



TRUDY LUDWIG

Turning Away from Perfection & Striving Toward Excellence

Tuesday, January 21 at 10 AM – Mercer Island Presbyterian Church – 3605 84th Ave SE
For parents with kids in grades K-8

Come join Mercer Island Parent Edge for this morning session and learn to better understand the **pressures and pitfalls of perfectionism**. Kids can strive for high standards but parents need to help them stay realistic with their expectations. Trudy can show us how. A self-proclaimed perfectionist and mother of two, Trudy will provide parents concrete methods to help our children find balance while pursuing their dreams and interests.

Understanding Our Kids' Online and Offline Social World: Friendships, Cliques and Powerplays

Tuesday, January 21 at 7 PM – Island Park Elementary MPR – 5437 Island Crest Way
For parents with kids in grades K-8

In the evening, Trudy will discuss the **complicated world of children's friendships**, both online and off-line. Intentional exclusion, gossip, teasing, the silent treatment and the spreading of rumors are often dismissed as normal rites of passage. However, research shows these behaviors are a form of emotional bullying which can be as harmful as physical bullying—with long-term negative effects. Learn the latest research findings about the nature of boys' and girls' friendships, as well as tips, tools, and resources to help you empower your children in their social world.

No charge for MI PTA Members; \$10 at the door for non-MI PTA Members



Trudy Ludwig is an award-winning author who specializes in writing children's books that explore the colorful and sometimes confusing world of children's social interactions. She has received rave reviews nationwide from educators, experts, organizations, and parents for her passion and compassion in addressing relational aggression – the use of relationships to manipulate and hurt others. Her books have received Mom's Choice Gold Awards, the Moonbeam Children's Books Gold Award, and are included in the Cooperative Children's Book Center's "Best of the Year" Selection, the National Crime Prevention Council's "Circle of Respect" Book Club Selection, and the Junior Library Guild Selection. Trudy has been profiled on national and regional TV and radio and in newsprint. For more information, go to www.trudyludwig.com.

Jointly sponsored by the PTAs of Lakeridge, West Mercer, Island Park, Islander Middle, MIHS and St. Monica schools