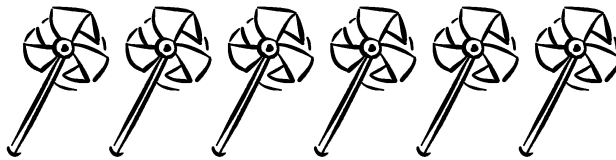




PARENT RESOURCE CENTER

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

APRIL 2009



PINWHEELS FOR PREVENTION

Turning to make a difference for every child!

Prevent Child Abuse 2009



PARENTING THE STRONG WILLED CHILD

**Mondays, April 27 & May 4, 2009
6:30 – 9:00 p.m.**

This FREE 2 session program is an opportunity for parents to share and learn techniques to better understand and handle strong willed children.



FEELING OVERWHELMED?

It's normal for parents to sometimes feel overwhelmed but what can you do? When you're feeling angry, lonely, depressed or overwhelmed think about:

- ◆ Talking to someone: a friend, health care provider or join a support group.
- ◆ Getting babysitting help and take a break; trade with another parents so you both get breaks.
- ◆ Reaching out to other parents at school, daycare or church.
- ◆ Taking a class for parents – learn new skills and get out of the house for a couple of hours.



IS EVERYBODY REALLY DOING IT?

When it comes to underage drinking and other risky behaviors, youth and parents alike may think that it's "normal", that "everybody's doing it". In conjunction with the 2009 Partners in Prevention Conference, a **FREE**, open to the public seminar will be held:

Thursday, April 23 from 7:00 – 8:30 p.m. at Williston State College (Stevens Hall - Rm. 216)

Guest speaker, Dr. H. Wesley Perkins, will present information on how a social norming approach can successfully reduce risky behaviors in a community.

"The Social Norms Approach to Health Promotion and the Prevention of Youth Risk Behavior" - Dr. Perkins will also be the featured speaker at the **2009 PARTNERS IN PREVENTION CONFERENCE** to be held **Thursday, April 23rd from 9:00 a.m. – 4:00 p.m.** For more information on registration fee and available CEUs please call 572-8191.

WAYS EVERY PARENT CAN PROMOTE A HEALTHY FAMILY WITHIN THE 5 PROTECTIVE FACTORS

(From www.childwelfare.gov/parenting)

1 NURTURING/ATTACHMENT

- ♥ Respond appropriately to your child's basic needs with empathy.
- ♥ Talk to and spend time with each child.
- ♥ Nurture children's emotional needs.
- ♥ Hug 'em, kiss 'em and tell them you love them – model affectionate behavior.
- ♥ Recognize and encourage each child's strengths.
- ♥ Keep peace at home.

2 PARENT KNOWLEDGE OF CHILD DEVELOPMENT

- ♥ Learn about what behaviors are appropriate for what ages - read a book, attend a parenting class.
- ♥ Keep your expectations age appropriate.
- ♥ Discipline appropriately and positively.
- ♥ Challenge children to try new things.
- ♥ Model appropriate behavior – children do what they see!

3 PARENTAL RESILIENCE

- ♥ Take care of yourself.
- ♥ Keep stress levels down – don't over schedule yourself or your child.
- ♥ Validate your own and your child's feelings.
- ♥ Learn and teach coping strategies – go for a walk, take a deep breath or talk to someone!

4 SOCIAL CONNECTIONS

- ♥ Reach out to others to make connections for you and your child.
- ♥ Attend a parenting class or join a support group.

5 CONCRETE SUPPORT FOR PARENTS

- ♥ Get to know your community and which agencies or businesses offer services to families for everyday or emergency needs.
- ♥ Help new families in town find the support they may need.



PINWHEELS FOR PREVENTION

Turning to make a difference for every child!

Throughout the month of April watch for the pinwheels! They represent the carefree lives we wish for all of our children and are part of the Prevent Child Abuse 2009 Campaign. Take time to think about how to support your own family as well as other area families to be the best they can be!

