

# Smart Love® Newsletter

## The Natalie & Ben Heineman Smart Love Center: A New Home and New Programs



### Up and Running! Our new home in Logan Square is now open!

The gracious prairie style house that we purchased at 2222 N. Kedzie Blvd. has undergone a complete interior transformation and a number of exterior changes. The ground floor is primarily dedicated to the Natalie G. Heineman Smart Love Preschool and the newly named William J. Pieper Counseling Center is located on the second floor. Other spaces include the Karn Family Waiting Room on the first floor, the Pastora San Juan Cafferty Play Space on the lower level, and Smart Love's administrative offices on the third floor. Our new space has been specially designed with children and families in mind and is allowing us to expand our programming in new ways. Among the new programs we now offer are an array of learning services for children and teens struggling in school and a new fully licensed preschool program for two-year-olds.



## COMMUNITY SUPPORT

### The Campaign for our New Home

Our new home was made possible through the generosity of many supporters who provided the financial resources to undertake the renovation. We are deeply appreciative of their commitment to Smart Love enabling us to provide the best for children and families now and in the future.



The name of our new home is thanks to a leadership gift from Cristine Russell and Ben Heineman, Jr, in honor of Mr. Heineman's parents Natalie & Ben Heineman, who are also the parents of board member Martha Heineman Pieper, the co-author of the Smart Love approach that guides all our programs. Two first floor preschool classrooms have each been named by generous donors. Eva and Josef Blass have named one for his parents, Judyta and Bronislaw Blass, and another has been named for William J. Pieper by Katherine L. Knight. Our board chair, Katie Karn and her husband, Ted, have named the first floor family waiting room, a space that will be well used by families bringing their loved ones for care at Smart Love. We are grateful for their major gifts to fund the renovation of these important spaces.



### New Grants for Smart Love's Minority Parents Support Program



Thanks to core funding from the Community Mental Health Board of Oak Park (CMHB), Smart Love is pleased to continue our free parent support program for minority families at our offices in Oak Park. Led by Felicia Owens, Psy.D, this program assists parents in encouraging supporting their children's success in school and strengthening their overall relationships with their families. Created due to an observed lack of services for minority families provided by minority therapists, our program features parent groups, individual parent coaching, and childcare – and in 2017-2018 we are expanding it to include youth groups and individual youth therapy sessions. Dr. Owens and her team are incorporating the new elements, finalizing the curriculum, and training staff so Smart Love can sustain and replicate the program here in other communities.

In addition to our enduring gratitude to the CMHB for making this program possible, Smart Love is delighted to thank the Oak Park River Forest Community Foundation for its new \$10,000 grant to develop the youth components of the program and serve even more families in the area.

### Logan Square Events

Our preschool teachers recently attended and connected with parents in the community at The Logan Square Farmer's Market and the Halloween Parade in Palmer Square to raise awareness for Smart Love.



## PRESCHOOL

### ‘Playschool’

‘Playschool’, Smart Love Preschool’s new drop-off toddler class, is designed for children from two to three years old. Like our other toddler classes, this class helps facilitate a positive transition into school, but it also introduces children to the idea that they can feel confident and have fun even though their parents are not there in the building with them – a big and final transition step! In addition, preschool concepts, such as circle-time, snack-time, and Smart Love’s gardening program will also be introduced in a fun, child-centered way ensuring that children will look forward to school each and every time... and for years to come! ‘Playschool’ is three days a week on Mondays, Wednesdays and Fridays from 9:00 to 11:00 a.m. ‘Playschool’ is the final piece in our comprehensive school-readiness program designed to help young children with the transition into school in a gentle, fun and non-pressured way. Our program offers three classes: Toddler Explorations, Toddler Transitions and ‘Playschool’.

### New Learning Services Program

Our Learning Services program is designed to provide support to children and adolescents with learning challenges and their families. We offer educational assessments and evaluations to help inform families of the unique and individual needs of their child. Additionally, we offer therapeutic tutoring which combines the elements of traditional therapy and academic tutoring to create an effective and comprehensive solution for children who struggle with learning and achieving within the classroom. Rounding out our Learning Services is "Smart Love Express to Success", a group therapy program for children needing help with learning and social challenges.



This new initiative was the result of many months of discussions within our board-level Learning Services committee. The committee is chaired by board member, Kavita Matsko, Ph.D. and staffed by post-doctoral fellow, Kari Terrill, Psy.D., who is now directing the program. Other committee members include Robert Carroll, David Friedman, Katie Karn, Susan Levinson, and Rich Sanders.

## PARENTING



### Taking the Hassle Out of Homework

Many children struggle with homework, which can cause parents to feel frustrated and confused about how best to help them. Some parents wonder how they can strike the right balance between letting their children struggle alone and doing it for them. Other parents are frustrated to find themselves, night after night, in a power struggle over homework.

Your relationship with your child matters most. The love and closeness of your relationship will foster your child’s inner-happiness—the most important indicator of a child’s academic success. Over time, your positive approach to helping your child do her homework will help her to become a confident, joyful, life-long learner.

