



# PARENT RESOURCE CENTER

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

## FEBRUARY 2007



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

Thursdays, Feb. 15, 22 and March 1, 2007

6:30 – 9 p.m. at Mercy Wellness Center

Communication is the foundation of successful parenting but it isn't always easy.

This **FREE** program will help adults learn skills proven to be effective when communicating with kids. Call **572-5863** to pre-register.



### HELP YOUR CHILD SUCCEED IN SCHOOL!!

#### PARENTS ON BOARD

Tuesday, Feb. 20, 2007

6 – 9:00 p.m.

#### **Mercy Wellness Center**

This **FREE** program includes a parent handbook and provides specific skills to build children's academic success.

Come to 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!

### BECOMING A LOVE & LOGIC PARENT RAISING RESPONSIBLE KIDS

Mondays, Feb. 26,  
March 5 and 12, 2007

6:30–9:00 p.m.

#### **Mercy Wellness Center**

This **FREE** 3 session program offers parents information and skills to increase responsibility in children and...

- 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!

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

### ***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**



## CHILDREN NEED...

- ♥ **LOVE.** Your child needs to be loved "as is". Children need love whether they are right or wrong, happy or sad, pretty or plain.
- ♥ **ACCEPTANCE.** Never reject a child because of poor behavior. Behavior may not always be acceptable; the child must always be accepted.
- ♥ **RESPECT.** Treat your child as a valued human being. Let your child make choices. Have confidence in your child's abilities.
- ♥ **HONESTY.** Children need to know they can trust people. Lies, half-truths, and deceptions confuse a child.
- ♥ **FAIRNESS.** Your child needs to know the rules for good behavior and that you will enforce the rules fairly.
- ♥ **UNDERSTANDING.** A child has the right to be understood. Listen to your child. If you don't listen and learn, you can never understand.
- ♥ **PATIENCE.** Parents can easily expect too much. Children need to be taught and told and shown again and again. When they are hurried and pressured, they often do less than they are able to do.
- ♥ **CONSISTENCY.** Adult behaviors should be consistent – the same today and tomorrow.
- ♥ **TIME.** Your child needs your attention and companionship. Take time to listen, learn, teach, play, read, watch. If you don't, who will?
- ♥ **EMPATHY.** Try to feel what the child feels, see things as the child sees them, and understand things as the child understands them.
- ♥ **FLEXIBILITY.** As your child grows and changes, the way you guide your child should change, too. Grow with your child; adjust attitudes, rules and discipline.

Excerpt from Information Sheet 1459  
Mississippi State University Extension



## TIPS FOR DEALING WITH SIBLING RIVALRY

(Ohio State University Extension Service)

Do you ever feel like your home is a battleground? Have you found yourself reaching for your referee's whistle lately? Does the phrase, "She started it!" ring a bell? If so, you are facing one of the frustrating tasks of parenting: that of keeping peace between kids. It's hard to know when to ignore sibling fighting and when to try to stop it. It's best to ignore as many conflicts as possible. Here are some suggestions:

- ◆ Don't try to solve every dispute for them. Kids won't learn to work out their differences if you do.
- ◆ Avoid comparing kids to one another. This sets them up to compete, and in turn, to fight more often.
- ◆ Realize it isn't natural or easy for kids to share. It is a skill that is learned slowly, over time.
- ◆ Ask yourself - are the children fighting because they are competing for my attention? Spend a few moments every day alone with each child. Let them know they are special and that you notice their individual likes and dislikes.
- ◆ Ensure each child's own space. If two share a room make a definite territorial division.
- ◆ Enjoy the giggles you hear when they have fun together. It will help you through the tough times.



***"Each day of our lives  
we make deposits in the  
memory bank of our children."***

Charles R. Swindoll

