parent perks

PARENT EDUCATION SERIES
2025 | 2026

THE Lamplighter SCHOOL

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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 2025 - 2026 Parent Perks Series

FEATURES

FIVE-PART PARENTING SERIES
Lamplighter Conference Room

ART SESSION
Connelly Family Theater Arts Lab

THREE ZOOM SESSIONS
Covering Distinct Topics in Child Development

THE Lamplighter SCHOOL

FIVE-PART PARENTING SERIES

Yvette Bonavita
8:30 - 9:30 a.m | Lamplighter Conference Room

Yvette Bonavita is a dedicated and compassionate therapist with a profound commitment to helping individuals on their path to healing. Since the late 1990s, Yvette has been working with children, their families, couples, and individuals facing life's challenges, guiding them toward professional growth and empowerment. Her therapeutic approach is built on empathy, acceptance, and the belief that every person's journey is unique. Specializing in trauma-related events, Yvette works with clients of all ages, offering Eye Movement Desensitization and Reprocessing (EMDR) therapy as a powerful tool for healing.

Ms. Bonavita's expertise extends to working with children and youth, as well as helping parents and couples navigate personal and family dynamics. She is certified in EMDR, trained in Child Centered Play Therapy (CCPT), and is a Registered Play Therapist (RPT) candidate. Her love for empowering others drives her work, ensuring clients feel understood, supported, and equipped to move forward in their healing process.

— TOPICS —

Tuesday, September 30
Big Feelings, Little Bodies: Navigating Emotional Storms Together
Children often experience overwhelming emotions they can't yet articulate. This session delves into the developmental stages of emotional regulation, offering parents insights into recognizing emotional cues and responding with empathy and effectiveness.

Tuesday, October 21
Boundaries That Build: Encouraging Independence with Limits
Setting boundaries is essential for children's sense of security and independence. This session explores strategies for creating consistent, age-appropriate limits that empower children to make choices within safe parameters.

Tuesday, November 18
Mending the Moment: Repairing Parent-Child Disconnects
Every parent encounters moments of disconnection with their child. This session provides tools for recognizing these moments and offers steps to repair and strengthen the parent-child relationship through accountability and empathy.

Tuesday, February 24
Friendship 101: Supporting Social Skills and Relationships
Friendships are vital to a child's development. This session explores the stages of social development, offering parents tools to support their children in building healthy relationships and handling social conflicts constructively.

Tuesday, March 31
Screens and Self-Esteem: Navigating Digital Landscapes
In a digital age, screens are integral to daily life. This session examines the effects of screen exposure on young minds and offers strategies for balanced media use that supports positive self-image and behavior.

Beyond Happy: Building Resilience and Meaningful Connections in Childhood

Diane Boehm

Friday, October 3 | 9:00 - 10:00 a.m. | ZOOM

What if our goal wasn't to keep children happy all the time, but to help them become more resilient and connected? This presentation explores how caregivers can nurture resilience in children by embracing learning through failure and moving beyond the pressure to be "happy" all the time. Diane will discuss practical ways to support children in navigating challenges, setbacks, and complex emotions with confidence and self-awareness. Attendees will gain tools for having developmentally appropriate conversations about friendship, social connection, bullying, and how to stand up for themselves and others. Together, we'll reframe discomfort as an essential part of growth and connection, helping children thrive emotionally and socially.

Diane Boehm is a Licensed Professional Counselor (LPC) and Registered Play Therapist (RPT) at Insights Collaborative Therapy Group, supporting her clients through life's everyday challenges. A virtual therapist serving Texas clients, Diane supports adolescents and parents, particularly those with neurodivergent diagnoses like ADHD. With experience in both school counseling and private practice, she has worked extensively with children and families to help them thrive. Diane is also a passionate advocate for children's mental health and wellness, dedicating time to volunteer work in her community and serving on school advisory councils.

Art Made Easy: Bringing Creativity into Your Home Without Fear

Tori Pendergrass

Tuesday, October 14 | 11:30 a.m. - 12:30 p.m.
Connelly Family Theater Arts Lab

This engaging art discussion is designed to help parents feel confident and inspired to incorporate art-making into their homes. Tori Pendergrass will offer fun, simple, and approachable ways to introduce creativity into everyday moments without parents feeling overwhelmed or intimidated. Additionally, she will explore the benefits of creating—both physically and mentally—for everyone in the household. You will leave feeling confident and equipped with strategies to spark imagination and creativity in a stress-free manner.

Tori Pendergrass is a professional artist, and the owner and lead instructor at KiD ART and Pigment School of the Arts—the latter of which she founded in 2002 not long after graduating from the Kansas City Art Institute. A passionate educator and lifelong advocate for early childhood development, she is dedicated to nurturing creativity in young minds through thoughtful, hands-on artistic exploration.

Executive Skills:
How to Improve Executive Skills Without the Frustration

Dr. Peg Dawson

Monday, November 17 | 5:30 - 7:00 p.m. | ZOOM

Executive skills are critical to the acquisition of academic skills, but, more importantly, they are the skills students need to get things done. They are brain-based skills such as task initiation, sustained attention, working memory, planning, organization, and goal-directed persistence that are absolutely critical to school success. Some students seem to acquire them naturally, but many students struggle with them. Dr. Peg Dawson, co-author of the books *Smart but Scattered* and *Smart but Scattered Teens*, will describe how these skills develop throughout childhood and suggest strategies parents can use to help children acquire the critical skills they need to be successful students.

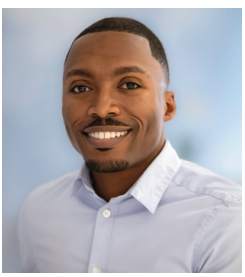
In over 40 years of clinical practice, Dr. Peg Dawson has worked with thousands of children and teens who struggle at home and in school. At the center of their struggles are often weak executive skills. Along with her colleague, Dr. Richard Guare, she has written numerous books on this topic for educators, mental health professionals, and parents, among them *Smart but Scattered*, *Smart but Scattered Teens*, *Executive Skills in Children and Adolescents*, and *Coaching Students with Executive Skills Challenges*. Peg is also a past president of the National Association of School Psychologists, and the International School Psychology Association, and is a recipient of NASP's Lifetime Achievement Award.

Unlocking Calm:
Practical Steps to Help Your Child Manage Anxiety

Dr. Dennis Burchette

Wednesday, February 25 | 11:30 a.m. - 12:30 p.m. | ZOOM

This presentation will empower parents with the tools to recognize and respond to anxiety in their children with confidence and compassion. Dr. Burchette will walk parents through common signs of anxiety across developmental stages and share practical, evidence-based strategies to support children's emotional well-being. By breaking down the complexities of anxiety, Dr. Burchette aims to equip families with greater clarity and actionable steps to help children navigate anxious moments with resilience.



Dr. Dennis Burchette is a Licensed Psychologist at Dallas Emotional Health, where he works primarily with child, adolescent, and young adults with a range of mental health concerns, including anxiety, depression, and mood concerns. He supervises doctoral psychology students in training, teaches at various universities and medical centers, and currently serves as President-Elect of the Dallas Psychological Association. Dr. Burchette is passionate about bridging clinical insight with everyday parenting to promote healthy emotional development in children.

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SCHEDULE

AT-A-GLANCE

ON-CAMPUS SESSIONS

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