



parent perks

PARENT EDUCATION SERIES
2024 | 2025



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PARENT EDUCATION **SERIES**

For more than a decade, the Parent Perks series has offered unique parent education opportunities for the Lamplighter community. Each year, the series hosts seasoned professionals, both on campus and virtually, to talk about important parenting topics and trends in the education world. Through this signature program, the School hosts psychologists, therapists, educators, and authors who share the latest research and provide parents with guidance and practical solutions to parenting questions and concerns.

The 2024 - 2025 Parent Perks Series

FEATURES



SIX-PART PARENTING SERIES

in the Connelly Family Theater Arts Lab

SIMPLIFYING FAMILY DINNERS

in the Enrico Family Teaching Kitchen/
Eastin Family Innovation Lab

*Reservations are required for this event as space is limited.
To secure a spot, RSVP to tls@thelamplighterschool.org.*



THREE ZOOM SESSIONS

covering distinct topics in child development

The Parent Perks series is organized and hosted by
The Lamplighter School's Office of Student Life

SIX-PART PARENTING SERIES

Antoinette Martinez
Connelly Family Theater Arts Lab
11:30 a.m. - 12:30 p.m.

Parent Perks presents a six-part series featuring parenting sessions facilitated by Antoinette Martinez. These in-person sessions offer a safe place for Lamplighter parents to share the joys and challenges of raising children. During each session, Mrs. Martinez will provide effective techniques for managing and understanding children's emotional needs and will offer time for Q&A.

– TOPICS –

Tuesday, September 10

What is Good Enough Parenting?

Showing up as is and letting go of perfectionism

Tuesday, October 22

Tantrums, Whining, and Lying, Oh My:

Effective strategies to diffuse and address puzzling behaviors

Tuesday, November 19

Attachment Science: Exploring the powerful cycle of rupture and repair to strengthen a felt sense of security and connection

Tuesday, January 14

Anxiety: Exploring the symptoms and roots of fears, worries, shyness, and trepidation

Tuesday, February 25

Emotional Intelligence: Identifying "WOAH!" moments to increase co-regulation and self-regulation

Tuesday, March 25

The Marathon of Parenting: The long haul of parenting, having been parented, and nourishing our most sacred relationships



Antoinette Martinez is a Licensed Professional Counselor Supervisor, Registered Play Therapist, EMDR consultant, and certified perinatal mental health specialist. She helps families, children, and parents gain insight towards their patterns of thinking, behaving, and relating. She also supports their emotional growth, helps them build strong and safe support systems, and works with them to identify coping skills that are healthy and effective. Antoinette has grown a successful private practice specializing in childhood trauma in Lakewood, serving hundreds of families and volunteering her time with her neighborhood association, her children's school PTA board, and serving on the board of the local play therapy chapter. She is married to a firefighter, has two grade school kiddos, two playful and naughty pups, and is a breast cancer survivor.

From Chaos to Connection: **Simplifying Family Dinners for Stress-Free Evenings** **Alex Snodgrass**

Wednesday, September 18 | 11:30 a.m. - 12:30 p.m.

Enrico Family Teaching Kitchen - Eastin Family Innovation Lab

In the hustle and bustle of modern life, dinner time often becomes a source of stress rather than a moment of connection. Join Alex Snodgrass, three-time *New York Times* bestselling author, for a discussion on simplifying family dinners. Discover how to transform hectic evenings into cherished moments of togetherness through easy weeknight meals and streamlined routines. Explore the importance of reclaiming dinner time as a source of relaxation and family bonding. Let's rediscover the joy of gathering around the table and connecting with our loved ones, one delicious meal at a time.



Alex Snodgrass is a recipe developer, entrepreneur, *New York Times* bestselling author, and the founder of the popular blog and social media outlet, *The Defined Dish*. Her new company, SideDish, launched in 2022 and includes a collection of five multi-purpose dressings meant to make mealtime more enjoyable and delicious. Alex and her husband Clayton have two daughters, Lamplighter alumna Sutton Snodgrass '23 and current third grader Winnie Snodgrass '26.

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Socially Connected and Emotionally Regulated: **Playful Strategies to Help Children Maintain Self-Control** **Dr. Jennifer Balch**

Wednesday, November 13 | 8:30 - 9:30 a.m. | ZOOM

As children grow and develop, they often experience big and complicated emotions that can feel overwhelming and confusing. As parents, we want to support our children in understanding themselves and their experiences, so they can develop into confident and capable individuals. The focus of this session is to support parents in understanding emotional and behavioral dysregulation and to provide strategies for building and improving your child's connection and self-control.



Dr. Jennifer Balch is a Licensed Professional Counselor-Supervisor in the state of Texas as well as a Registered Play Therapist-Supervisor. She earned her Ph.D. in Counseling from the University of North Texas (UNT) where she specialized in play therapy. Dr. Balch has over 20 years of counseling experience, supporting individuals of all ages. She is a Certified Autism Specialist and has extensive training and experience working with neurodiverse

individuals. In addition to direct counseling services, Dr. Balch enjoys staying actively involved in training future counselors. She works as an Adjunct Professor for the counseling program at Southern Methodist University and supervises LPC Associates.

Tantrums, Defiance, Outbursts, Oh My! How a Child Psychiatrist Views Behavioral Challenges in Children

Dr. Natalie Ramirez

Thursday, February 6 | 11:30 a.m. - 12:30 p.m. | ZOOM

Behavior problems often begin in the toddler years and are a normal part of development. However, what should you do when your child isn't growing out of this behavior? This presentation will provide the framework for how Dr. Ramirez conceptualizes behavioral difficulties in children and pre-teens. Information about the diagnosis and treatment of ADHD and anxiety will also be provided.



Natalie Ramirez, M.D. is a child, adolescent, and young adult psychiatrist in private practice at the Group Analytic Practice of Dallas. Prior to beginning her practice, she completed her Child and Adolescent Psychiatry Fellowship at Stanford University and served as a Chief Fellow and specialized in learning to treat eating disorders and behavioral difficulties in children. Dr. Ramirez is a firm believer in providing comprehensive and collaborative care, including both psychotherapy and psychopharmacology, when needed. She is the mother of two sons and usually spends her free time chasing them around.

It Takes Two (or More): Creating a Language-Rich Home Environment to Promote Language Development in Children

Dr. Pumpki Lei Su

Tuesday, March 11 | 8:30 - 9:30 a.m. | ZOOM

As children progress through their early years, they reach important milestones in language development and experience a rapid growth in their oral language abilities, especially vocabulary development. Language development during this stage sets the foundation for many vital aspects in life, from building friendships to accessing academic curriculum. This presentation will provide an overview of language development during preschool and early school years, and will include evidence-based, practical tips for creating a language-rich home environment to facilitate language development.



Dr. Pumpki Lei Su is an Assistant Professor in the Department of Speech, Language, and Hearing at The University of Texas at Dallas. She is director of the Language Interaction and Language Acquisition in Children (LILAC) Lab, a research lab that focuses on language development and parent-child interaction in autistic children and bilingual children. She is also a licensed and certified speech-language pathologist. She enjoys getting students excited about language

development research, training the next generations of speech-language pathologists, and playing ukulele and swing dancing when she is not in the classroom or the lab.



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SCHEDULE

AT-A-GLANCE

ON-CAMPUS SESSIONS

ALL IN-PERSON SESSIONS ARE 11:30 a.m. - 12:30 p.m.

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