

Smart Love® Newsletter

Little Feet, Big Fun! breaks attendance records and raises funds to help children thrive



The donors and attendees at Smart Love's **Little Feet, Big Fun Gala** enjoyed providing much needed aid to children and families in the Chicago area. On March 13th, over 270 attendees raised \$78,000 to provide scholarships to Smart Love's preschool programs and financial aid to Smart Love's counseling and family services programs. The event at the Four Seasons Hotel garnered funds through underwriting, admission tickets, a silent and live auction, and a paddle raise. The program included remarks by Dr. Martha Heineman Pieper, Board member and author of *Smart Love*, Executive Director Carolyn Friedman, Preschool Director Kelly Perez, and Dr. Carla Beatrici, Director of Clinical Services. After a short video about the children we help at Smart Love, guests enthusiastically participated in a paddle raise for scholarship support. Guests enjoyed dancing after the live auction, donated wine, beer from Goose Island Brewery, and a specialty cocktail called SOCIAL.



Martha Heineman Pieper, Ph.D.

"The gala was a great way for adults to have fun while raising money to help children." says Carolyn Stolper Friedman, Executive Director at Smart Love. "These funds will help families in need access our early childhood education and counseling programs."

A huge thanks to the event leadership which included Gala Co-Chairs: Alina Haber-Kovach and Tanya Vayl; Auction Chair: Diana Jackson; Child and Family Auction Chair: Robyn Azpeitia; and VIP Preview Co-Chairs: Stephen Jackson and Walt Miller. We were fortunate to have the help of many committee members who secured auction items, sold tickets, bought tables and donated generously at the event. Our committee included John Azpeitia, Aaron Baker, Jessica Bargnes, Carla Beatrici, Anne Crees, Carolyn Friedman, David Friedman, Kate Gosse, Pam Grunwald, Bob Jackson, Carol Johnson, Amy Krutky, Kari McLennan, Jean Beier Murphy, Juan Perez,

Kelly Perez, Tracy Rady, Kim Wilson, and Maria Wimmer.

Save the date for Smart Love's 2016 Gala to be held on **March 11, 2016**.

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Little Feet Big Fun offers Big Thanks to our Sponsors

We could not have produced such a successful event without the support of important donors. We are deeply thankful for a gift from **Cristine Russell and Ben W. Heineman, Jr.** at the platinum sponsor level, and for gifts from **Emily and Robert Carroll** and **Julie and Scott Moller** at the gold sponsor level. These important gifts allowed us to help more children participate in Smart Love programs.

We are also grateful for the participation and support from our Silver and Bronze Sponsors:

Silver Sponsors

The Billing Company
Alina Haber-Kovach and Tom Kovach
Susan and Richard Sanders

Bronze Sponsors

Diana and Robert Jackson and Carla Beatrice
Carolyn and David Friedman
Katie and Ted Karn
Valerie Kimball M.D. and Traismans, Benuck, Merens, Kimball
Katherine Knight, Ph.D.
Stephen Jackson and Walter Miller
Martha Heineman Pieper, Ph.D.
Anne Rowley, M.D.
Maureen and Adam Spielman
Patrizio Fradiani and Mark L. Steinberg

We also wish to offer special thanks to several in-kind beverage donations: Goose Island Brewery who provided beer for our guests and Leah Caplanis, whose company donated the event's specialty cocktail, SOCIAL.



NEWS

Upcoming Events:

Monthly Parent Group

Parentheses Family Center
405 S. Euclid Ave, Oak Park, IL 60302
July 9th from 6:45 – 7:45 p.m.

Square Roots

Lincoln Square, Chicago
July 11th & 12th

Edgefest

Edgewater, Chicago
August 1st & 2nd

Retro on Roscoe

Roscoe Village, Chicago
August 8th & 9th

Kathryn Karn Elected to Board of Directors of Smart Love Family Services



Kathryn "Katie" Karn

We are pleased to welcome Kathryn "Katie" Karn to the Board of Directors for Smart Love following her election in February 2015. Katie was a consultant for 17 years prior to leaving the workforce to care for her three young children. As a principal at a leading economics consulting firm, she specialized in damages analysis for high stakes patent infringement and securities transactions litigation. Katie holds a J.D. from Northwestern University School of

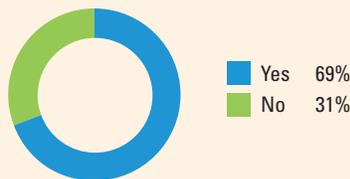
Law and an M.B.A. from the University of Chicago, Booth School of Business. Katie has joined the board's strategic planning committee and is helping develop new business models, steer real estate needs and guide strategic expansion plans.

