



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801 572-5863

NOVEMBER 2006



TEEN TALK

A new program to provide parents insight into the sometimes "puzzling" world of their teens!

- 1) **Teen Decision Making About Risky Behaviors**
Tuesday, Nov. 14, 2006
7 – 8:30 p.m.
- 2) **Peers, Peer Pressure and Peer Relationships**
Tuesday, Nov. 21, 2006
7 – 8:30 p.m.
- 3) **Bullying: A Big Problem with Big Consequences**
Tuesday, Nov. 28, 2006
7 – 8:30 p.m.

All sessions will be held at Williston Middle School Library.

Sign up for any or all of the 3 FREE sessions to learn more about these important topics and gain support from others parenting teens.

Call **572-5863** for more information or to pre-register.



Parents have **157,680 hours** to prepare a child for adulthood.

Investing time in a parenting program may make that time more enjoyable!! **TAKE TIME!!!**



BUILDING BRIGHT FUTURES

Parenting Children Who Have Attention Deficits

Mondays, Dec. 4, 11 & 18, 2006
6:30 – 9:00 p.m.
Mercy Wellness Center

A **FREE** 3 week program designed to empower parents of children with ADD/ADHD by offering support, resources and concrete parenting skills to strengthen their understanding of their children's behaviors and help them develop a more positive, hopeful attitude towards their children.

Call **572-5863** for more information or to pre-register.



"Role modeling is the most basic responsibility of parents. Parents are handing life scripts to their children, scripts that in all likelihood will be acted out for the rest of the children's lives."

Stephen R. Covey



FAMILIES NEED TO TALK

(From TAKE A BREAK...WITH YOUR KIDS
Ohio Cooperative Extension Service)

Strong families don't just happen. It takes special effort. One trait of a strong family is that the family members spend time talking to each other.

Every parent is busy. Time is precious. But remember that the happy times spent with your family today will become the happy memories of tomorrow. Two-parent, as well as single-parent families can grow stronger by talking together. Take some time to get to know your family members better. Share yourselves with each other; your feelings, thoughts, dreams and fears.

Need an idea to start a family discussion? Try one of these sentence starters that can be used with children or adults.

- ♥ "My biggest goof last year was...and/or one really good thing that happened to me last year was..."
- ♥ "If I were the parent in this family..."
- ♥ "If I were the child in this family..."
- ♥ "Our family is really good at..."
- ♥ "If I could have my favorite meal it would be..."
- ♥ "One thing I like about each person in my family is..."

**The only cost is your time –
the reward is a stronger
family.**

INFORMATION IS POWER!

Support Group

7 p.m. - Tuesday, Nov. 7th
212 2nd St. W - Williston

Join with other parents of children with disabilities. For more information call Sonya - 774-8593.



KIDS ONLINE

(Adapted from www.wiredkids.org)

What Are the Online Risks?

Bullies	Violence	Hate
Predators	Spam	Gambling
Pornography	Misinformation	Addiction

How parents can support and protect their children online:

- Become familiar with how your child is using the internet.
- Keep the computer in a common, visible area in your home.
- Monitor and supervise your child's internet use.
- Educate your child about the risks online.
- Teach your child to be respectful when online.
- Limit the amount of time spent online.
- Encourage face-to-face friendships.

SOCIAL NETWORKING WEBSITES CAN BE A POSITIVE FOR TEENS

(Adapted from an article by Colleen Gengler)

Many parents of teens still don't know much about social networking sites such as MySpace. Friends are everything to teens, and the internet is another place to hang out, says Colleen Gengler, family relations educator with the University of Minnesota Extension Service. She says, "It's a natural step for teens to use the internet to connect to friends they already know – and to make new friends. But social networking websites do pose risks and unintended consequences. Safety is first and foremost, and both parents and teens need to be concerned."

"Creation of a personal web page can be a very creative outlet for a teen," said Gengler. Frequent entries into an online blog can give teens practice in writing and expressing their opinions, according to Gengler.