

Smart Love® Newsletter



Children's Garden Expands to Butterflies and Pollinators

One of the core components of the Natalie G. Heineman Smart Love Preschool is the Garden and Nature curriculum which introduces preschoolers to the care and nurturing of plants that they grow themselves. With the move to our new home in Logan Square, the children and staff also have a new Butterfly/Pollinator Garden in front of our main windows. The preschoolers have a chance to see and learn about the important work that butterflies, bees and other insects do in pollinating plants, and how that also relates to the food plants we raise.

Adding to the fun and learning, our students have watched the development of Monarch and Black Swallowtail butterflies from eggs laid in the garden itself to adult butterflies they helped release. Other aspects include a hummingbird feeder and the coming addition of bird feeders for the fall and winter.

The Garden and Nature curriculum is far more than planting a seed in a cup of soil or "just" giving children a chance to get their hands dirty and play in the yard. Our preschoolers gain a first-hand understanding of concepts such as how we produce our food, the value of good nutrition, and more. Under the leadership of our Farmer-in-Residence who works with the classroom teachers to incorporate gardening activities and learning into the preschool

curriculum, the children are involved in every step of the process, all the way from planting seeds to harvesting the results of their labors. The preschool teachers also reinforce the children's learning by integrating much of the garden produce into nutritious snacks. And the Garden curriculum is not just a spring-summer effort—thanks to our greenhouse, making gardening fun all year long.

The Garden has been a great success, as evidence at our new home has been a great success. This was evident back in June at one of the highlights of the program: the regular Farmers Market for preschool parents. Playing the roles of sales staff, educators and more, the children proudly showed off their work and sold lettuce, kale and other greens to parents who, of course, paid generously for their purchases.

While we are thrilled with what we have been able to do with the Garden and Nature curriculum since moving to our new home, we would like to grow the program further. Smart Love is seeking donations of money and materials for building new planting beds, acquiring a composter and new tools, and fulfilling several other key needs so we can increase and deepen the Garden activities and outcomes.

Welcoming Our New Farmer-in-Residence!

Smart Love is excited to welcome Maggie Dohr as our new Farmer-in-Residence.

A graduate of Dominican University with a background in child development and education, Maggie is also a graduate of the Windy City Harvest sustainable urban agriculture program of the Chicago Botanic Garden. An active urban farmer, she is a co-founder of Nodding Onion Farm, an organic cooperative farm located in Bronzeville with a stand at the Logan Square farmers market. We are excited to welcome Maggie and look forward to seeing great things from the Garden!





Brown Bear, Brown Bear, What Do You See? Smart Love Has Toddler Story Times for Free!

For several months now, Smart Love Preschool has been welcoming many new families at our free monthly story times. Toddlers and their parents come to play, see our space, get to know Smart Love, and enjoy a story like *Brown Bear, Brown Bear, What Do You See?*

Families enjoy the format of our play time because, unlike other classes, toddlers are able to move about freely and are encouraged to explore what the classroom has to offer. For example, we explain to parents that during story time, there is no need to stop exploring the classroom, but rather – if your child is interested, they can simply enjoy the story from where they are – no need to pick them up and change location! Because of this unstructured format parents feel relieved as they don't feel the need to force their toddler to participate in any activity and they can simply enjoy their time with their child.

Like in our Toddler Explorations classes, our staff models for parents *Loving Regulation* - a highly effective way of responding when toddlers express unpleasant, sad or frustrated feelings. For example, if children have a conflict over a toy or if it is time to go and some really don't want to leave, our staff is trained to provide responses that really help. And parents get firsthand exposure to the Smart Love approach in action! It has been wonderful to meet and get to know more of our new neighbors and demonstrate what we do best – helping children grow!



"It's helpful to see what to do when two kids want the same thing or don't want to do an activity and how toddlers can be guided to be happy and play. It really works!"

- A SMART LOVE PARENT

This fall we are offering free monthly Toddler Music & Movement Play Times on Fridays from 12:15 to 1:15 p.m.! To join in the fun, please RSVP for any of the following by emailing: amber.guenther@smartlovetfamily.org.

September 28, 2018

February 22, 2019

October 26, 2018

March 29, 2019

November 30, 2018

April 26, 2019

January 25, 2019

May 24, 2019

Little Feet, Big Fun 2019

We are excited to announce that *Little Feet, Big Fun 2019* will take place on Friday, March 8 at Galleria Marchetti. The Gala is our signature fundraising event, allowing us to serve children and families in need. This new venue is an elegant, beautiful event space renowned for occasions like the Councours d'Elegance and its delicious food. We also are delighted to announce our 2019 Gala co-chairs, Jen Fisher and Kelly Partenheimer who are already working hard to ensure that the 2019 Gala is our best yet!

So please mark your calendars and join us on March 8, 2019 to raise our glasses and raise funds for Chicagoland children and their families!



Smart Love Preschool's Summer Lawn Party Extravaganza!

