



# PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

**774-6335**

**DECEMBER 2008**



## **"CHECK IT OUT!"**

Parenting program participants are asked to complete an evaluation and answer the following question:

***"What would you tell another parent about this program?"*** and here's what some had to say...

- ◆ "It's useful and helps a lot."
- ◆ "Very pleased with the knowledge learned and different techniques for parenting."
- ◆ "I would recommend it to others."
- ◆ "It is well worth the time."
- ◆ "That it is fun to talk with other parents."
- ◆ "It helps you understand you are not the only family with problems."

Parenting programs are designed to strengthen parenting skills and offer new ideas and techniques for dealing with everyday parenting issues and handling the tough issues all parents face. Take advantage of the information and support – **watch for the Spring 2009 schedule in January** or call 774-6335 to find out more!! Take time to check out a parenting program for yourself!



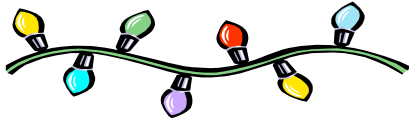
## ***Are you ready to be a parent?***

Sleepless nights? Crying baby? Increased stress?

**The Happiest Baby on the Block** class is now available for **expectant parents and parents of babies newborn to 4 months old** to learn about an extraordinary approach to calming a baby.

New parents will learn step by step how to help babies sleep longer and how to soothe even the fussiest infant in minutes...or less!

**Cost of the class is \$20.00** (financial assistance is available). Participants will receive a Happiest Baby on the Block DVD and a Soothing Sounds CD – a \$40.00 value. Classes will be held from 7-9 p.m. at the Upper Missouri District Health Unit Conference Rm., 110 W Broadway. **To find out dates or to register call Mercy Medical Center at 774-7449 or log on to [www.mercy-williston.org](http://www.mercy-williston.org).**



## **DR. DAVE'S HOLIDAY TIPS**

Dr. David Walsh, founder of the *National Institute on Media and the Family*, offers these words of wisdom for parents this busy holiday season.

1. **FAMILY GIFTS** – Give gifts that everyone in the family can enjoy like board games, family friendly video games or special outings.
2. **MAINTAIN HOLIDAY BEDTIMES OR CURFEWS** – While holiday break is a great time for kids to hang out with their friends and enjoy vacation, set limits ahead of time to avoid power struggles.
3. **MAINTAIN TRADITIONS** – While it is okay to modify plans, or negotiate with kids, don't let them convince you that family time isn't important.
4. **IT'S OKAY TO SAY "NO"** – There is a lot of pressure on parents to buy everything on kids' wish lists. This can be a huge emotional and financial burden. It's okay to pick a few gifts that your child will enjoy and draw the line there.
5. **SPEND TWICE AS MUCH TIME AND HALF AS MUCH MONEY AS YOU CAN AFFORD ON YOUR CHILDREN THIS HOLIDAY SEASON.**

For more information log on to [www.mediafamily.org](http://www.mediafamily.org) or call *National Institute on Media and the Family*, 1-888-672-5437.



## **8 GIFTS THAT DON'T COST A CENT**

But you & your loved ones will be richer for giving them away.

- The Gift of Listening.
- The Gift of Affection.
- The Gift of Laughter.
- The Gift of a Written Note.
- The Gift of a Compliment.
- The Gift of a Favor
- The Gift of Solitude.
- The Gift of a Cheerful Disposition.



## **ARE YOU PROTECTING YOUR CHILD'S HEART?**

"Most parents are very careful to protect their children from physical harm – like running into a busy street. But what about protecting their hearts? A proverb says, "Guard your heart, for it is the wellspring of life." In other words, be careful what gets into your child's heart because it's the reservoir from which everything else flows. It's amazing to me how we'll let our kids watch stuff – like sex and violence – on TV that we'd never allow to be done in our living room. So if you want good things to flow from your child's life, protect the source – their heart."

Family Minute with Mark Merrill



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.