



# PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

**774-6335**



## FEBRUARY 2009



### **BUILDING BRIGHT FUTURES**

#### **Parenting Attention Deficit Children**

Whether your child has a diagnosis or shows symptoms of ADD/ADHD, this program is designed to provide support, resources and parenting skills. Do you want to learn more? Attend this **FREE** program to be held:

**Thursdays, Feb. 12, 19,  
& 26, 2009**

**6:30 – 9:00 p.m.**

**110 W. Broadway**

(Wms. Co. Social Services /UMDHU  
Building)

**Call 774-6335 to pre-register.**



### **PARENTS ON BOARD**

Building Academic Success through Parent  
Involvement

**FREE** program for parents of 5 – 14  
year olds to be held:

**Monday, Feb. 23, 2009**

**6 – 9:00 p.m.**

**110 W. Broadway**

(Wms. Co. Social Services /UMDHU  
Building)

**Call 774-6335 to pre-register.**



### **BRIGHT BEGINNINGS**

This **FREE** 5 session program will be  
offered for expectant parents and  
parents or child care providers of  
children ages Birth – 8.

**Monday evenings in March**

**from 6:30 – 9 p.m. at**

**110 W. Broadway**

(Wms. Co. Social Services /UMDHU  
Building)

**March 2** Brain Development &  
Attachment

**March 9** Physical Development  
& Play

**March 16** Magic of Reading

**March 23** Prevention for Young  
Children

**March 30** Emotional Intelligence  
& Social Development

**Call 774-6335 to pre-register.**

**NEW!**

### **CIRCLE OF PARENTS**

The Parent Resource Center is  
looking to start a parent support  
group. If you are interested in more  
information about this group contact  
Deb at 774-6335.

Thanks to District 1 Public Schools this  
newsletter is online [www.williston.k12.nd.us](http://www.williston.k12.nd.us)  
– to view click on Community Resources  
then Parent Resource Center.



## **PARENTING RESOLUTIONS FOR THE NEW YEAR**

### **Evaluate parenting skills in the New Year**

By Kathleen Olson, Extension Educator, Family Relations

**January is a great time to evaluate your parenting skills and what things are going well in your children's lives and your family life.**

Do you need to learn new ways of relating to your older children, spend more time with your children, use more positive discipline methods or is what you're already doing working well?

**We all have areas in our parenting that are challenges and it is best to address our problem areas one at a time.**

**It is best to consider what changes you want to make and be realistic about how you can change.** Parents who set a specific goal, such as "I will read a bedtime story to my children at least 4 evenings a week," have a much better chance at being successful than people who set a more general goal, such as "I'm going to read more often to my children."

Many parents feel they need to discipline more calmly and positively. **Discipline will be twice as effective if you manage to do it calmly, rather than emotionally.** You as the parent lose your authority when you yell, cry or say you are, "giving up." Our children trust us and need us to be the grownups, set the rules and enforce them. Without this kind of basic parenting, children feel unsafe and do not thrive.

**One of the most powerful things you can do for your children is to set a good example.** If you are not willing or able to make changes, it isn't fair to expect your child to be flexible either.

**Remember that changes in parenting practices take time.** Some things that will help you stay on target with making positive changes include writing down your goal and listing reasons why you want to meet your goal. Tell relatives and close friends about your goals so they can offer encouragement. Congratulate yourself on your efforts and successes.

**When you set a goal and reach it, it is easier to do it again. Then, you can pick another area you want to work on and set another goal.**

*Kathleen Olson has spent her career focusing on parenting issues and believes that most issues we face in life go back to parenting. She is an Extension Educator in Family Relations for the University of Minnesota and has two children of her own.*

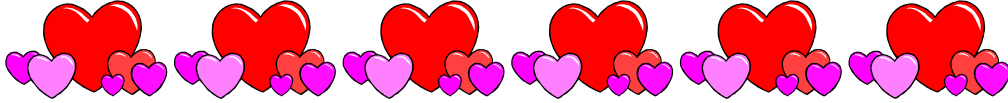
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