



# PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

**774-6335**

**January 2008**



## Spring 2008 Program Schedule

To pre-register for any of these **FREE** programs call 774-6335.

Learn about ADD/ADHD & your child!

**BUILDING BRIGHT FUTURES – Parenting Children Who Have Attention Deficits**  
Thursdays, Jan. 24, 31, and Feb. 7, 2008  
6:30 – 9:00 p.m.  
Mercy Wellness Center

**BECOMING A LOVE & LOGIC PARENT**  
Raising Responsible Children!  
Thursdays, Feb. 21, 28 and March 6, 2008  
6:30 – 9:00 p.m.  
Mercy Wellness Center

### Teen Talk

Attend one or both sessions.  
♥ **Monday, Jan. 28, 2008** - Peers, Peer Pressure & Peer Relationships and Bullying  
♥ **Monday, Feb. 4, 2008** - Teen Decision Making about Risky Behaviors  
**6:30 – 8:30 p.m.**  
**Mercy Wellness Center**

**LOVE & LOGIC - EARLY CHILDHOOD PARENTING MADE FUN! Birth to 6**  
Thursdays, April 17, 24 and May 1, 2008  
6:30 – 9:00 p.m.  
**Mercy Wellness Center**

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

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In cooperation with NDSU Extension Service, the program **PARENTS FOREVER – Education for Families in Divorce Transition** will be offered March 11, 2008 from 5 – 9:30 p.m. at the Williams County Courthouse.

There is a \$55.00 fee for this class. Call 774-6335 for more information.

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### **P.A.T.C.H. – Parents Advocating for Their Child’s Happiness**

A support group for parents of children with disabilities meets the 2<sup>nd</sup> Monday of each month from 12 – 2 p.m. at the Williston Community Library. Call Sonya at 774-8593, Ext. 114.



## **TIPS FOR A HEALTHIER NEW YEAR**

American Academy of Pediatrics, 1/07

### ***Prevent violence by setting good***

***examples.*** Demonstrate and teach displays of affection, attention, approval, and how to say 'I'm sorry' and how to ask for, give and accept forgiveness. All of these promote love, good will, self-esteem and reduce likelihood of violence, aggression, and negative, destructive words and behaviors.

Set limits for your children by letting them know what's expected, and notice when they meet your expectations. Celebrate their successes with them. Try to avoid hitting, slapping or spanking. Your children may copy you and think that it is OK to hit other people.

### ***Make sure immunizations are up to date.***

Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.

### ***Provide your child with a tobacco-free environment.***

Second-hand tobacco smoke increases ear infections, chest infections and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, your child loves you and will copy you – if you smoke, your children may grow up to be smokers too. Make your home and car smoke-free zones.

***Read to your child every day.*** Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss issues and learn what is on your child's mind.

***Practice "safety on wheels".*** Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets and other appropriate sports gear.

***Do a "childproofing" survey of your home.*** A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of

poisons, small objects, sharp edges, knives and firearms, and places to fall.

***Monitor your children's media.*** Monitor what your children see and hear on television, in movies, and in music. Talk with your children about "content." Screen out sexually exploitative Web sites, music and video. Be informed of what your children see or hear when visiting friends. If you feel that a movie or TV program is inappropriate, redirect them to more suitable programming.

***Help Kids Understand Tobacco, Alcohol, and the Media.*** Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Help direct your child toward TV shows and movies that do not glamorize the use of tobacco, alcohol and other drugs.

***Pay attention to nutrition.*** Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.

***Be involved in your child's school and your child's education.*** Visit your child's school, and find out how parents can help. Whether you become active in the parent-teacher organization or volunteer in the school, parent involvement matters. Your child will notice how important education is to you.

***Make your children feel loved and important.*** Recognize every effort and increment of 'progress' or 'improvement' they make; don't compare siblings; understand your child's behaviors and emotions; recognize 'hidden agendas' like acting up, may be a cry for attention and help; not doing homework may be a sign of distraction or learning problems.

Keep expectations for changes and goals realistic and use 'baby steps.' Celebrate their individuality and tell them what makes them special. Assure them that they are loved and safe.



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