



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801 774-6335

April 2008



LOVE & LOGIC EARLY CHILDHOOD PARENTING MADE FUN!

Creating Happy Families and
Responsible Kids (Birth – 6)

**Thursdays, April 24 and
May 1, 2008 - 6:30 to 9 p.m.
Mercy Wellness Center**

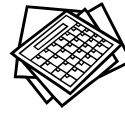
This **FREE** 2 session program is meant to provide parents of young children practical and proven tools for raising responsible, respectful and happy kids and covers:

- ♥ Handling Misbehavior
- ♥ Teaching Kids to Listen
- ♥ Avoiding Power Struggles
- ♥ How Limits Create Happier Families

Call 774-6335 to pre-register.



If you want children to keep their feet on the ground, put some responsibility on their shoulders. ~ Abigail Van Buren



MARK YOUR CALENDARS for the annual PARTNERS IN PREVENTION CONFERENCE

WHO: Parents, Educators, Child Care Providers, interested professionals and community members are encouraged to attend.

WHAT: Prevention Conference with featured speaker Michael Mann from the Institute on Family and the Media.

WHEN: **May 6, 2008** from **9 a.m. – 4 p.m.** (Registration begins at 8:30 a.m.)

WHERE:

NDSU Research Station – Ernie French Center

WHY: Come to learn more about INTERNET SAFETY and why children need to hear the word "NO" based on Dr. David Walsh's book *NO, WHY CHILDREN NEED TO HEAR IT AND WAYS PARENTS CAN SAY IT.*

There is a \$35.00 fee for the day long conference. For more information or to register call 572-8191.



BRIGHT BEGINNINGS

Understanding and Enhancing Your
Young Child's Growth & Development

This **FREE** program will continue into
April and May on the following dates:

Monday evenings,

April 7 – May 19

6:30 – 8:30 p.m.

**Williams Co. Social Service
Office - Conference Room**

Expectant parents, parents of young
children or child care providers attend
any or all to learn more about...

April 7	Physical Development
April 14	Emotional Intelligence
April 21	Social Development
April 28	Selecting Child Care
May 5	Magic of Reading
May 12	Importance of Play
May 19	Prevention for Young Children

Call 774-6335 to pre-register.

**BRIGHT BEGINNINGS was developed
by NDSU Extension Service. This
session is sponsored through a grant
from the ND Early Childhood
Comprehensive Systems.**

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

P.A.T.C.H. – Parents Advocating for Their Child's Happiness

This support group is designed to assist
family members and person's with
disabilities to find needed resources in
the community. For more information
please contact Sonya at 774-8593 ext.
114 or Melissa at 774-0692.



SLEEPLESS IN AMERICA **Is Your Child Misbehaving or Missing Sleep?**

(Excerpt from www.parentchildhelp.com)

In this her new book, Mary Sheedy
Kurcinka, sheds light on the problem
of children and sleep or more
specifically lack of sleep. It is
estimated that 60% of American
children, from infants to teens, are
too tired to behave well and are
unable to get the sleep they need.

This book will help parents:

- ✪ tell whether their child is
misbehaving or missing sleep.
- ✪ see how everyday decisions can
disrupt a child's sleep.
- ✪ stop bedtime battles and in turn
decrease daytime misbehaviors.
- ✪ get the sleep they and their
children need and deserve.

SLEEPLESS IN AMERICA is said to
be a "wake up call" for parents and
is full of information including:

- ✪ the scientific link between lack of
sleep and children's behavioral
problems.
- ✪ the interplay between parent's
sleep habits and children's sleep
and (mis)behavior.
- ✪ how everyday events and issues
leave children, even infants, too
tense to sleep.
- ✪ practical strategies and examples
to help children and their parents
get the sleep they need.
- ✪ strategies for individualizing the
tools presented to "fit" each child
and family.

The book, **SLEEPLESS IN AMERICA –
Is Your Child Misbehaving or
Missing Sleep?** is available for check
out through the Parent Resource Center
Resource Library. Call **774-6335**.



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