#### What can you do to help your child with homework?

- The good news is that there is an effective middle ground between giving up in defeat or using a harsh, punitive approach when children

struggle to do their homework. It is possible for you to help your child do his homework, while preserving his happiness.

- First and foremost, take the long view and keep in mind your ultimate goal: to help your child develop a life-long love of learning.
- Be available to hear your child’s feelings about what it’s like being a student and her feelings about school, all of which impact her learning and motivation for homework. Sometimes it is hard when kids realize they cannot know or do everything perfectly in school. Help your child understand that learning entails making mistakes
- Set a consistent homework time before or after dinner. Let your child decide. If you give your child a choice, they will feel cared about and empowered, and more likely to be motivated to do their work.
- Approach homework from a positive perspective. Minimize distractions by turning off the television or radio. Sit with your child or be nearby so you can help if she asks for help. Make it a relationship experience rather than a solitary one.
- If your child is struggling, but trying, and not asking for help, let her work on her own and at her own speed. When your child does ask for help, respond right away. Don’t make her beg for answers or say, “you can do it!”, or “sound it out!” or any number of responses that add pressure to the situation and can make it harder for her.
- If your child is clearly making mistakes on her homework, but declines your help, do not force the issue. Allow the teacher to be the “bad guy” to help her correct her work. (Remember that your goal is to build on, and allow space for your child to discover his or her own motivation to do her best).
- Be positive, gentle, and kind while your child is learning. Never use put-downs or get mad when your child is trying. While it can feel frustrating at times when helping your child, it is better to take a break (a parent time-out) than to become angry.



courtesy of Steve Ewert

# SMART LOVE<sup>®</sup> FAMILY SERVICES

2222 N. Kedzie Blvd. | Chicago, Illinois 60647

## Welcome New Board and Staff

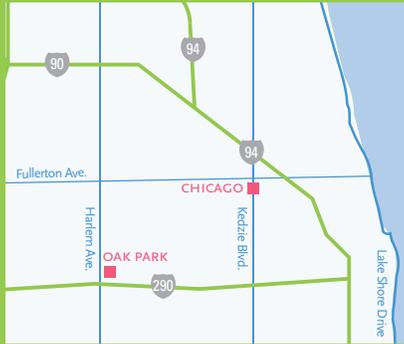
It is with pleasure that we welcome new board and staff members joining Smart Love.

New board member: Susan Levinson is the Executive VP of Trabert & Hoeffler, a leading independent fine jewelry salon in Chicago. She is also mother to three grown sons.

New preschool teachers: Terra Caskey Sarmiento, teacher in the new toddler and “Playschool” two- three-year-old program; Amy Knapp and Rachel Ostrowski – assistant teachers.

New therapist: Jane Weinberg, LCSW

New graduate-level clinical trainees: Advanced Practicum Students in Psychology – Alana Coscia and Brittany Yee; Psychology Intern – Jasmine Hardy, and Counseling Externs – Bonnie McDaniel and Janine Phan.



### OUR LOCATIONS

Chicago • Oak Park



TO LEARN MORE VISIT

[www.smartlovefamily.org](http://www.smartlovefamily.org)

[www.smartloveschool.org](http://www.smartloveschool.org)

## Smart Love Offers:

### COUNSELING SERVICES

- Play Therapy
- Adolescent and Adult Psychotherapy
- Parent Guidance and Counseling
- Couples and Family Counseling
- Child and Adolescent Groups
- Testing Services for children, adolescents and adults
- Autism Treatment Program

### EARLY CHILDHOOD EDUCATION

- Toddler Explorations (*parent and toddlers 12–36 mos.*)
- Toddler Transitions (*toddlers 30–36 mos., parents nearby in Family Room*)
- ‘Playschool’ for 2s and 3s
- Preschool & Kindergarten (*half and extended day programs for children 3–6 years*)

### LEARNING SERVICES

- Therapeutic Tutoring
- Child & Adolescent Group Support
- Educational Assessments and Evaluations
- Parent Supports

### PARENTING PROGRAMS

- Parent Coaching
- Parent Education Seminars
- Publications for Parents and Families



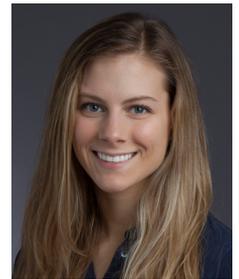
Susan Levinson



Terra Caskey Sarmiento



Amy Knapp



Rachel Ostrowski



Jane Weinberg



Brittany Yee



Alana Coscia



Jasmine Hardy



Bonnie McDaniel



Janine Phan

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 three 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<sup>®</sup>. Parenting programs include private parent coaching, educational seminars (co-sponsored by the Intrapsychic Humanism Society), parent training and support programs, and publications. © 2015 Smart Love Family Services is an Illinois-based 501(c)(3) nonprofit organization.

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