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DELAWARE CHILDREN'S MUSEUM PRESENTS SPEAKER SERIES FOR PARENTS

Parenting and Child Psychology Experts Share Observations and Tips

(October 25, 2010—Wilmington, DE) The Delaware Children's Museum (DCM) announces a new Speaker Series, featuring experts in child psychology, education, and life balance who will inspire parents to be the best they can be. These monthly talks will take place at the Delaware Children's Museum, 550 Justison Street, from 6-8pm. Admission is \$15 for DCM Members and \$20 for non-Members and light refreshments will be provided. **Speakers include Kristin van Ogtrop, Editor of *Real Simple* magazine, and local experts Dr. Lani Nelson-Zlupko, Yvonne Nass, and Dr. Roberta Michnik Golinkoff;** subjects range from parenting with poise to building self-esteem to the value of play in the learning process.

The DCM's goal is to engage kids and grownups in learning through play. Says CEO Julie W. Van Blarcom, "We know it works because play is what kids do naturally and it is how they learn best. They are happy when they are learning through play. And when the kids are happy, the adults usually are too. The DCM serves two audiences – kids and adults.

"This speaker series is aimed at our adult audience that may find parenting as exhausting as it is exhilarating and are looking for the 'manual' they never got on how to maintain sanity while raising their children. Speaking directly with parents in a fun, sometimes hilarious, and always insightful dialogue, this series is bound to resonate with anyone who has ever spent any time with a child."

The DCM Speaker Series is supported by media sponsor Brandywine Family Buzz; Wilmington Montessori is sponsoring January's speaker. The DCM welcomes speakers on the following dates:

- **Wednesday, November 10, 2010, 6pm: *Stop, Drop and Roll*** with Dr. Lani Nelson-Zlupko, Licensed Clinical Social Worker. Modern parenting is challenging and stressful. Parents today are

expected to “do more,” “know more,” and “be more” than any prior generation. At the same time, research suggests parents feel less confident than ever. Dr. Lani Nelson-Zlupko will highlight the triggers that cause parents to react in ways they regret; and review powerful, effective strategies to help parents learn to tackle tough moments with calm, skill and poise.

- **Wednesday, January 12, 2011, 6pm: *Building Courage, Confidence, and Self-Esteem in Our Children***. Presented by Yvonne Nass, Certified Parent Educator. This workshop will cover the stages of self-esteem development. Parents will learn how to use the tools of encouragement to build on their child’s strengths, to focus on the positive, and to communicate acceptance. Bring your questions and join the discussion.
- **Wednesday, February 2, 2011, 6pm: *Just Let Me Lie Down: Necessary Terms for the Half-Insane Working Mom***, with Kristin van Ogtrop, Editor, *Real Simple* magazine. The nationally-beloved magazine *Real Simple* always has tricks to help readers stay serene – but how does its managing editor (and mother of three) simplify her own life? Find out from the source with Kristin van Ogtrop’s talk and reading at the DCM. Not only has she mastered the hardships of a working parent, but wrote a book on top of it all! Learn the secret to keeping your cool and your sense of humor!
- **Wednesday, March 9, 2011, 6pm: *Playing for the Future: Preparing 21st Century Children for a Global World*** with Dr. Roberta Golinkoff, University of Delaware H. Rodney Sharp Chair in the School of Education. How did you play as a child? How did it influence who you became? Today parents and educators worry that play might be a waste of time when there is so much children need to learn. Alternatively, perhaps we are shortchanging our children by diminishing their playtime and by using “direct instruction” so much in school. This talk will review the research on play and its benefits in the cognitive as well as social and emotional realms.

Those wishing to attend the program can RSVP by calling 302.442.6862. DCM accepts all major credit cards for payment.

The Delaware Children’s Museum is open 362 days a year, seven days a week, 9am-4:30pm. General admission is \$12 per person (children under 12 months are free). Memberships, benefits of which range from free admission to gift shop discounts to exclusive event invitations, are available for purchase. For details, visit the DCM online at delawarechildrensmuseum.org.

If you go:

Delaware Children’s Museum Speaker Series

When: 6pm, November 10, 2010, January 12, February 2, and March 9, 2011

Where: Delaware Children’s Museum, 550 Justison Street, Wilmington, DE 19801

Cost: \$15 for DCM Members and \$20 for non-Members

Tickets: Call 302.442-6862

Information: <http://www.delawarechildrensmuseum.org/speaker-series/>

ABOUT THE DELAWARE CHILDREN’S MUSEUM

The Delaware Children's Museum's mission is to inspire children to explore, discover, and celebrate the power of their potential. As Delaware's only museum dedicated entirely to children, the DCM underscores the value of play in the learning process, especially as it sparks interest in math, science, and technology for children aged 1-12. The values that drive the mission and define the direction and approach the DCM takes toward the visitor experience include: creativity, fun, wonder, learning, stewardship, diversity, respect, and cooperation. A 501(c)(3) non-profit organization, the DCM relies on donations to deliver valuable services to the community, including subsidized admission.

The Delaware Children's Museum is generously sponsored by: State of Delaware, Riverfront Development Corporation, New Castle County, JPMorgan Chase Foundation, AstraZeneca, DuPont, Longwood Foundation, Welfare Foundation, AAA, Bank of America, Barclays, City of Wilmington, Connolly Bove Lodge & Hutz, LLP, Delaware College Investment Plan, Delaware Community Foundation, Delaware Today, Environmental Alliance, Exelon, ING DIRECT, The Laffey-McHugh Foundation, Marmot Foundation, MySherpa, Nemours, NRG Energy, PSEG, Skadden, Arps, Slate, Meagher & Flom, LLP & Affiliates, Shone Lumber, Valero, and Wilmington Trust.

For more information, visit www.delawarechildrensmuseum.org.