

West Dakota Parent & Family Resource Center
SOUTHWEST SESSIONS

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**Love and Logic Magic
 for Early Childhood**—continuation
 Parenting Children 2-10 Years

Where: Lincoln Elementary— Beach
When: Thursdays, February 3, 10, 17, 2011
Time: Supper- 6:00—6:30 PM
 Session— 6:30—8:00 PM

Must register for series by January 18th.

Call 456-0007 or toll free @ 1-877-264-1142
 or email debra.theurer@ndsu.edu to register.

Presented by West Dakota Parent & Family
 Resource Center. Funded by Golden Valley County.

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**"Your Teen's Digital Neighborhood"—
 Session for Parents**

More than 93% of teens are connected to technology today. It obviously plays a big part in the lives of our teenagers. Technology keeps teen in touch with friends. It makes them feel like they are part of a group and serves as an outlet for creative expression. However, misuse of social networking, texting and sexting have potential downsides and possible lifelong consequences. Join this discussion for parents and caregivers to build awareness of benefits and challenges and ways to foster dialogue among adults and teens to stay safe in the Digital Neighborhood.

2 sessions to choose from:

When: Wednesday, February 16, 2011
Time: 12:05—12:50 PM; Bowman Public Library
 OR 6:30—8:00 PM; Bowman County
 Courthouse, Dakota Room

For more information and to register call
 toll free 1-877-264-1142 or email
debra.theurer@ndsu.edu or call Bowman
 County Extension @ 523-5271

Program funded by ND Dept. of Human Services-
 Children and Family Services Division

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When Kids Drain Your Energy!—
 Lunch time session

Learn to create an effective consequence for kid's misbehavior even when none seems to exist. Use this consequence when your child of any age leaves you speechless. The next time your child drains your energy, experiment with these energy replacement options and put a parenting smile on your face!

Where: Hettinger Research Ext. Center
When: Monday, February 14, 2011
Time: 12:05—12:50 PM

Call toll free-877-264-1142 or email
debra.theurer@ndsu.edu to register.

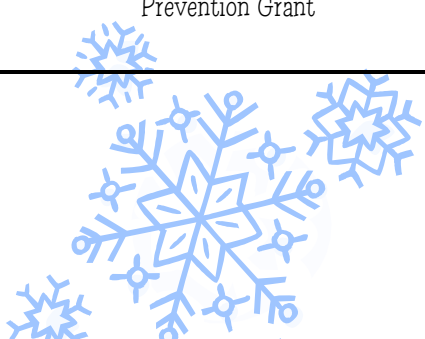
**Love and Logic Magic
 for Early Childhood**— continuation
 Parenting Children 2-10 Years

Where: Hettinger Lutheran Church
When: Mondays, February 7, 14, 2011
Time: Supper- 6:00—6:30 PM
 Session— 6:30—8:00 PM

Call toll free 1-877-264-1142 or email
debra.theurer@ndsu.edu to register.

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 Prevention Grant

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 man Services—Children and Family Services



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Incredible Years

Parenting children 2-12 years

Series begins Monday, February 28, 2011

Taylor-Richardton Elementary
Taylor

POWERFUL TOOLS for POWERFUL PARENTS!

Do you ever find your parenting skills "bank account" overdrawn? Most parents struggle, feel alone or get frustrated at one time or another and most children misbehave at one time or another. Find ways to "increase parenting deposits and reduce withdrawals".

Make the years "INCREDIBLE YEARS"!

6:00—6:30 p.m. Free family supper
6:30—8:00 p.m. parent session

Childcare provided.

To register call 456-0007 or toll free
1-877-264-1142,
e-mail debra.theurer@ndsu.edu by Feb. 25th

Sponsored by West Dakota Parent & Family
Resource Center and funding from Governor's
Prevention Advisory Council Grant

Follow Through with Logical Consequences

"I meant what I said and I said what I meant," Dr. Seuss's Horton repeated over and over. That's good advice for parents, too.

If you tell your child something will happen if he breaks a rule, then you'd better follow through. So think carefully before you say something.

If you make an unrealistic threat ("Slam that door one more time and you'll be grounded for a month"), both you and your child know you're not going to carry it out. Using unrealistic threats just teaches your child to tune you out and makes discipline difficult. One mom told her kids if they fought in the car, she would not take them to the movies. They fought. She turned the car around. The children were sad to miss the movie. (So was their mom.) But the next time she told them not to fight in the car, they knew she meant business. Does this mean you can never give your child a second chance? Of course not. But as a general rule, you should make sure your actions match your words.



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For further information about our programs please call West Dakota Parent
& Family Resource Center @ 456-0007 or Toll Free: 1-877-264-1142