



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



OCTOBER 2008



POSITIVE PARENTING **2 – 10 YEAR OLDS**

Mondays, Oct. 6, 13 & 20, 2008
6:30 – 9:00 p.m.

Wms. Co. Soc. Ser. /UMDHU Bldg. -
110 W Broadway

Come to learn more about:

- ♥ Discipline vs. Punishment
- ♥ Limits & Consequences
- ♥ Listening
- ♥ Anger and Challenging Behaviors



PARENTING THE **STRONG WILLED CHILD**

Thursdays, Nov. 6 & 13, 2008
6:00 – 9:00 p.m.

Wms. Co. Soc. Ser. /UMDHU Bldg. -
110 W Broadway

This **FREE** 2 session program is an opportunity for parents to share and gain a better understanding of their child's behaviors and learn effective ways to deal with them.

For more information or to pre-register for either of these FREE programs call 774-6335.



MY SPACE, YOUR SPACE, **OUT OF SPACE!**

Parents, do you need help making sense of social networking sites such as My Space or Face Book?

This **FREE** program will be held:
Monday, Nov. 3, 2008
6:30 – 8:30 p.m.
Williston Community Library

Come join other parents to hear about how kids are using the internet and just how many of them are using social networking websites, like MY SPACE, to interact with their friends, make new friends and more. You'll see actual MY SPACE pages and learn about the importance of knowing what sites children can and do visit and how to keep them safe when they do.

To pre-register or for more information call 774-6335.



LIVING WITH YOUR
10 – 15 YEAR OLD
Mondays, Nov. 17, 24 &
Dec. 1, 2008
6:30 – 9:00 p.m.
Wms. Co. Soc. Ser. /UMDHU Bldg.
110 W Broadway

**Join other parents of teens
to hear more about:**

- ◆ The changes in how young adolescents think, feel, look and act.
- ◆ How these developmental changes influence communication within the family and the importance of setting clear, appropriate limits.
- ◆ Why young people become involved in risk taking behaviors and what parents can do to minimize the risks.

Call 774-6335 to pre-register.



Along with Halloween, the October calendar is full of unusual "Holidays"!
(From www.holidayinsights.com)

OCTOBER

- 1st – Homemade Cookies Day
- 3rd – Captain Kangaroo Day
- 5th – Do Something Nice Day
- 6th – Mad Hatter Day
- 7th – World Smile Day
- 9th – Moldy Cheese Day
- 10th – National Angel Food Cake Day
- 11th – Take a Teddy Bear to Work Day
- 21st – Count Your Buttons Day
- 24th – National Bologna Day



Parents, do you have a 4 year old who will attend kindergarten next school year, 2009-10? Are you interested in preparing your 4 year old for success while learning more about child development and what you can do to help your child succeed in school?

Gearing Up for Kindergarten is a family focused kindergarten readiness program that will be held in all District 1 Elementary Schools (Hagan, Lewis & Clark, Rickard and Wilkinson) and at Trenton Elementary starting this fall.

If you have a 4 year old and would like more information on this FREE program call the Parent Resource Center. **Pre-registration is required!**



"Discipline isn't just about winning or losing. Every power struggle offers you the opportunity to connect with your child or disconnect. The relationship you will have with your child when he's an adolescent lies in the words and actions you use today. Ultimately your real power is in that emotional bond."

Mary Sheady Kurcinka



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