

Teachers team up to present parenting skills

By DOUG JOHNSON
STAFF WRITER

Plymouth teacher Rick McCoy and a Saline middle school administrator, Nic Cooper, will be making two presentations about their parenting book in March.

The book, "How to Keep Being a Parent When Your Child is No Longer a Child," was published in November.

The two authors have also announced a partnership with the P-C Educational Excellence Foundation, and will donate \$2 for each book sold to parents or teachers in the Plymouth-Canton School District.

Appearance at bookstore

The pair will also appear at the Northville Barnes & Noble store, Six Mile and Haggerty Road, Thursday, March 30, at 7 p.m. for a presentation. Their book is available at the store and on the Web at Amazon.com, Barnes.com, and Noble.com.

The book is primarily for parents of teenagers, but would be useful for people with younger kids as well as professionals who work with adolescents in any capacity.

The chapters in the book encourage parents to explore their own parenting style, discuss parental responsibilities, outline what to expect from children as they grow up, and detail strategies for better communication and setting boundaries for teenagers.

The book also provides help for parents of kids who are in deep trouble with drugs, eating disorders and depression.

The book targets areas that are fathers of teenagers. The workshop topics, in addition to parenting, have included high-risk youth and conflict resolution.

Parent concerns often include school performance, friends and their child's emerging sexuality.

The text of the book is augmented by appendices that offer help in specific ways for specific problems. Much of the main text

is supported by worksheets that help parents learn and then apply useful tools and techniques.

McCoy is a teacher in the PCEP Journey program at Salem High. His experience includes being a child care worker, a crisis teacher at a child psychiatric facility and a substance abuse counselor.

Cooper is currently an assistant middle school principal and a past director of a student assistance program. He has also been a counselor and a probation officer.

25 years in field

Both authors have 25 years of experience, both have masters degrees in the field, both are certified social workers and both are fathers of teenagers. The workshop topics, in addition to parenting, have included high-risk youth and conflict resolution.

"Parenting Adolescents" chapters include "The Nature of Adolescence," "The Nature of Parenting," "Tools for Healthy Relationships," "Discipline - Structuring Healthy Growth," "Dys-

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functions of Adolescence" and "When to Call for Help."

An Amazon.com customer review of the book said, "These authors have succeeded where others failed in capturing and clarifying many of the mysteries of an extremely perplexing and frustrating time of life. They offer many practical suggestions on relating to, and respecting, teens."

Mail order copies of the book are available from Willow Creek Publishing, 6506 Paul Revere Lane, Canton MI 48187. Enclose a check for \$15.98, which includes all taxes and shipping. You can e-mail the due at cooperemccoy@yahoo.com. Workshop information is available at (734) 844-9095.



Authors: Rick McCoy and Nic Cooper put decades of experience to use writing their parenting book.

Plotnick fete planned

The Jewish Community Center of Metropolitan Detroit will pay tribute to long-time executive and development director Dr. Morton Plotnick at 11 a.m. Sunday, April 30, on the occasion of his retirement.

A brunch in Plotnick's honor will be held at the JCC's D. Dan and Betty Kahn Building, Jewish Community Campus, 6600 W. Maple, West Bloomfield.

Plotnick began his association with the JCC as a part-time employee at age 14. He later became the JCC's full-time director of Educational Services and Cultural Arts in 1985 and subsequently served as program director and assistant director. He succeeded Irwin Shaw as executive director in 1976 and became executive vice president and director of development in 1996. Although retired Plotnick retains his association as a fundraising consultant.

Under his leadership as executive director for nearly 20 years, he spearheaded many special projects, including the Janice

Charach Epstein Museum/Gallery, Edward and Shirley Rosenberg Recreation Complex and the Samantha Erin Rosen Children's Pool. In cooperation with the Jewish Federation of Metropolitan Detroit, he helped the JCC realize its most successful Capital Campaign in the agency's history. He also assisted with the development of the Holocaust Memorial Center located adjacent to the JCC's Kahn Building in West Bloomfield.

As a member of the initial cabinet of the JCC Maczobi Games, Plotnick was instrumental in catapulting the games into international prominence.

Those who wish to honor him further may contribute to the Judie and Morton Plotnick Endowment Fund, which benefits the JCC.

Cost of the brunch is \$38 per person or \$380 for a table of 10. Baby-sitting will be available.

Reservation deadline is April 18. The public is invited. Call Michelle Haarer at 681-7600.

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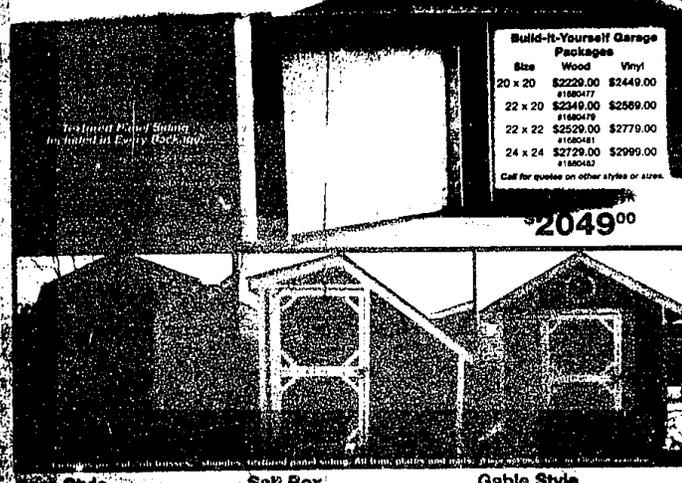
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