

MINDFUL PARENTING

Sponsored by Honolulu Hongwanji Council and the Office of Buddhist Education

Sunday, October 2, 2016 -- 11:00 am to 2:00 pm

Honpa Hongwanji Hawaii Betsuin -- Main Social Hall and Annex Temple

1727 Pali Highway, Honolulu, HI 96813

Enter parking lot from Lusitania Street.

Call Hawaii Betsuin Office for more information – 536-7044

Registration Fee: \$10.00 per Adult Participant

Child Care will be provided for children 3 years old and older. Lunch will be furnished for adults and children.

Make checks payable to Honolulu Hongwanji Council.

About the Event

Raising children may be the most challenging and rewarding human endeavor. Children are raised by a loving and nurturing community. Experts will share insights with future parents, parents and grandparents to raise children based on values of loving-kindness, interdependence, gratitude and self-awareness.

About the Presenters

Susan Matoba Adler, PhD – Professor, Early Childhood Education at UH West O'ahu; Member, Kapolei Sangha.
Pieper Toyama – Educator; Former Head of School, Pacific Buddhist Academy; President, Honpa Hongwanji Mission of Hawaii.

Please complete the REGISTRATION FORM below and submit the form and payment check to your Temple or the Hawaii Betsuin Office. Make checks payable to Honolulu Hongwanji Council. **REGISTRATION DEADLINE: September 18, 2016.**

REGISTRATION FORM

NAME OF ADULT PARTICIPANTS (First and Last Name)		TEMPLE OR SCHOOL AFFILIATION
1.	2.	
CONTACT INFORMATION	Email Address	Phone Number

Child care will be provided for children three years and older. Please indicate name and age of each child.

Name (First and Last Name)	Age	Name (First and Last Name)	Age
1.		3.	
2.		4.	

Select specific topics that you wanted covered at this event.	Indicate other important topics:
Who are the Parents?	Supporting academics and selecting activities;
Developing wholesome relationships with grandparents and other family members;	Helping children through a death of a pet or family member (grieving process);
Talking with children about family and Buddhist values;	Dealing with Bullying: Victim or Perpetrator
Developing family schedules;	Dealing with Christian values; Handling friendships with Christian children and other religious traditions;
Setting family rules and disciplining;	
Managing electronics – TV, games, internet use, social media, etc;	Developing expressions of gratitude -- Ways to say, "thank you".
Developing meaningful family traditions;	Managing marital separation, divorce and child custody