



PARENT RESOURCE CENTER

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

MARCH 2007



POSITIVE PARENTING OF TEENS

This FREE video based program for those parenting teens is meant to strengthen existing parenting skills and provide information and support in important areas that effect teen-parent relationships including:

- ◆ **PERCEPTION** – the effects of misperceptions and self-fulfilling prophecies
- ◆ **DEVELOPMENT** – normal physical, emotional, intellectual & social changes
- ◆ **COMMUNICATION** – with an emphasis on listening
- ◆ **CONFLICT** – managing conflict
- ◆ **DISCIPLINE** – appropriate guidance and control and the effect of parenting styles on discipline
- ◆ **TEEN DECISION MAKING** – how to develop capable, responsible decision making
- ◆ **FRIENDSHIPS & PEER INFLUENCES** - understanding these influences

For more information or to pre-register call 572-5863.

ACTIVE PARENTING NOW Parenting 5 – 12 Year Olds

Make your bed, I mean it! NO! Go to sleep! Stop teasing your brother! Did you clean your room? Maybe later. Not now! Have you done your homework? Pick that up. NO! Over my dead body!
DO THESE SOUND FAMILIAR?!?

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 572-5863.

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.

BROWN BAG BYTES ARE BACK!

Join us one day each 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:

TUESDAY, Feb. 27 – Does Your Child Rule the House? (meet in Alumni Room)

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

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



READ ANY GOOD BOOKS LATELY?

The Parent Resource Center recommends...

NO: Why Kids – of All Ages - Need to Hear it and Ways Parents Can Say It by Dr. David Walsh

In this his new book, Dr. David Walsh, author of Why Do They Act That Way – A Guide to the Adolescent Brain, talks about a disturbing trend in our kids: "I see a generation with high expectations that good things will quickly come their way". But where do our kids learn this? Dr. Walsh believes that "whoever tells the stories defines the culture" and "for today's kids the dominant storytellers have become the TV, video games and computer screens".

According to Dr. Walsh, the story the media is teaching our kids can be summed up in just four words: "MORE, EASY, FAST and FUN...engulfing our kids in a new epidemic – DDD or Discipline Deficit Disorder which results in kids who are disrespectful, impatient, need instant gratification, have inflated expectations, a sense of entitlement and out-of-control consumerism." Sound familiar?

Because of this kids aren't learning the necessary art of self-discipline. The book goes on to cite research that states an important fact: "self-discipline is twice as strong a predictor of school success as is intelligence" and Dr. Walsh says that "unless we rebuild this crucial trait in our children they will be ill equipped to compete in the global market place."

Dr. Walsh gives parents, of any age child, practical information and goes on "to explain how families can learn to say no to the harmful effects of the media and yes to a promising, healthy future". His easy to read writing style and researched based information helps parents to learn an important lesson – "No isn't just a word. It's a parenting strategy. By saying **No** when we need to, we help children learn the skill of self-discipline".

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Want to read more? Call the Parent Resource Center, 572-5863, to check out Dr. Walsh's new book.

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The annual **Partners in Prevention Conference** will be held **Thursday, April 19th from 8:30 – 4 p.m. at the Ernie French Center.** Watch for details next month or call 572-8191.

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.



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