Smart Love Marketing Committee Shares results of Preschool Parent’s Survey

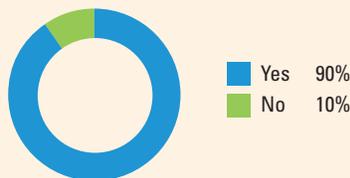
The Natalie G. Heineman Smart Love Preschool experiences a high enrollment rate once parents visit our school. The marketing committee wanted to find out what motivates parents to tour Smart Love and further, what are the best ways to introduce Smart Love Preschool to parents. A research study was designed to help answer this question and in the fall of 2014 current and alumni preschool parents were surveyed.

The study was a great success! Over the course of two weeks more than 90% of parents of children enrolled in the preschool since its inception participated in the survey – providing information on how they first learned about Smart Love, what piqued their interest, parents’ usage of our website, social media, and their opinions on marketing materials.

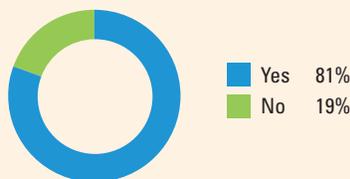
When you learned about Smart Love Preschool and still prior to touring the school, did you also learn about the Smart Love philosophy?



Did you visit the Smart Love website prior to your tour?



Was Smart Love Preschool your first choice for preschool?



The data confirmed many assumptions for us, but it also provided insight into how we can better enable parents to communicate Smart Love’s philosophy and approach to friends and family. The Marketing Committee has been focusing their efforts on providing clear language, through analogies and differentiation, that explains what we do and, most importantly, why we do it.

There is still more we would like to do—like reaching expectant mothers and new moms, attending and creating events within the community, and refining the Smart Love Preschool’s website to paint a clear picture of who we are and to make it easier for parents to find the information they are looking for.

The Smart Love Preschool is currently looking for new members for the committee! If you have marketing, communications, web design or event planning experience and are interested in joining the Marketing Committee, please contact Amber Guenther, Marketing Manager at amber.guenther@smartlovefamily.org.

Smart Love in the Community

Over the past several months Smart Love Family Services has been active in the community by attending fairs, conferences, and providing seminars throughout the Chicagoland area. Our aim is to continue to educate and spread the word about Smart Love and provide help to the families in our communities.

Smart Love Family Services has been very active in the Oak Park area in recent months, attending conferences and fairs. Dr. Carla Beatrici, Psy.D., Smart Love’s Director of Clinical Services, attended the *Piecing It All Together Mental Health Conference* in River Forest. Dr. Beatrici commented that “the message of the conference was very positive – it was all about offering hope to families by providing caring, positive relationships. They talked about how to help build resilience in children by being caring, kind, and involved with children when they are struggling, and to model these behaviors in how we treat them. It was very Smart Love!”

On April 19th, Dr. Carla Beatrici along with Nancy Luepke, Smart Love’s Parent Advocate, attended the Oak Park River Forest Health and Wellness Fair. The fair was free and open to the public. There was a large showing of families from Oak Park, Chicago and surrounding areas. Exhibitors consisted of local experts and wellness professionals offering seminars, screenings, raffles, “give-aways”, and children’s activities.

Nancy Luepke also attended the OPRFHS Special Education Resource Fair on April 30th. Agencies at the event provided information on a variety of topics such as employment, day programs, mental health, recreation and many other areas for parents and their children as they transition from high school to adulthood.

In Chicago, Carol Johnson, Director of Staff Development at SLFS and Preschool Counselor, is meeting with early childhood teachers at Chicago Child Care Society to provide consultation about responding to children and engaging parents. The CCC Society’s mission is to provide innovative, community-based education and social service programs that address the current and emerging needs of vulnerable children and their families.

Also in Chicago, Smart Love Family Services attended NPN’s Developmental Differences Fair at DePaul College Prep. The purpose of the fair was to provide Chicago families with school options, service providers, and other resources that focus on serving parents of children with developmental differences.

On April 8th, Kelly Perez, the Director of Smart Love Preschool, presented the Discipline Redefined seminar to the parents of the World of Children Montessori in Naperville. The director of the Montessori school supports the Smart Love approach and wishes to provide additional educational opportunities to her families. All parents and teachers who attended indicated positive feelings toward the Smart Love approach. We hope to be working more with World of Children.

