

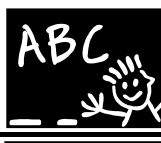


# PARENT RESOURCE CENTER

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



## OCTOBER 2006



### **YOU CAN HELP YOUR CHILD SUCCEED!!**

**PARENTS ON BOARD**  
**Thursday, Oct. 12, 2006**  
**6 – 9:00 p.m.**  
**Mercy Wellness Center**

This **FREE** program includes a parent handbook and provides parents with specific skills to build their child's academic success. In this one night program parents will hear more about:

- learning styles.
- becoming a "homework coach".
- effective ways to work with schools.
- the importance of being involved.
- encouraging and motivating students.
- AND MORE!

Call **572-5863** to pre-register!



### **RAISING RESPONSIBLE KIDS with LOVE & LOGIC**

**BECOMING A LOVE & LOGIC PARENT**  
**Mondays, Oct. 16, 23, 30**  
**and Nov. 6, 2006 6:30–9:00 p.m.**  
**Mercy Wellness Center**

This **FREE** 4 session program offers parents information and skills to increase responsibility in children of any age. The program...

- uses humor, hope and empathy to build the parent/child relationship.
- emphasizes respect and dignity for both parents and children.
- provides real limits in a loving way.
- teaches consequences and healthy decision making.

Call **572-5863** to pre-register!

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### **DID YOU KNOW?**

Parenting programs or presentations on specific topics can be brought to your school, church, business or anywhere parents gather? To find out more contact the Parent Resource Center at **572-5863** or [prc@nd.gov](mailto:prc@nd.gov).

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### **POSITIVE PARENTING 2 – 10 Year Olds**

**Thursdays, Oct. 26, Nov. 2 & 9, 2006 6:30 – 9:00 p.m.**  
**Mercy Wellness Center**

This **FREE** program provides parents information to strengthen their skills in:

- \* Positive Discipline      \* Setting Limits      \* Effective Listening
- \* Handling Anger and other Challenging Behaviors      \* AND MORE!

Call **572-5863** to pre-register.



## 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.**

**PLEASE NOTE: Location to be announced.**

Take time to attend to help "put the pieces together"! Parents are encouraged to **sign up for any or all** of the 3 sessions to increase their knowledge about these important topics and gain support from other parents of teens.

Call **572-5863** to pre-register!



The Parent Resource Center monthly newsletter is now available online at the District #1 School website – <http://www.williston.k12.nd.us.community/parent/index/htm>.

## **YOUR INVOLVEMENT IS VERY IMPORTANT TO YOUR CHILD...**

**There are several ways in which you can help:** (taken from the NEA website)

- Send your children to school each day, well-rested, fed and with a positive outlook.
- Take an active interest in your children's schooling. Ask specific questions about what happens at school each day and how your children feel about it.
- Try not to let any of your own negative experiences keep you from supporting and encouraging your children's learning. Let them know how much you care about education by continuing your own learning both informally and formally, to impress its importance upon them.
- If possible, set up a quiet, comfortable study area with good lighting and the school supplies that your children need. This can be almost anywhere in your home; you don't need a special room.
- Set a family "quiet time" where you and your children can work together on homework, reading, letter writing and playing games.
- Allow your children to study in the way each of them learns best. For example, some children work best when they're lying on the floor with background music playing.
- Make homework a daily activity and help your children develop good homework habits.

Are you raising a child who has symptoms of or a diagnosis of ADD/ADHD? Watch for the parenting program **BUILDING BRIGHT FUTURES** coming this December. Your opportunity to learn more about ADD/ADHD, your child and meet other parents dealing with similar challenges!

### **INFORMATION IS POWER!**

Join other parents of children with disabilities at 7 p.m. the first Tuesday of each month at 212 2<sup>nd</sup> St. W, Williston. Cheryl Saemon from Williston Head Start will be the speaker at the October 3<sup>rd</sup> meeting. For more information call Sonya - 774-8593.



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