletter



FALL 2011

Smart Love Dedicates the Natalie G. Heineman Smart Love Preschool



courtesy of Steve Everett

As the inaugural year of The Natalie G. Heineman Smart Love Preschool comes to a close, we look back on a year of significant accomplishment not only for our young students and our teaching staff but also for our organization as a whole. Opening a preschool has long been a dream of the organization that gained momentum when we moved into our new facility, a historic mansion on the north side just off Lake Shore Drive. The facility, owned by the Menomonee Club, provided space for two preschool classrooms, a children's library, a toddler play space, as well as clinical and executive offices allowing us to not only open a pre-

“Opening a preschool has long been a dream of the organization...”

school but open a clinic to complement our growing clinic in Oak Park. An expansive yard and children's garden surrounds the property.

Next came a generous gift from Drs. Ewa and Josef Blass to name the school in honor of Natalie G. Heineman, a celebrated activist who championed the cause of child welfare for her entire life. Drs. Blass were long-time friends of Natalie Heineman and wanted to provide a memorial to her ideals and love of children. Mrs. Heineman was born and raised in Chicago, where she graduated from the University of Chicago and pursued

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a career as a social worker. She was the first female president of the Chicago Child Care Society, and was also president of the Child Welfare League of America. She is also the mother of Martha Heineman Pieper, Ph.D., who co-founded the Smart Love philosophy that is the foundation of our clinical services and preschool program. "We are honored to have Natalie Heineman's name associated with our organization," says Carolyn Stolper Friedman, Executive Director of Smart Love. "We look forward to carrying on her legacy with the Natalie G. Heineman Smart Love Preschool."

After renovating the main level to create the preschool, it was dedicated on October 16, 2010 in a ceremony and luncheon honoring the life of Natalie G. Heineman and at-

"We look forward to carrying on her legacy..."

tended by friends and donors of Smart Love and the Heineman Family. The preschool reflects her conviction that programs and institutions should adapt to fit the unique needs of the children they serve.

We welcomed our first class of students that grew to 16 in the first year as more and more families heard about our new school. The excited group of children quickly became engaged in all the activities we offered in the classroom.

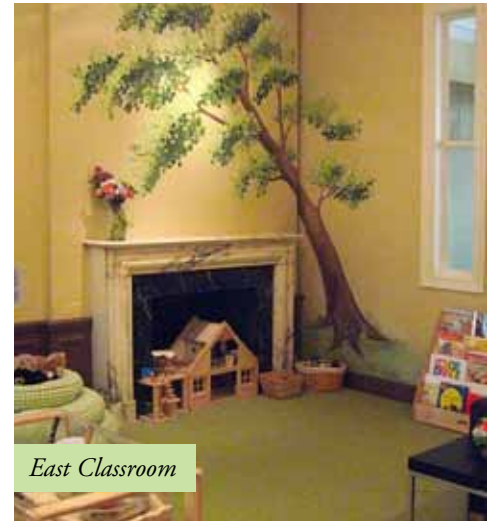
The children enjoyed taking care of the stuffed animals in the classroom by setting up a veterinary hospital. The children took animals'

temperature, listened to their heartbeats and even looked at x-rays on a light board! The children loved caring for their animal friends. They were modeling the care they themselves were receiving from our teachers. Another project the children learned

from was using the big packing boxes that arrived with the west classroom furniture, as material to design and construct houses, a train engine, a train passenger car and a rocket ship. Children increased their understanding of spatial relationships (where to put doors and windows), colors, shapes and problem solving.


As spring approached, the children became excited about growing plants from seeds in the classroom and then planting outside in our specially designed garden box. The children tended the plantings, saw lettuce sprout and then harvested the leaves. Later in the classroom they all sampled the lettuce they had grown and talked about how strong they were all growing! For our summer camp, the children enjoyed our outdoors as much as possible especially in water play activities. We provided tubs of water that children could sit in, sprinklers they could run through, and a water table with all sorts of fun toys that they could enjoy.

This year also saw the expansion of our Toddler Explorations Program that began in January 2009 and moved to our new space in January 2010. Our parent and tot



program for children aged 12 – 36 months provides both child and parent with an introduction to Smart Love educational and parenting approaches. What began with one class of nine children now has grown to four classes serving over 30 families in 75-minute fun-filled sessions.

We also look forward to opening additional preschools in the Chicago area and beyond so that families in other communities and neighborhoods can benefit from the uniquely effective Smart Love approach and curriculum.



Natalie G. Heineman
1913-2010

The Preschool is named for Natalie G. Heineman, a pioneering champion of children's welfare in Chicago and nationally. The preschool is the embodiment of her vision and commitment to improving children's lives.

Heartfelt Thanks to Our Donors

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William J. Pieper, M.D. Scholarship Fund.*

*# contributions to the Natalie G. Heineman Smart Love
Preschool.*

*± contributions in memory of Juan Arocha, Mary Benedetto,
Natalie G. Heineman, and Mary Ellen Taylor*

COMMUNITY CONNECTIONS

Smart Love Welcomes Belle Center for Special Needs Seminar

On June 22nd, Smart Love Family Services hosted the Belle Center at our Chicago offices for a parenting seminar entitled “The Smart Love Approach: Fostering Healthy Self-Esteem and Self-Regulation in Children with Special Needs” for parents at the Center. Approximately 24 parents attended the workshop, which was presented by Dr. Carla Fick, our Director of Clinical Services, and Carol Johnson, LCSW, an experienced clinician. There was a very positive response from those who attended, with the possibility of more seminars in the future. We thank Selma Ani and the entire Belle Center for giving us the opportunity to introduce parents unfamiliar with our organization to our approach and programs.

