



PARENT RESOURCE CENTER

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

May 2009



See you at the Fair!



U R FAMILY – CONNECT :-)

Maintaining a close connection with your child (even if it means learning how to send a text message!!) keeps the lines of communication open at any age. The theme for 2009 Parenting Fair encourages families to stay connected anyway they can!

The **2009 PARENTING FAIR** will be held **Thursday, June 25th from 1 – 6 p.m. during the Upper Missouri Valley Fair.**

The Parent Resource Center holds this annual event along with KUMV-TV and it's co-sponsors as a **FREE** fun filled afternoon for the entire family! Booths offer children's activities, door prizes and information on a variety of services available to area families.



STAYING HOME ALONE

According to the **ND Supervision Guidelines**, "*the ultimate responsibility for the safety, care, well-being and behavior of dependent children remains with the parent, whether they are present to personally supervise them or not*".

Before making the decision to allow a child to remain home alone, parents need to consider their child's level of maturity, temperament, ability to solve problems and seek outside help, emotional comfort level when alone, ability to follow rules and use time productively without direct supervision and knowledge about and preparedness to handle emergency situations.

Parents also have to think about the length and time of day a child will be alone, how accessible they or other responsible adults will be to the child and if there are other children present or to be supervised.

NORTH DAKOTA SUPERVISION GUIDELINES

- ◆ All children under the age of 4 should be in view of their caregiver at all times while outside the home. Inside the home, the caregiver should be available and able to respond to the children to provide immediate care and protection from harm.
- ◆ Children 8 years and under should be supervised at all times with a caregiver available. An 8 year old should not be left in charge of other children.
- ◆ Children who are 9 years old should not be left unsupervised for periods greater than two hours during the daytime. A child of this age should not be unsupervised during sleeping hours. Children this age should not be responsible for younger children.
- ◆ Children who are 12 years and older may be permitted to act as babysitters. It is recommended that they complete an approved child care training course.
- ◆ Children under 15 years of age should not be left unattended overnight. Caution should be taken in leaving 15-17 year olds alone overnight. Extended absences of caregivers (such as over a weekend) are not recommended.

PARENTS FOREVER

This divorce education program is meant to help parents understand and minimize the effects divorce has on children of all ages.

**Thursday, May 28, 2009
5:00-9:30 p.m.**

Williams Co. Courthouse

The **\$55.00** fee includes a meal and a parent handbook. **Pre-registration and pre-payment are required by Tuesday May 26, 2009.** To pre-register for this Williams Co. Extension Service program call **577-4590.**



TODDLERS & WADDLERS

NORMAL TODDLERS WILL:

- ♥ Love to say NO! Mine! Do it myself!
- ♥ Test rules over and over to see how you react.
- ♥ Are not ready to share.
- ♥ Need lots of play and explore.
- ♥ Respond well to a routine for sleeping and eating.
- ♥ Like to imitate and "help" mom and dad.

PREVENT TANTRUMS

- ♥ Re-direct your child's attention.
- ♥ Offer choices when appropriate.
- ♥ Stick to a daily routine that balances fun and rest.
- ♥ Anticipate disappointment and be ready to offer an alternative.
- ♥ Praise your child when he or she shows self control.

HANDLE TANTRUMS

- ♥ Say what you expect from the child.
- ♥ Remain calm. You are the role model.
- ♥ Hold your child during a tantrum to make them feel more secure.
- ♥ Take them to a quiet place; speak softly.
- ♥ Try ignoring the tantrum, but pay attention to the child after he calms down.
- ♥ Resist overreacting and try to keep your sense of humor.

ALWAYS REMAIN CALM AND WAIT OUT THE TANTRUM. DO NOT LET YOUR CHILD'S BEHAVIOR CAUSE YOU TO LOSE CONTROL TOO.

Adapted from Toddler-Child Development – Administration for Children and Families Prevent Child Abuse North Dakota



ARE YOU READY TO BE A PARENT?

Sleepless nights, crying baby, increased stress. Learn an extraordinary approach to calm your baby at the HAPPIEST BABY ON THE BLOCK class. New parents will learn how to help baby sleep longer and how to soothe even the fussiest infant in minutes...or less! Offered through Mercy Medical Center's BUILDING HEALTHY FAMILIES program, this class is designed for parents and their babies from birth to 4 months of age. Cost of the class is \$20.00 (financial assistance is available) and includes a HAPPIEST BABY ON THE BLOCK DVD and Soothing Sounds CD – a \$40.00 value. *Classes will be held from 7 – 9 p.m. at the Upper Missouri District Health Unit-110 West Broadway. To find out dates or to register call Mercy Medical Center at 774-7449 or log on to www.mercy-williston.org.*



INFANT MASSAGE

Learning infant massage techniques benefits both babies and their parents. It begins a loving, intimate communication between parent and baby while providing a nurturing bonding experience. Infant massage helps babies sleep better, reduces gas, stimulates growth and development and decreases stress. Offered through Mercy Medical Center's BUILDING HEALTHY FAMILIES program, this class is designed for parents and their babies from birth to 1 year of age. *These classes will be held at the Upper Missouri District Health Unit-110 West Broadway. To find out dates or to register call Mercy Medical Center at 774-7449 or log on to www.mercy-williston.org*



PARENT RESOURCE CENTER

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

May 2009



See you at the Fair!



U R FAMILY – CONNECT :-)

Maintaining a close connection with your child (even if it means learning how to send a text message!!) keeps the lines of communication open at any age. The theme for 2009 Parenting Fair encourages families to stay connected anyway they can!

The **2009 PARENTING FAIR** will be held **Thursday, June 25th from 1 – 6 p.m. during the Upper Missouri Valley Fair.**

The Parent Resource Center holds this annual event along with KUMV-TV and it's co-sponsors as a **FREE** fun filled afternoon for the entire family! Booths offer children's activities, door prizes and information on a variety of services available to area families.

