



# Nurturing Independence: how to let go while still hanging on

**Date:**

Thursday,  
March 27, 2014  
7:00 – 8:30 pm

**Location:**

Pine Lake Middle School  
Library  
3200 228th Ave. S.E.  
Sammamish WA 98075

**Cost:**

Free



As the parent of a middle schooler, we struggle with letting our kids discover their independence while still maintaining their safety. Together, we will explore how to safely foster our kids' independence gauging readiness, setting limits, giving appropriate consequences, and using contracts. We will explore issues that come with hanging out with friends, sleepovers, internet, extracurricular activities, grades, and pseudo-dating.

Focus topics: fostering independence, peer pressure, setting expectations, responsibilities, gauging readiness, setting limits

Parent pointers: conversations, expectations, norms, relaying values, foundations, contracts, cell phones

## WELCOME

**Sheri Gazitt** is the founder of Teen Wise [teenwiseseattle.com](http://teenwiseseattle.com). Through motivational workshops, she inspires kids ages 8 to 19 and their supporting adults to live purposefully. She speaks about issues that affect kids on a daily basis such as decision-making, values, goal-setting, beauty, friendship, bullying, and dating. She has been a guest on Disney Radio's Kid Power Hour, Chat with Women, The News Chick, and Women's Sports Uncovered. Personally, she has three daughters who act as consultants for her business!

For more information please contact PLMS PTSA Parent Education Representative: Roseann Popa at [order2popa@comcast.net](mailto:order2popa@comcast.net)