PRESCHOOL

Programs for the first 11 months—understanding their point of view!

Smart Love Preschool offers two different programs based on the baby's age – Parent & Baby, and Parent & Crawler. The focus of both of these classes is to provide parents insight on their babies' development, and to provide an environment that gives babies the confidence to explore and discover. There is no structured format for families to follow, but rather parents (and caregivers – implied throughout) are encouraged to see what interests their child and to follow their child's cues.

The Parent & Baby Class is for babies aged 6 weeks to 5 months, each class lasts 45 minutes long. The program is designed to support parents and help them make the transition to having an infant in their life. Each week the class discusses the phases and development of infants focusing on specific topics like sleep, feeding, crying, and routines to name a few.



The Parent & Crawler Class is for babies aged 6 months to 11 months. These classes provide social time for parents and include discussions on developmental phases like stranger anxiety, separation anxiety, and the process of going from crawling to walking. All of which helps parents recognize milestones and anticipate what may be next for their baby.

During class teachers point out what they are noticing inside the

classroom in regards to each baby's development. For example, in one class a teacher noticed a baby boy smiling ecstatically and gazing into his mother's eyes, the teacher explained "He is both happy with himself and being able to cause you to love and care for him." She then continues to explain this behavior, "Babies begin this process at a couple of weeks old, smiling indiscriminately when they feel they have caused loving attention and making themselves particularly happy."



Teachers also model the kind of dialogue that can happen between a baby and their parent. One teacher recalls a moment when "a baby cooed and I (the teacher) cooed back. The baby looked at me and we connected. We continued to coo and have this dialogue for several minutes." Parents can have these special connections with their babies, not only by mimicking their sounds, but also by mimicking their movements like shaking a rattle, raising their hands in the air, or expressing excitement on their face.

Both classes are set up with age appropriate toys like shakers, soft blocks and balls, all of which are accessible and within eye sight for the babies – on the carpet or on low setting shelves. Teachers discuss baby proofing and setting up space at home so that there are as many "yesses" as possible. This positive environment at home helps babies feel confident exploring, discovering and ultimately enjoying learning.

Through the information provided in our baby classes, parents leave with more understanding of the needs of their baby at each developmental stage. Ultimately, the baby's happiness is the barometer of the success of our programs!

PARENTING

Smart Love launches Parent Support Initiative

Funding from the Oak Park River Forest Community Foundation enabled Smart Love to develop a parent support initiative in our Oak Park office. The goals of the initiative are two-fold: to provide parents of children enrolled in our counseling program help to understand their child's treatment process. In addition, we are designing specific parenting programs and resources to further support parents who bring their children to Smart Love. The first phase began when we hired Nancy Luepke, Parent Advocate. Ms. Luepke is a long time member of the Oak Park community and a parent herself. She meets with parents when their child first begins counseling sessions at Smart Love to explain the therapy process as well as address any concerns or questions they may have. She stays in touch with the parents to offer continued support. Additional plans include piloting a Parent Training and Support Program in the coming months.

Announcing Monthly Parent Group in Oak Park

Smart Love Family Services is now offering a monthly parent group the first Thursday of every month in Oak Park. Parents of children of all ages are invited to partake in this casual, discussion-based meeting facilitated by our Parent Support Coordinator, Dr. Andrea Lieberman. The group is designed to support families through community and help parents gain insight to their children's behavior. Also check out our upcoming parent seminar schedule for the 2015-2016 year at www.smartlovethefamily.org/seminars.



Left:
Nancy Luepke
Parent Advocate

Right:
Andrea Lieberman
Psy.D. Parent Support
Coordinator

QUICK TIP:

Sharing: It comes naturally



Parents watch in amazement as their child takes her first steps and begins walking. When the child is able to get around on her own, she begins exploring her world with enthusiasm—everything and anything looks fascinating to her. *Wow, look what I can do and get my hands on!*

It is around this time that parents start thinking about “socializing” their child by enrolling

in toddler classes and organizing playgroups with other parents of toddlers. Now, imagine being in a room with other children the same age, and seeing your child make a bee line to the toy she spies and ungraciously ripping it out of the child’s hands that is playing with it! The other child is shocked and bursts into tears and your child is delighted to have gotten her hands on this fascinating object! How best to respond?

