

West Dakota Parent & Family Resource Center SOUTHWEST SESSIONS

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Parents Talking To Parents

Circle of Parents

Sharing parenting ideas. Sharing parenting support.

Fostering Friendships

Parents play an important role in teaching their children how to find friends, how to make friends and how to keep friends. Come and talk with other parents about ways to support this lifelong social skill with your child.

Thursday, February 18th, 2010

6:30–7:30 PM

Hettinger Lutheran Church

Free childcare provided.

**Call Pat at 567-2598 by February 17th
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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ARE YOU READY?

The College Transition

Technical college, community college, 4-year university—
learn what you need to know to succeed.

This workshop series will help high school seniors and their parents:

- Understand and manage the normal emotions and conflicts that result from this major transition.
- Increase communication and problem-solving skills.
- Create a plan for students to utilize when faced with specific issues, conflicts or crisis situations.

The workshop series will be held on
January 7, and March 2.

March 2— Academics and finances

Topics include:

<i>Time management</i>	<i>Jobs</i>
<i>Study skills</i>	<i>Cost of food</i>
<i>Grades</i>	<i>Housing decisions</i>
<i>Schedules and classes</i>	<i>Transportation</i>
<i>Campus resources</i>	<i>Insurance review</i>

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Becoming a Love and Logic Parent

Tuesdays, February 2, 9, 16

Belfield School— 6:30–8:00

Continuation of January's session

West Dakota Parent & Family Resource Center
@ 456-0007 or Toll free 1-877-264-1142 or
e-mail debra.theurer@ndsu.edu

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

Childcare provided.

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Becoming a Love and Logic Parent

Coming to your community in March.
Look for details in the March SW insert.

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ARE YOU READY?

The college Transition

6:30–8:30 pm

Refreshments and
Door Prizes!

Richardton/Taylor High School

For more information call Stark-Billings County Extension Office
1340 W. Villard Street
Dickinson, ND 58601-4646
456-7665

March 9—Healthy Choices

- *Stress*
- *Sleep*
- *Nutrition*
- *Physical & mental health*
- *Balance*
- *Personal safety*

March 16—Relationships

- *Staying connected*
- *Letting go*
- *Roommates*
- *Getting involved*
- *Making new friends*
- *Dating*



Is My Safety Seat Safe??

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What: **A FREE CAR SAFETY SEAT CHECKUP**

When: **Tuesday, February 16
2:00–5:00 pm**

Where: **Sax Motor Warehouse in Dickinson**

Who: **Certified child passenger safety technicians**

- ♥ Is the seat appropriate for the age, weight and developmental level of the child?
- ♥ Does the car seat meet safety standards, is it free from recalls and is it in good condition?
- ♥ Is the child secured correctly in the car safety seat?
- ♥ Is the car safety seat installed securely in the vehicle?
- Each inspection will take 15-20 minutes.
- Bring the car seat instructions and your vehicle owner's manual along with the child who rides in the seat.
- Receive a free safety packet of information.

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*February is Child Passenger Safety Awareness Month
February 15-19
is Child Passenger Safety Week*

The Southwest Coalition of Safe Communities/Community Action Partnership/Stark County Sheriff's Department and Southwest District Health Unit will be conducting **a bounty for car safety seats older than six years old** during that week if you are cleaning out attics, garages, etc. We will be happy to take your car safety seat and have it destroyed. For more information, please contact Community Action at 227-0131, Southwest District Health Unit at 483-0171 or the Stark County Sheriff's Department at 456-7610.

"Most parents are trying to protect their children by using car safety seats, but approximately 90% of car seats are used incorrectly," said, Becky Byzewski, a certified child passenger safety technician from Community Action Partnership.

Free!

REMINDER

It is not recommended to purchase a car safety seat from a rummage sale or second hand store.