The sun was shining, the birds were chirping, and the giggles were everywhere! Saturday, July 28th was a great day for Smart Love Preschool's first Summer Lawn Party. With 150+ guests attending, we filled our beautiful outdoor space at 2222 N. Kedzie with lots and lots of smiles! Children and their families enjoyed all of what we had to offer, from water table games, arts and crafts and balloon animals to planting flowers and face painting. They also explored our entire campus, playing on our playground equipment, digging in our sandbox, and hopping on our skipping stones! Renowned Chicago children's musician, Miss Jamie from the Farm, gave a fun and energizing performance on the front lawn that had children a-movin' and a-groovin'. And when families needed to cool down from all that fun, we served up delicious treats from Logan Square favorite Miko's Italian Ice! Smart Love is grateful to **Wintrust Bank - Logan Square**, for sponsoring this wonderful day, which was a great way to introduce ourselves and meet so many of our new Logan Square neighbors!

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Logan Square

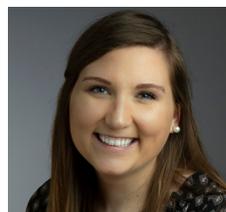
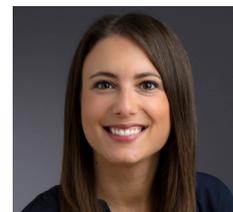


Welcome New Counseling Staff

We are pleased to announce several new additions to our counseling staff: We welcome Bonnie McDaniel, LPC; Maddie Nelson, LSW; Janine Phan, MA; Olivia Tinati, MA.; and Danielle Zar, M.Ed. Both Janine and Bonnie were clinical trainees at Smart Love last year and Danielle Zar previously taught in the parent and child program offered through our Preschool. This year's Smart Love clinical trainees are Bill Pasola, Psy.D., the William J. Pieper, M.D., Post-Doctoral Fellow; Austin Knott, the Walter D. Miller Social Work Intern; Brittany Leibowitz, diagnostic extern; and Janessa Nikols, counseling intern.

(left to right, top to bottom)

- Bonnie McDaniel, LPC
- Maddie Nelson, LSW
- Janine Phan, MA
- Olivia Tinati, MA.
- Danielle Zar, M.Ed.
- Bill Pasola, Psy.D.
- Austin Knott
- Brittany Leibowitz
- Janessa Nikols

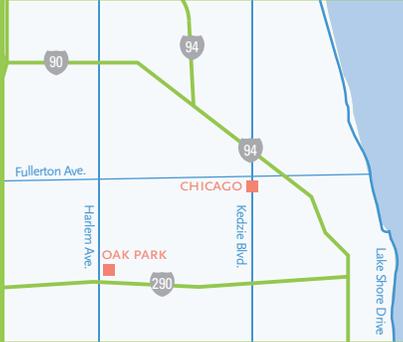




courtesy of Sarah Ewert

SMART LOVE[®] FAMILY SERVICES

Natalie & Ben Heineman Smart Love Center
2222 N. Kedzie Blvd. | Chicago, Illinois 60647



OUR LOCATIONS

Chicago • Oak Park



TO LEARN MORE VISIT

www.smartlovefamily.org

www.smartlovepreschool.org

Smart Love Programs

COUNSELING SERVICES

- Therapy for Children, Adolescents, and Adults
- Play Therapy for Young Children
- Support Groups for Children and Adults
- Neuro-Psychological and Psychological Testing
- Couples and Family Counseling

EARLY CHILDHOOD EDUCATION

The Natalie G. Heineman Smart Love Preschool

- Preschool and Kindergarten for Children 2-6
- Toddler Explorations
- Toddler/Baby and Parent Play Times
- Summer Camp

LEARNING SERVICES

- Psycho-Educational and Learning Evaluations
- Therapeutic Tutoring
- Consultations with School Personnel and Professionals

PARENTING

- Parenting Guidance and Counseling
- Parenting Seminars
- Publications and Resources for Parents

Kendra Gives Back—to Smart Love!

On Wednesday, November 28th, friends and supporters of Smart Love will have a great opportunity to do some of their holiday shopping for the special someones in their lives and at the same time benefit Smart Love too. At this special “Kendra Gives Back” event at the Kendra Scott store in Lakeview, you will be able to see and purchase beautiful and affordable jewelry and other items by the acclaimed designer Kendra Scott while enjoying appetizers and refreshments. The best part is that Kendra Scott will donate 20% of the evening’s sales to Smart Love, making this a win-win evening for everyone!

The gathering will occur between 5:30 and 8:00pm at the Kendra Scott store at 3426 N. Southport Avenue in Chicago. Mark your calendars now and expect to hear more about “Kendra Gives Back” closer to that evening. To get a preview of her designs, please visit: www.kendrascott.com.



KENDRA SCOTT



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 two to six year olds, and parent and child programs for children six weeks to 36 months. 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), parent training and support programs, and publications. © 2018 Smart Love Family Services is an Illinois-based 501(c)(3) nonprofit organization.

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