Chicago Children’s Museum hosts Smart Love at Wellness Fair

On July 28th, Smart Love Family Services was a part of the Chicago Children’s Museum Annual Wellness Fair. Michael Zakalik, MA, staffed a table of Smart Love materials and information, as well as fun and engaging arts and crafts projects for the children to in attendance. Nearly 1,000 parents and children attended the event, which took place at the Museum located in Navy Pier. Smart Love Family Services has had a long association with the Museum, including presenting to Museum parents on numerous parenting topics.

FAMILY SERVICES

AMA Invites Smart Love to Develop Continuing Education Module for Physicians

Smart Love Family Services was invited by the American Medical Association to develop a continuing education module for physicians on helping their patients choose and maintain healthier lifestyle as a part of the AMA's anti-obesity efforts. Smart Love welcomes helping this large and diverse group of medical health professionals provide care to their patients using Smart Love's approach. The American Medical Association, founded in 1847, is the largest collection of physicians in the United States. The AMA's stated mission is to "promote the art and science of medicine and the betterment of public health," and it counts approximately 250,000 members in its ranks.

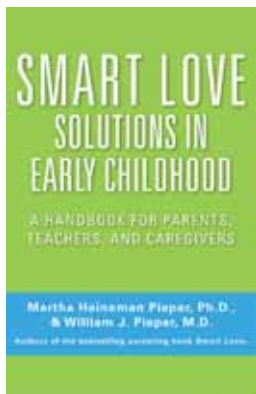
Ongoing Partnership with Children's Memorial Hospital

In recent years, Smart Love Family Services has developed a strong partnership with Children's Memorial Hospital, located in Lincoln Park. In 2008, with funding support from the Polk Bros. Foundation, we trained CMH's Family Support Staff in our approach so that they would be better prepared to support the parents of ill children at the hospital, whatever their emotional needs might be. We also provided monthly consultation sessions with the staff at CMH to discuss particularly complex cases and advise them on how to best treat the children and parents under their care. We continue to meet with the staff on a regular basis to develop ways to continue our collaboration. Children's Memorial Hospital was the first hospital in Chicago exclusively dedicated to the care of children. In 2010, they served more than 146,000 children, and are ranked #1 in the region in all pediatric specialties. In 2012 they plan to move to a new hospital facility near the Northwestern Memorial Hospital campus in downtown Chicago.

Smart Love Expands Clinical Training Program

Smart Love Family Services continues to educate medical health professionals from diverse backgrounds about the philosophy and approach that make our process so successful in the treatment of children, adolescents and families. In July of last year, we promoted Smart Love clinician Sara Johnson, Ph.D., LCSW, to be the Director of Training and Professional Development for the organization. Her role is to design and direct training protocols for the student/internship therapist trainee program. That program began in earnest this September, when four graduate students will join us at Smart Love Family Services to be instructed in our approach, and they will be supported in their efforts by our most experienced clinicians. Michael Zakalik, MA is our Psychology Post-Doctoral Fellow, having recently completed his internship with Smart Love. He's conducting his studies at Argosy University, along with Adam Shafer and Andrea Cohen, two psychology interns who joined us in September. Finally, Caroline Burdett is our Social Work Intern, undergoing her education the University of Chicago. Our past Post-Doctoral Fellows include Dr. Danielle Principato, who completed her training in August of 2011 is staying on as a therapist at Smart Love, as well as Dr. Amy Thompson who is a full-time clinician and clinical coordinator. This is an exhilarating step forward for the Smart Love organization and philosophy, and we are excited about welcoming these new clinicians into our growing community.

New Editions of Smart Love Books Available Online



Books are available for purchase at the following sites:

smartlovetfamily.org

smartlovepreschool.org

smartlovepress.com

amazon.com

Help us by writing a review on Amazon for these new editions!



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UPCOMING PARENT EDUCATION SEMINARS

We are happy to announce the dates and locations for our upcoming parent education seminars! Presented by professionals from Smart Love, these seminars cover a wide range of topics. New this year is free childcare during the seminars at our Chicago location! For more information and to register, please visit www.smartlovefamily.org.

SAVE THE DATE!

Sibling Rivalry (Chicago)

Thursday, November 15th, 2011

Baby Sleep and Development (Chicago)

Thursday, January 19th, 2012

Discipline Redefined (Chicago)

Thursday, February 16, 2012

Toddler Toileting & Development (Chicago)

Thursday, March 15, 2012

Discipline Redefined (Oak Park)

Thursday, March 22, 2012



Children's Garden

Classes are underway in our half-day preschool program. Children enjoy our sun-filled classrooms, children's library and expansive outdoor yard and garden. We offer rolling admissions for children turning three this school year. Unlike other schools, we do not have a September 1 birthday cut-off. We provide tours to prospective families by appointment.

The Smart Love Approach was developed by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D., and is described in their book *Smart Love*. The Natalie G. Heineman Smart Love Preschool offers classes for 3-5 yr. olds, Parent and Tot classes for children 12-36 mos., and Mom and Baby Group. Smart Love Family Services provides counseling for children and families based on the Piepers' therapeutic approach, Inner Humanism[®]. Parenting programs include private parent coaching, educational seminars (co-sponsored by the Intrapsychic Humanism Society) and publications. Copyright 2011 Smart Love Family Services, an Illinois-based 501 (c) (3) nonprofit organization.

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