Fall 2017 Schedule

The Dinner On Us parent-to-parent roundtable offers UMass Amherst families with young children the opportunity to learn more about themselves while acquiring new approaches to raising children. The program is free and includes dinner and supervised care for accompanying children. Come join us Monday evenings during the academic year in the UMass Amherst Student Union Building. Space is limited. Register online at www.umass.edu/ofr.

Family Dinner: 5:30-6:15pm
Supervised Children’s Activities: 5:45-7:30pm
Roundtable Discussion: 6:15-7:30pm

September 11  Juggling Academic Success with Parenting: Reflections on Best Practices
Professor and Department Chair, Mari Castañeda, Communication Studies, University of Massachusetts Amherst

September 18  Books as Mirrors, Windows, and Doors: Critical Reading with Young Children
Assoc. Professor Maria José Botelho, Language, Literacy & Culture Concentration, College of Education, University of Massachusetts Amherst

September 25  Parenting for the Long Haul: The Pediatrician’s Perspective
Dr. Ilana L. Schmitt, MD, M.P.H., Staff Physician, University Health Services, University of Massachusetts Amherst

October 2       What Do We Think about Gender When We Think about Parenting?
Professor and Department Head Laura Briggs, Women, Gender & Sexuality Studies, and Tom Schiff, Ed.D. Director, Men & Masculinities Center, University of Massachusetts Amherst

October 9       NO PROGRAM – HOLIDAY OBSERVED.

October 16  Introduction to the Developmental Benefits of Yoga for You and Your Young Child **Dress casually and comfortably as this session is participatory for parents and children.**
Alisa Wright Tanny is the Founder and Director of The Embodiment Sanctuary, an Integrative Dance Movement Therapist, Embodiment Coach, and Infant Developmental Movement Educator

October 23  Raising Kids in a World Where Race Matters
Andrew Grant-Thomas, PhD, Co-Founder and Co-Director, EmbraceRace, Amherst, MA

October 30  How Success Affects Children’s Learning
Assoc. Professor and Director, Carrie Palmquist, Child Learning & Development Lab, Psychology Department, Amherst College

November 6 What’s on Your Mind, Baby?: How studying infants helps us understand ourselves
Asst. Professor and Director, Erik Cheries, Infant Cognition Lab, Psychological & Brain Sciences, Department of Psychology, University of Massachusetts Amherst

November 13  Television and Screen Time and Young Children
Professor Emeritus Dan Anderson, Psychological & Brain Sciences, Department of Psychology, University of Massachusetts Amherst

November 20  Why Sleep Matters for Parents and Children
Professor and Director, Rebecca Spencer, Sleep, Cognition & Action Lab, Department of Psychological & Brain Sciences, Department of Psychology, University of Massachusetts Amherst

November 27 You Are What You Eat: Family Health and Nutrition
Molly Barnes, M.S., R.D., L.D.N., C.D.E., Clinical Nutritionist, University Health Services, University of Massachusetts Amherst

December 4  When to Ask for Help with Concerns about Kids (Week 1 of a 2 Part Series)*
Emily Koster, M.Ed., Early Childhood Development Specialist, Collaborative for Educational Services

December 11 When to Ask for Help with Concerns about Kids (Week 2 of a 2 Part Series)
Emily Koster, M.Ed., Early Childhood Development Specialist, Collaborative for Educational Services
*Jointly sponsored program with Collaborative for Educational Services (CES)

Dinner On Us (DOU) is a program of the UMass Amherst Office of Family Resources (OFR). For more information call (413) 545-0865, email: ofr@umass.edu or visit: www.umass.edu/ofr.