The Early Years: So Young, So Small, So Complicated

The early years of childhood offer their own special delights and challenges for both children and their parents. How do you encourage your child’s growing independence and curiosity about the world? How can you share the caregiving, minimize the stress, and maximize the joy of parenting, as your child passes through these critical early stages of development? These seminars (12:00 – 1:30 p.m.) will help you answer these and many other questions about nurturing your young child’s intellectual and emotional growth.

Oct 21  The Importance of Dad’s Role in Helping Kids and the Family Flourish
Kyle Pruett, M.D.; Clinical Professor, Child Study Center, Yale University

Nov 3  Raising Bilingual Children
Suzanne Flynn, Ph.D.; Professor of Linguistics and Language Acquisition, MIT

Nov 17  Communication and Limit-Setting with Your Preschool Child
Deborah Weinstock-Savoy, Ph.D.; Independent Mental Health Care Professional

Monthly  Breastfeeding Support Group for New Mothers
Wendy Mackey-Kydd, M.Ed., BCCE, NMC, Birth Educator, MIT

Monthly  Infant and Toddler Child Care Briefings
Anna Robinson, M.A.; Work-Life Representative, MIT

The School Years: It’s Not Easy Being a Kid

As parents, how do we help our school-age children develop the skills they need to engage successfully in new, complex, and demanding social and educational environments? How do we help them make sense of the larger world, become adept at cooperating and negotiating with others, and persist despite the inevitable challenges and setbacks along the way? These seminars (12:00 – 1:30 p.m.) explore these “big issues” while focusing on some very practical decisions you may be facing as a parent.

Oct 7  Comprehensive Resources to Help Children with Special Needs Succeed in School
Carolyn Romano, J.D.; Special Education Practice Leader, myEdGPS/Bright Horizons Special Needs

Nov 4  Navigating Youth Sports
Rebekah Conway Roulier, Ed.M., CAGS, LMHC; Associate Director, Doc Wayne Youth Services, Inc.
Jonathan Baum, M.A., LICSW; Clinical Director, Doc Wayne Youth Services, Inc.

Nov 19  Summer Camp: Finding the Right Fit for Your Child
Ronnie Mae Weiss, MSW; Senior Program Manager, MIT

Monthly  Parenting Group: Raising Children of All Ages as an LGBT Parent
Ronnie Mae Weiss, MSW; Senior Program Manager, MIT

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THE TEEN YEARS AND BEYOND...

Parenting teens and planning for college

Helping Your Teen Make the Right Choices
As our children grow older, we face an array of new parenting challenges. How do we help our teenagers deal with the increasingly complex issues of who they are and who they want to become, which values they want to own and cultivate, and how to assess and manage risk? What advice do we offer, and what limits do we set? When do we step in, and when do we step back? These seminars (12:00 – 1:30 p.m.) will help you develop the parenting style that best meets your teen’s needs.

Nov 10  Helping Your Teen Land Their Ideal Summer Job or Internship
Peggy Iafrate, BSSP; Director of Partnerships and Promotions, TeenLife Media
Robin Neff Clebnik, MBA; Founder and CIO, InternBoston

Dec 3  Helping Teens Navigate Their Complicated Online Life
Carrie James, Ph.D.; Research Director, Harvard Graduate School of Education

Dec 8  Raising Teens: Leveraging Your Past Experience to Inform Your Parenting
Judy Elkin, M.Ed., PCC; Professional and Personal Coach

Monthly  Parenting Group: Raising Children of All Ages as an LGBT Parent
 Ronnie Mae Weiss, MSW; Senior Program Manager, MIT

Planning and Preparing for College
Getting into college—getting into the “right” college—can be a major source of family stress. As parents, how do we plan ahead for our children’s college future, and later help our children successfully make this major life transition? How do we deal with the financial implications? How much and what kind of support should we provide? What’s our role in the whole college decision-making process? These seminars (12:00 – 1:30 p.m.) will provide a wealth of information and practical suggestions.

