Cloonan PTO will be hosting a speaker, Karen Perlman, Ph.D., on Thursday, May 2nd, at 7:00 p.m. downstairs in the Cloonan Media Center. Topic is "Talking about Sex with Our Children: Encouraging Healthy Sexuality in Your Middle-Schooler".

 Sex is all around us, and sexuality is a fundamental aspect of who we are--yet many of us are uncomfortable talking about sex with our children. How can we increase our comfort level so that we can communicate effectively about this important topic? What do our children need to know, and what is age-appropriate when it comes to talking to middle schoolers about sex? How can we share our values about sex so that we can help our children to understand themselves and make healthy decisions about their bodies? This workshop addresses these and other questions, supporting parents in their efforts to encourage healthy sexuality in children.

 Karen Perlman holds a Ph.D. from the University of Michigan, and has received post-graduate training in psychoanalysis and psychotherapy from the National Institute for the Psychotherapies in New York. In addition to offering parenting workshops for schools and other community groups, she works individually with parents on issues relating to children’s behavior, family dynamics, parenting skills, and conflicts of daily living. She is currently Parent Advisor at The Mead School in Stamford, CT., and a consultant to its childcare program, as well as a consultant for St. Savior’s Preschool in Old Greenwich, CT. She is also affiliated with Armonk Integrated Psychiatry, where she leads parenting groups and social skills groups for children ages 3-8.