

West Dakota Parent & Family Resource Center SOUTHWEST SESSIONS

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Parents Talking To Parents

Sharing parenting ideas. Sharing parenting support.

"Catch 'em Being Good"

What we focus on we get more of!! Join the discussion and find ways to catch your child being good. Put your attention to work.

Thursday, April 22, 2010

6:30–7:30 PM

Hettinger Lutheran Church

Free childcare provided.

Call Pat at 567-2598 by April 21 to arrange for childcare.

A collaboration of ND Dept. of Human Services-Children & Family Services and West Dakota Parent & Family Resource Center

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Lunchtime Session for Parents

Handling Children's Misbehavior without Breaking a Sweat

Keep your cool when your kids argue and whine. Avoid those power struggles with kids of any age. Bring your lunch and join the discussion. Have your lunch and learn how to discipline kids without losing their love or respect.

Where: Bowman Public Library

When: Wednesday, April 14th

12:05 pm to 12:50 pm

For more information and to register Call West Dakota Parent & Family Resource Center toll free at 1-877-264-1142 or Bowman County Extension at 523-5271, e-mail debra.theurer@ndsu.edu

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Becoming a Love and Logic Parent

We can let our kids discover what the real world is like with easy-to-use Love & Logic strategies

- * Do you have a hard time getting your kids up and off to school in the morning?
- * How do you stop the bickering and fighting?
- * Is it a CHORE to get your kids to do their chores?
- * Do you wish your kids would act more responsibly?
- * Does the whining and arguing hurt your ears?
- * Put a LAUGH back into your parenting.
- * **CHILDCARE PROVIDED**

Where: Mott-Regent Public School

When: Mondays, April 5, 12, 19, 26

Time: 6:30-8:00 PM

Continuation of Love & Logic

West Dakota Parent & Family Resource Center
@ 456-0007 or Toll free 1-877-264-1142
or e-mail: debra.theurer@ndsu.edu
A collaborative effort of Department of Human Services—
Child Abuse Prevention and NDSU Extension Service

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GET SET!

4-H is offering afterschool activities at Dickinson-Heart River, Beach, Mott-Regent, and Killdeer

Is your child SET for the future? Twice a month, your child can participate in hands-on activities to help them become Set (Science, Engineering, and Technology) ready!

May brings photography and videography

4-H SET will also be **hosting day camps** at the four sites during the summer.

Materials are provided, however snacks and transportation are not.

Contact Sam at Stark/Billings Extension office
456-7665.

April is Child Abuse Prevention Month



Shopping with Your Children

Anyone who has shopped at a grocery store or mall with children, especially young children, knows that the experience can be trying, and sometimes, stressful! Here are some tips that may prove useful on your next shopping trip:

Before You Go...

- ♥ How is everyone feeling? Is your child too tired or hungry to shop? Are YOU? It's best to go when you are rested, don't wait until the end of a tiring day.
- ♥ Establish shopping rules. Have a talk with your child before you go shopping. Let your child know that it is a special outing to go shopping with you. You can go shopping and have fun, as long as everyone understands the shopping rules.
- ♥ One last thing: wear comfortable shoes and clothes (you and your child).

At the Store...

- ♥ Give your child some choices. "Do you want red apples or green apples?"
- ♥ Give your child a responsibility. "Can you help me pick out the hardest apples?" Or let your child steer the cart.
- ♥ Never leave your child unattended in a shopping cart!
- ♥ Reinforce good behavior. Say things like, "You are being so helpful! Talk and play with your child. A hug can be reassuring and say more than words sometimes!"

From www.preventchildabuse.org