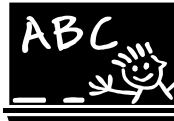




PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



September 2008

LOVE & LOGIC - EARLY CHILDHOOD PARENTING

MADE FUN! Birth to 6

Mondays, Sept. 15 & 22, 2008

6:00 – 9:00 p.m.

**Wms. Co. Soc. Ser. /UMDHU Bldg. -
110 W Broadway - Joint
Conference Room**

**Come to learn more about
creating happy families and
responsible kids and:**

- ♥ Handling misbehavior
- ♥ Teaching kids to listen
- ♥ Avoiding power struggles
- ♥ Setting limits

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### **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 - Joint  
Conference Room**

**Come to learn more about:**

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

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



### **PARENTS FOREVER™**

**Education for Families in Divorce Transition**

**Tuesday, Sept. 30, 2008**

**5:00 – 9:30 p.m.**

**Williams Co. Courthouse  
2<sup>nd</sup> Floor Conference Room**

This statewide program teaches divorcing and never-married separating parents effective co-parenting strategies to:

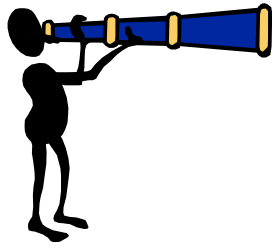
- ♥ Eliminate parental conflict in front of children
- ♥ Keep your child out of the middle of parental issues
- ♥ Provide your child access to both parents
- ♥ Put the best interest of your child first

#### ***PLEASE NOTE...***

There is a **\$55.00** fee payable to Williams County Extension Service for this 4 hour program that includes a handbook and a meal.

**To pre-register, call Williams Co. Extension Service, 577-4590. The deadline for pre-registration and pre-payment is Sept. 22, 2008.**

This program is locally sponsored by Williams Co. Extension in cooperation with the Parent Resource Center and Divide and McKenzie Co. Extension. For information on other locations this program is available call 577-4590.



**WATCH FOR THESE  
UPCOMING FREE  
PARENTING PROGRAMS...**

**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 - Joint  
Conference Room**

**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 - Joint  
Conference Room**



**MYSFACE, YOUR SPACE,  
OUT OF SPACE**

A Parent's Guide to the world of  
Internet Networking

**Monday, Nov. 3, 2008**

**6:30 – 8:30 p.m.**

**Williston Community  
Library Meeting Room**

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



**DE-STRESS  
FOR BACK TO  
SCHOOL SUCCESS!**

(Source: Practical Parent Education)

While you have no way to take stress completely out of your household, the following tips can make life more relaxing, enjoyable and emotionally healthy for your family.

- ◆ Take time daily to talk as a family. Turn off the TV!
- ◆ Post a large calendar where all family members can write down their schedules.
- ◆ Look at extracurricular activities. If children or parents show signs of too much stress, cut back.
- ◆ Set a limit on children's activities and then let them choose the ones they really want to do.
- ◆ Set reasonable expectations for yourself and other family members.
- ◆ Things don't have to be perfect! Meals can be nutritious without a lot of work. The world won't fall apart if a bed isn't made!

**Remember, children are  
only young once.  
Enjoy them while you have  
the chance!**