



PARENT RESOURCE CENTER

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

APRIL 2007

EFFECTIVE IMMEDIATELY...

*the PARENT RESOURCE CENTER has a new phone number – **774-6335**



ACTIVE PARENTING

NOW of 5 – 12 Year Olds

**Mondays, April 16, 23 & 30,
2007**

6:30 – 9:00 p.m.

Mercy Wellness Center

This FREE video based program provides parents with support and information to learn ways to:

- ◆ use positive discipline techniques
- ◆ improve communication
- ◆ teach responsibility and other important values
- ◆ handle everyday issues and cope with difficult topics such as alcohol, drugs, violence and sex
- ◆ defuse power struggles
- ◆ stimulate independence
- ◆ encourage children

For more information or to pre-register call 774-6335.



"MYSPACE, YOUR SPACE, OUT OF SPACE!"

**Thursday, April 26, 2007
6:30 – 8:00 p.m.**

Mercy Wellness Center

Parents, ever heard of the website **MYSPACE**? Does your child have a **MYSPACE** page? Internet experts agree that it is very important that parents be aware of how their children use the internet.

This presentation will increase your understanding of **MYSPACE**, other internet social networking websites and how children are using these sites.

For more information or to pre-register call 774-6335.

BROWN BAG BYTES ARE BACK!

Join us one day each month from **Noon–1 p.m.** at **WSC Stevens Hall Green Rm**

Bring your lunch & a friend to share & learn more about parenting topics:

TUESDAY, March 27 – My Brother Bit Me! Parenting Siblings

MONDAY, April 23 – Disciplining Without Screaming or Scolding (note date change)

TURNING CHOICES

Create routines for your family around homework, bedtime and meal times.

Hitting doesn't work as well as talking. Discipline rather than punish.

Omit violent and inappropriate movies and TV shows from your home.

Involve your family & children in community functions and charitable activities.

Computers should be located in a central location visible by parents.

Eat meals together as a family at least once a day.

Say "I love you" everyday.

INTO CHANGE

Children should have regular medical visits, starting before they are born.

Hug and praise your child when they are good.

Avoid illegal drugs and excessive use of alcohol.

Never leave your children under the care of people you don't know & trust.

Give your family a wide variety of healthful foods to promote good nutrition.

Exercise as a family regularly. Play is a great way to do it together!

(April is Child Abuse Prevention Month – taken from Prevent Child Abuse North Dakota)



WORDS YOUR CHILD NEEDS TO HEAR

- ♥ I'm so lucky to have you.
- ♥ You are a great helper.
- ♥ I like it when you try so hard.
- ♥ Let's talk about it.
- ♥ I'm sorry.
- ♥ You're special to me.
- ♥ Thank you for being patient.
- ♥ You're a great kid.
- ♥ I love you.

10 TASKS OF ADOLESCENCE

From RAISING TEENS by A. Rae Simpson

1. Adjust to sexually maturing bodies and feelings.
2. Develop and apply abstract thinking skills.
3. Develop and apply a more complex level of perspective taking.
4. Develop and apply new coping skills in areas such as decision making, problem solving and conflict resolution.
5. Identify meaningful moral standards, values and beliefs systems.
6. Understand and express more complex emotional experiences.
7. Form friendships that are mutually close and supportive.
8. Establish key aspects of identity.
9. Meet the demands of increasingly mature roles and responsibilities.
10. Renegotiate relationships with adults in parenting roles.



LISTEN TO ME...

When I ask you to listen to me and you start giving advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't be feeling that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.

Listen! All I asked was that you listen; not talk or do – just hear me.

Author Unknown



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