



PARENT RESOURCE CENTER

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

 **May 2008** 



PLAN TO ATTEND...

The annual PARENTING FAIR:

Thursday, June 26th
from 2 – 7 p.m.
at the Upper Missouri
Valley Fair

This Parent Resource Center event is co-sponsored by KUMV-TV and offers **FREE** fun for the whole family! Parents can learn about locally available services and children can participate in fun activities. Watch for more information or contact 774-6335.



BRIGHT BEGINNINGS

Understanding and Enhancing Your Young Child's Growth & Development

May 5 - Reading **May 12** - Play

May 19 - Prevention for Young Children

Mondays, 6:30 – 8:30 p.m.

Williams Co. Social Service

Office - Conference Room

Call 774-6335 to pre-register.

This session is sponsored through a grant from the ND Early Childhood Comprehensive Systems.



SUPERVISION GUIDELINES

Parents are ultimately responsible for the safety, care, well being and behavior of dependent children whether they are present to personally supervise them or not. Below are the North Dakota State Dept. of Health and county guidelines:

- 0 – 4 year olds should be in view of a caregiver **AT ALL TIMES.**
- 8 year olds and younger need supervision **AT ALL TIMES** and should NOT supervise others.
- 9 year olds should not be left unsupervised for more than two hours in the daytime and **NEVER** be left unsupervised at night and should NOT supervise others.
- 10 – 11 year olds may be left alone for longer periods of time but still need supervision at night and should NOT supervise others.
- Children under 15 years old should NOT be left unattended overnight. Caution should be taken leaving 15 – 17 year olds alone overnight and an extended absence of caregivers is not recommended.
- Any child left home alone should have knowledge of where their parents are, how to reach them and what to do in case of emergency.



CHOICE = COOPERATION

Children, like adults, have a basic need for power to help them to feel like they have some control over their world. When parents offer children choices they are allowing their children to share in the control of their own lives.

Giving children a choice is a key parenting tool that engages children and promotes cooperation because children love having the privilege of choice – who doesn't! When given choices, children are less resistant and more cooperative. Plus this technique that can be used with toddlers to teens also helps develop two very important skills: decision making and problem solving. So, think about giving your children choices within these guidelines:

- * Only give two options at a time for younger children – three or four for older children.
- * Only give options that are acceptable to you so you can **follow through** and allow whatever choice the child makes.
- * For teens that should already be doing a good deal of their own decision making and problem solving, you may only have to give guidelines to help them choose an appropriate option.

For example, you could say:

- ♥ Would you like to wear the blue pants or the black pants?
- ♥ Would you rather have apple juice or orange juice?
- ♥ Would you like to go to bed now or in 15 minutes?
- ♥ Do you want to do your homework at your desk or the kitchen table?
- ♥ Would you like to finish cleaning your room now or tomorrow morning?
- ♥ Do you want to skip to bed or hop?
- ♥ Do you want to wear your coat or carry it?
- ♥ What do you want to do first, take out the trash or feed the dog?
- ♥ Will you need a ride home or can you find a safe ride?
- ♥ Will you call me to tell me where you are or will I need to call you?
- ♥ Will you be home right after the game or by your curfew?

Your child may come up with a choice of their own – be firm and repeat the choices given, a number of times if necessary, and if your child is still reluctant it means they are choosing NOT to choose and you will have to choose for them.

Give children simple choices today so that as they grow and face more complex choices they will have had plenty of practice and feel confident in their ability to make sound decisions about their own life.

Thanks to District 1 Public Schools for putting this newsletter online at www.williston.k12.nd.us – 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.



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