Sept 29  Planning for College: How to Maximize Your Child’s Success
Elizabeth Heaton, B.A.; Director, Educational Consulting, College Coach

Oct 8   U.S. College Admissions 101: Demystifying the Application Process
Stu Schmill ’86, MIT Dean of Admissions

Oct 20  Paying for College
Shannon Barry Vasconcelos, M.A.; Director, College Finance, College Coach

Dec 1   Student Loan Repayment Strategies
Jeanne Mahan, M.A.; Director, College Finance, College Coach

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The challenges facing millennials living in the Boston area today can be daunting. How do you take your career to the next level? How do you get to do the work you really want to do? How will you pay back your college loans (or take out new loans) while paying bills and rent? How do you get the most out of life on a limited budget? How do you deal with those complicated relationships at work and in your personal life? In these engaging, interactive seminars, you’ll develop new strategies and skills to help you make the most of this exciting time of your life—and you’ll also meet new people and have a good time while you’re at it.

October 14
Developing Your Negotiation and Communication Skills for Challenging Conversations
Robert Wilkinson, M.S.; Lecturer, Harvard University & Tufts University

November 5
Eating Healthy and Staying Active on Your Own Schedule and Budget
Kelsea Gusk, R.D., LDN; Registered Dietitian, MIT Recreation Sports

December 1
Student Loan Repayment Strategies
Jeanne Mahan, M.A.; Director, College Finance, College Coach

Monthly
Workshop Series: Navigating Your Life and Career
Topics will include: Mindfulness for stress reduction, identifying your values and priorities, and leveraging social media for career success

Presented in collaboration with MIT Global Education & Career Development, MIT Office of the Vice President for Research, and MIT Millennials ERG.

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WORK-LIFE...

Creating the life we want to live

We each face our own, ever-changing set of personal and work-related challenges and opportunities. How do we shape a life for ourselves that also makes a positive impact on the lives of others? How do we stay creative and resilient? How do we attain financial security? How do we get the most out of each new phase of our lives? These interactive seminars (12:00 – 1:30 p.m.) can inform, inspire, and support you in this process, with research-based strategies, tips, and information to help you be better prepared for whatever life presents next.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Speaker Details</th>
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<tr>
<td>September 30</td>
<td>Buying Your First Home: What You Need to Know Before Getting Started</td>
<td>Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator</td>
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<td>October 6</td>
<td>Get What’s Yours: The Secret to Maxing Out Your Social Security Benefits</td>
<td>Laurence J. Kotlikoff, Ph.D.; Professor of Economics, Boston University</td>
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<td>October 27</td>
<td>The Years Beyond 50: Composing a Further Life, “The Age of Active Wisdom”</td>
<td>Mary Catherine Bateson, Ph.D.; Writer and Cultural Anthropologist</td>
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<td>December 1</td>
<td>Student Loan Repayment Strategies</td>
<td>Jeanne Mahan, M.A.; Director, College Finance, College Coach</td>
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<td>December 2</td>
<td>Supporting Friends and Loved Ones with Cancer</td>
<td>Jill McNamara, LICSW; Supervisor, Senior Care Advisors, Care.com</td>
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Mom seems much more forgetful, Dad’s having more trouble getting around, and your siblings don’t want to talk about it. In the face of family changes caused by aging, disease, or other life circumstances, the questions can be worrisome, and the answers hard to find. What kind of help might your parents or loved ones need now, or next year? Where do you find that help and how much will it cost? What is your role, and what are the roles of your family members? How can you maintain the pleasurable experience of being the loving child, while at the same time address your parent’s needs for safety and support? What kind of help do you need? These lunchtime seminars (12:00 – 1:30 p.m.) offer an opportunity to share your concerns, and gain the practical information you need to make the plans and provide the support that will work best for you and your loved ones.

October 29  Communicating and Negotiating with Siblings to Care for Aging Parents
Jody Gastfriend, LICSW; Vice President, Senior Care Services, Care.com

November 18  Don’t Let Them Slip Away: Caring for Loved Ones with Alzheimer’s/Dementia
Jody Gastfriend, LICSW; Vice President, Senior Care Services, Care.com

December 2  Supporting Friends and Loved Ones with Cancer
Jill McNamara, LICSW; Supervisor, Senior Care Advisors, Care.com

Monthly  Caregiver Support Group: Caring for a Family Member with Alzheimer’s/Dementia
Jennifer Gibbons, LICSW; Senior Care Advisor, Care.com

Monthly  Caregiver Support Group: Caring for an Aging Family Member
Jennifer Gibbons, LICSW; Senior Care Advisor, Care.com

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