



PARENT RESOURCE CENTER

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

JANUARY 2007



FREE SPRING 2007 Parenting Programs

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

1,2,3,4, PARENTS!

Parenting 1 – 4 Year Olds
Monday, Jan. 22, 2007
6:00 – 9:00 p.m.
Mercy Wellness Center

HOW TO TALK SO KIDS (of any age) WILL LISTEN...

Thursdays, Feb. 15, 22
& March 1, 2007
6:30 – 9:00 p.m.
Mercy Wellness Center

HELP YOUR CHILD SUCCEED IN SCHOOL!

PARENTS ON BOARD

Building Academic Success through
Parental Involvement
Tuesday, Feb. 20, 2007
6:00 – 9:00 p.m.
Mercy Wellness Center

BECOMING A LOVE & LOGIC PARENT

Raising Responsible Children!
Mondays, Feb. 26,
March 5 & 12, 2007
6:30 – 9:00 p.m.
Mercy Wellness Center

POSITIVE PARENTING OF TEENS

10 to 15 Year Olds
Thursdays, March 15,
22 & 29, 2007
6:30 – 9:00 p.m.
Mercy Wellness Center

ACTIVE PARENTING NOW!

2 to 12 Year Olds
Mondays, April 16,
23 & 30, 2007
6:30 – 9:00 p.m.
Mercy Wellness Center

HOME AND ON YOUR OWN IS MY CHILD READY?

Parents and Children (10 and up)
Thursdays, May 3, 2007
6:30 – 8:00 p.m.
Mercy Wellness Center

1,2,3,4, PARENTS!

Parenting 1 – 4 Year Olds
Monday, May 21, 2007
6:00 – 9:00 p.m.
Mercy Wellness Center

BROWN BAG BYTES ARE BACK!

Join us the last Tuesday of the month
from Noon – 1 p.m. at WSC Stevens Hall Green Room

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

Jan. 30 - Testing the Limits – Positive Discipline Techniques

Feb. 27 – Does Your Child Rule the House?

March 27 – My Brother Bit Me! Parenting Siblings

April 24 – Disciplining Without Screaming or Scolding



HELPING YOUR CHILD WITH ENDINGS & NEW BEGINNINGS

(Taken from Parents As Teachers National Center handouts)

Children rely heavily on routine and when that routine must change, it can be stressful. Transitions into a new life stage, saying goodbye to friends, moving, and even redecorating their room can be very difficult for some children to understand.

Here are some suggestions when dealing with these kinds of situations:

- Try to keep change to a minimum. If one thing must change, try to keep all other routines in tact.
- Share your feelings and let your child share their feelings. Do not minimize their feelings, rather show your child that her feelings are important.
- Do fun activities to relieve yours and your child's stress. Take a walk, plan a trip to your child's favorite restaurant, or play a favorite game. Use these activities in addition to talking about your feelings.
- Make sure you and your child get lots of sleep.
- Keep a sense of humor. Laughing can be great medicine!

The Parent Resource Center monthly newsletter can be found on the Williston School website, www.williston.k12.nd.us. Click on "Community Resources" then "Parent Resource Center" to view.

Information is Power!

A Support Group for those raising children with disabilities meets the first Tuesday of each month. For more information call Sonya - 774-8593.



TALKING WITH A CHILD WHO HAS BEEN BULLIED

• Help your child be self-confident.

Help them to practice what to say to the bullies to be prepared the next time. Teach them to tell bullies that their actions won't be tolerated. However, some bullies feed on responses, so your child should assert himself just once. If it doesn't work, tell your child to do something else so that the bullying doesn't escalate.

- Don't encourage your child to fight the bully.
- Tell your child it is not her fault and that they did the right thing by telling you.

• Ask your child what they think should be done.

What has she tried? What worked and what didn't? Make it clear that they should never be ashamed to ask for help. Encourage your child to report the bullying to her teachers, guidance counselors, or other responsible adults.

• Teach your child to avoid situations when necessary.

Tell them to avoid the bullies by taking different routes to and from school. Since it may only delay the bullying attempts, this approach should not be looked at as a long-term solution. Instead, it should be looked at in terms of safety--a way to avoid immediate harm.

If your child becomes withdrawn, depressed, or reluctant to go to school, or if you see a decline in performance, consultation with or intervention by a school counselor or guidance office, for example, may be needed. A child and adolescent psychiatrist or other mental health professional can help you, your child, other family members and school officials develop a plan to deal with the bullying. Seeking professional assistance early can lessen the risk of lasting emotional scars for your child.

(Excerpt from MONTGUIDE Fact Sheet #200307 – 2003 MSU Extension Service)



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