

West Dakota Parent & Family Resource Center  
**SOUTHWEST SESSIONS**

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**"The Teen Brain— A Work in Progress"—  
 Lunch time session**

Teenagers DO have brains... . They just function differently from adults and are not fully developed until at least early adulthood! Parenting teens can be challenging... and it is important for parents to understand (at least in most cases) the teen hasn't chosen to be difficult at this age. Join the discussion and learn "why they act the way they do".

Where: Bowman Public Library

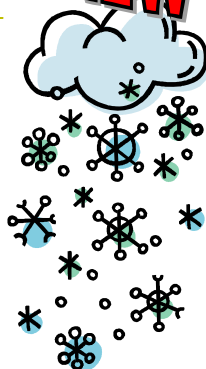
When: Wednesday, January 19, 2011

Time: 12:05—12:50 PM

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

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

**HAPPY NEW YEAR**



Distribution to rural communities provided in part by Stark/  
 Billings and Dunn County Extension Offices.  
 Funding for SW insert provided in part by Dept. of Human  
 Services—Children and Family Services

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**Turning Your Words into Gold—  
 Lunch time session**

Join the discussion and learn about this effective parenting technique to set limits with children of all ages that create cooperation rather than chaos. Make your words GOLD and not garbage in your child's ears. Limits create happier parents, happier kids and happier families.

Where: Hettinger Research Ext. Center

When: Monday, January 10, 2011

Time: 12:05—12:50 PM

Call toll free-877-264-1142 or email [debra.theurer@ndsu.edu](mailto:debra.theurer@ndsu.edu) to register.

**Love and Logic Magic  
 for Early Childhood—**

Parenting Children 2-10 Years

Learn to use these Love & Logic strategies to...

- \* Reduce the whining, arguing and complaining
- \* Handle misbehavior without breaking a sweat
- \* Avoid power struggles
- \* Perk up your child's ears to listening the first time
- \* Turn your words into gold instead of garbage
- \* Create effective limits
- \* Learn what to do when kids leave you speechless
- \* SUPPER & CHILDCARE PROVIDED

Where: Hettinger Lutheran Church

When: Mondays, January 10, 17, 24, 31,  
 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](mailto:debra.theurer@ndsu.edu) to register.

Program funded by Governor's Substance Abuse  
 Prevention Grant

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## Incredible Years 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 deposits”.

Beginning Monday, **February 28**, 2011

Childcare provided.

Call 456-0007 or toll free 1-877-264-1142,  
e-mail [debra.theurer@ndsu.edu](mailto:debra.theurer@ndsu.edu)

Sponsored by West Dakota Parent & Family Resource  
Center with funding from the  
Safe & Drug Free Communities Grant

## Love and Logic Magic for Early Childhood—

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Where: Lincoln Elementary— Beach

When: Thursdays, Jan. 20, 27  
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](mailto:debra.theurer@ndsu.edu) to register.

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



“Fortunately, children do not need ‘perfect’ parents. They do need mothers and fathers who **will think on their feet** and who will be **thoughtful about what they have done**. They do need parents **who can be flexible**, and **who can use a variety of approaches to discipline.**”

James L. Hymes Jr., Ed.D.  
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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