



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



MARCH 2009



BRIGHT BEGINNINGS

This FREE 5 session program will be offered for expectant parents, parents of children Birth – 8 or child care providers from **6:30 – 9 p.m.** at the Wms. Co. Social Service/UMDHU Bldg. - 110 W Broadway on the following Monday evenings:

March 2 Brain Development & Attachment

March 23 Prevention for Young Children

March 9 Physical Development & Play

March 30 Emotional Intelligence & Social

March 16 Magic of Reading

Development

Call 774-6335 to pre-register.

PARENTS FOREVER™

Education for Families in Divorce Transition

March 26, 2009

5 – 9:30 p.m.

McKenzie Co. Courthouse

201 5th St. NW

Watford City, ND

This Extension program has a cost of \$55.00 that includes a meal and a parent handbook. **Pre-registration and prepayment REQUIRED!** To pre-register, call the McKenzie Co. Extension at **701-444-3451**.

This program is offered through local Extension offices in cooperation with the NDSU Extension Service Parent Education Network.



POSITIVE PARENTING OF TEENS

This FREE 3 session program will be offered for parents raising children ages 12 and up on:

Thursdays, March 19, 26

and April 2, 2009

6:30 – 9:00 p.m.

Wms. Co. Social Service/UMDHU

Bldg. - 110 W Broadway

Call 774-6335 to pre-register.



It's about more than Mad, Happy, and Sad...

Feelings are a natural part of being human. Children are able to express some emotions from birth and yet anyone who works or lives with children knows that they often have trouble expressing their feelings. Teaching young children how to handle emotions is important. In fact, research shows that children who understand and learn to handle emotions form stronger friendships, can calm themselves down more quickly, do better in school, handle their moods better and have fewer negative emotions, bounce back more quickly from strong emotional events and get sick less often. Want to learn more? The Parent Resource Center has a program called **EMOTION COACHING** – call 774-6335 for more information.



6 WAYS TO HELP KIDS HANDLE ANGER

from the book ***PARENTS DO MATTER***
by Michele Borba, Ed.D.

MODEL CALMNESS

The best way to teach kids how to deal with anger constructively is by showing them through your example that your child will be sure to copy!

EXIT AND CALM DOWN

One of the toughest parts of parenting is when children address their anger towards us. Beware: anger is contagious! It's best to make a rule in your home from the start to solve problems only when you're all calm and in control.

DEVELOP A FEELING VOCABULARY

Many kids display anger because they simply don't know how to express their frustrations any other way. To help him express his anger, create a feeling word list/poster listing all the words you both can think of that can be used to describe and label emotions. Add new emotion words as they come up.

CREATE A CALM DOWN POSTER

Many kids aren't aware that there are many ways to calm down when they first get angry so they keep getting in trouble because the only behavior they know to express anger is inappropriate. So, talk with your child about "replacer" behaviors – other "calm down" techniques you can encourage him to use to each time he starts to get angry. Make a poster of these techniques as a reminder.

DEVELOP AN AWARENESS OF EARLY WARNING SIGNS

Explain to your child that we all have little signs that warn us when we're getting angry – they are our warning signs. Help your children recognize what signs they have and encourage to learn to recognize them telling them that being aware of these warning signs can help them keep out of trouble. The more we help our kids recognize the early warning signs when their anger is first triggered, the better they will be able to calm themselves down. Because anger can

escalate very quickly, waiting until a child is already angry is usually too late. Concentrating on catching anger before it goes too far is when anger management strategies are most effective.

TEACH ANGER CONTROL STRATEGIES

One example of an effective strategy for helping kids calm down is called the "3+10". This formula can be posted around the house as a reminder and then tell your child how to use the formula: "As soon as you feel your body sending you a warning sign that says you're losing control, do two things. First, take 3 deep slow breathes from your tummy. That's 3. Now count slowly to 10 inside your head. That's 10. And it helps you calm down."

FINAL THOUGHTS

Teaching your children a new way to deal with their anger constructively is not easy especially if they have only practiced aggressive ways to deal with their frustrations. Research tells us learning new behaviors takes a minimum of 21 days of repetition. Choose one skill your child needs to be more successful and emphasize the same skill a few minutes every day for at least 21 days. By doing this, it is possible that your child will really learn the new skill because he's practicing the same technique over and over and that's the most effective way to learn any new skill. It's also the best way to lessen the possibility of violence and help our kids lead more successful, peaceful lives!

Thanks to District 1 Public Schools this newsletter is available online at www.williston.k12.nd.us – to view click on Community Resources then Parent Resource Center.

NEW!

CIRCLE OF PARENTS

The Parent Resource Center may be looking to start a parent led support group. If interested in more information call 774-6335.



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