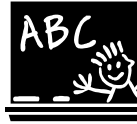




PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



September 2007

PARENTING...

- 1) The most difficult and most important job you will ever have.**
- 2) And potentially the most rewarding.**

Active Parenting

As with any job, on-going training is essential. Consider participating in a parenting program to gain new ideas and secure support from others with the same job!

1,2,3,4 PARENTS!

**Monday, September 24, 2007
6 – 9:00 p.m.
Mercy Wellness Center**

This video based program is offered **FREE** for parents of 1 – 4 year olds.

Come to hear more about...

- ♥ discipline methods that work
- ♥ how to prevent tantrums
- ♥ how to make rules you child will follow
- ♥ routines that make life easier.
- ♥ the best ways to childproof your home
- ♥ how ages and stages affect children's behaviors
- ♥ great ways to take care of yourself and more!

Participants receive a free parent handbook and gain support from other parents of young children.

Call 774-6335 to pre-register.

POSITIVE PARENTING 2 – 10 YEAR OLDS

**Mondays, Oct. 15, 22 & 29, 2007
6:30 – 9:00 p.m.
Mercy Wellness Center**

This **FREE** video based program provides parents with information to strengthen their skills in:

- ♥ positive discipline techniques
- ♥ setting limits
- ♥ effective listening
- ♥ handling anger and other challenging behaviors
- ♥ and more!

Call 774-6335 to pre-register.



"Parenthood: the art of bringing up children without putting them down."

Unknown



PARENTS AS FIRST TEACHERS

“Parents are children’s first and most influential teachers. By reading to children or having them read to us, by making sure homework is done, by monitoring television use, by knowing how children spend their time, parents can have a powerfully positive effect on their children’s learning.”

US Sec. of Education

WORDS YOUR CHILD NEEDS TO HEAR

- ♥ I’m so lucky to have you.
- ♥ You are a great helper.
- ♥ I like it when you try so hard.
- ♥ Let’s talk about it.
- ♥ I’m sorry.
- ♥ You’re very special to me.
- ♥ Thank you for being patient.
- ♥ You’re a great kid.
- ♥ I love you.

(Adapted from PAM Organizer’s Packet provided by Prevent Child Abuse America)

Thanks to District 1 Public Schools this newsletter is available online at www.williston.k12.nd.us – click on Community Resources then Parent Resource Center to view.



MORNING HASSLES GOT YOU DOWN?

Nagging, prodding, lost library books, breakfast half eaten, everyone frantically racing out the door...is this how mornings begin in your home?

With a little problem solving and advance planning, morning routines can become just the right stuff for a great day.

Establish a simple routine for each family member.

Be proactive. The night before have the children:

- ✓ Set clothes out.
- ✓ Put all school supplies, lunch money, etc. in their backpacks and set by the door.
- ✓ Check weather to decide if it will be a coat or umbrella day.
- ✓ Get to bed on time.

Insist that children do the things they are capable of doing for themselves.

Post a reminder card of morning responsibilities.

Respect each child’s waking pattern.

Keep the TV off until everyone is totally ready for the day.

(Source: Practical Parenting Education)