All parents want to raise children to grow up to be generous and caring adults. Because children learn by imitation, kind caring responses that are tailored to the child’s developmental stage teach children kindness and compassion toward themselves and others. If your child refuses to share or grabs a toy and the owner wants it back, return the toy as diplomatically as possible without lectures or disapproval and find a replacement toy or way to engage your child in another fun activity.

The inner well-being of children under the age of three is based on the idea that they want what they want when they want it. Children’s minds are very different from adult minds, so expecting toddlers to have the social



graces of adults will only back fire. Forcing children to share before they are old enough to choose it on their own causes resentment and teaches coercion as a model for making others do as you want. The best way to help your child to grow up to be caring and generous is not to pressure her into sharing too early. The toddler is acting in an age-appropriate way and not exhibiting anti-social personality traits that have to be immediately stamped out. This is not a sign that your child will remain self-centered into adulthood. This phase will be outgrown naturally if there is no interference.

Sometime between the ages of three and four, your child will want to share all on her own because she realizes that other children are more enjoyable than the toy. She will realize that generosity and patience are important in making and keeping friends. If you let your toddler behave in ways that are age-appropriate, then when it is time for preschool she should be ready to share and wait her turn for toys. So let your toddler be a toddler, their normal maturation will take care of the rest.

Tips for managing toddler playgroups

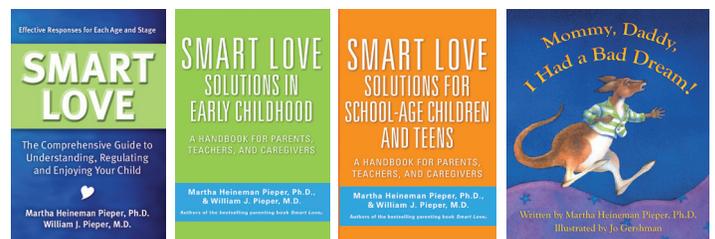
- All parents involved should recognize that it is normal for toddlers to refuse to share and to want to grab other children’s toys.
- Children who won’t share should not be made to feel badly or be forced to share.
- Children who grab will have to give the toy back if the other child is unhappy, but they should not be made to feel badly, and every attempt should be made to comfort them. For example, a parent might say, “I know how much you wanted that toy, but Alice is playing with it now. Let’s give it back and I’ll help you find something else fun to do.”
- Whenever possible, try to provide multiples of the most desirable toys. Or, if a particular toy provided the occasion for much squabbling the last time, put it away before the other children arrive.

Excerpted from *Smart Love Solutions in Early Childhood* and *Smart Love* by Martha Heineman Pieper, Ph.D. and William J. Pieper, M.D.

Smart Love Books for Families

Books are available for purchase at the following sites:

smartlovetfamily.org
smartlovetpreschool.org
smartlovetpress.com
amazon.com
bn.com





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www.smartlovetfamily.org

www.smartlovetpreschool.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

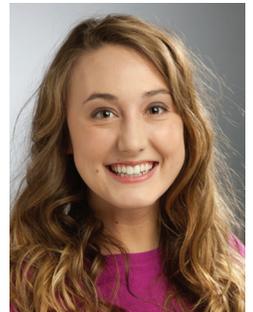
- Parent & Baby Group (*infants 6 wks.–5 mos.*)
- Parent & Crawlers (*6 mos.–11 mos.*)
- Toddler Explorations (*parent and toddlers 12–36 mos.*)
- Toddler Transitions (*toddlers 30–36 mos., parents nearby in Family Room*)
- Preschool & Kindergarten (*half and extended day programs for children 3–6 years*)

PARENTING PROGRAMS

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

Staff Spotlight: Kathryn Gadomski

Kathryn Gadomski joined The Natalie G. Heineman Smart Love Preschool in the fall of 2014 as a toddler teacher for our parent and child programs (for ages 6 months to 3 years). Kathryn holds a BS in human development and family studies and is passionate about helping families have happy and healthy lives. Kathryn runs numerous Toddler Explorations classes as well as co-leads the Toddler Transitions class for children ages 30 – 36 months. This class supports the older toddler's development as they transition to the more structured setting of the preschool. Kathryn also helped launch our Parent and Crawlers class for children 6 – 11 months. In addition to her in-class time interacting with children and their parents or caregivers, she handles registrations, make-up day scheduling and ensures that all vaccinations and other required paperwork is in order and on file.



Kathryn Gadomski

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[®]. 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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