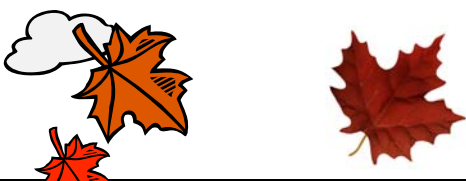


West Dakota Parent & Family Resource Center
SOUTHWEST SESSIONS

M Continuation of **Parenting Tweens/Teens**
O **with Love & Logic**
T When kids hit the tween/teen years,
T parenting takes on a whole new dimension.
R **No Greater Challenge—No Greater Opportunity**
E Whether you have been using Love & Logic
G all along or are looking for extra help during
E adolescence, get a fresh look at:
N * Reducing the arguing and complaining
T * Setting up constructive lessons to become
 / responsible
 * Making your words gold instead of garbage
 * Giving effective consequences
 * Keeping the control you need
 FREE supper & childcare available.
Where: Mott/Regent School—Mott
When: Tuesdays, Nov. 16, 23
Supper: 6:00—6:30 PM
Parent Session: 6:30—8:00 PM
 Must register for series by October 4th.
 Toll free 1-877-264-1142 or
 e-mail debra.theurer@ndsu.edu
 Funded by Department of Human Services—
 Children and Family Services

H **Teaching Little Kids to Listen**
E **the First Time!**—Lunch time session
T Use this parenting tool to get little kids
T to listen and behave without having to
I resort to lectures, threats, warnings or
N spankings. Have more energy at the end of
G the day! Bring your lunch and join the
E discussion.
R **Where: Hettinger Research Ext. Center**
When: Monday, November 8, 2010
Time: 12:05—12:50
 Call 1-877-264-1142 or email
debra.theurer@ndsu.edu to register.
 Program funded by ND Dept. of Human Services-
 Children and Family Services Division


B **Turning Your Words into Gold**—Lunch time session
O Join us and learn about this effective parenting technique to set limits with children of all ages.
W • Make your words GOLD rather than garbage
M • Limits create happier parents, happier kids and happier families
A • Create cooperation rather than chaos
M Bring your lunch and join the discussion.
Where: Bowman Public Library
When: Wednesday, November 17, 2010
Time: 12:05—12:50
 Call 1-877-264-1142 or email
debra.theurer@ndsu.edu or call
Bowman County Extension at
523-5271 to register.
 Funded by Department of Human Services— Children and Family Services

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 Billings and Dunn County Extension Offices.
 Funding for SW insert provided in part by Dept. of Human
 Services—Children and Family Services

Winning the Chore War



"How many times do I have to remind you to take out the trash?" Sound familiar? Household jobs are a part of every family's daily life, yet they tend to create ongoing conflict. Give yourself a pat on the back if you assign your kids chores. It's an important way kids learn responsibility. Even children as young as two years old can help out around the house. Here are a few pointers for making the process easier on everybody.

Have a plan

- * Kids thrive on routine. It's best if they have routine chores that they do at regular times. For instance, clearing the table is done right after eating. Trash is taken out immediately after the kitchen is cleaned up. Bed is made right after dressing. The more you develop these routines, the less reminding you will have to do.

Train and encourage

- * Use a four-step process when introducing a new job. First, you do the job, narrating as you work. Next, do the job together. Third, the child does the job while you watch, coach and, encourage. Fourth, the child is ready to go it alone. If you eliminate training then you open the door for battles since you will both be operating under different expectations.

Follow through

- * Once you decide on a plan, do your best to stick to it every day. If you allow excuses and delays then you'll find yourself fighting with your child. Establish a consequence for failure to complete chores and follow through without anger or threats.

Who does what?

- * Here's a list of ideas to get you thinking about what your kids are capable of doing. Don't underestimate your children! The same child who runs a complicated computer game can certainly manage the washer and dryer!

Ages 2-3
Put away toys, help set table

Ages 4-5
Get the mail, help with yard work, feed pets

Ages 6-7
Clear table after meals, pour own drinks and get snacks, empty wastebaskets

Ages 8-9
Sweep or mop floor, load and run dishwasher, run/take own bath

Ages 10-11
Help prepare dinner, mow lawn, clean kitchen

Ages 12-14
Grocery shop (small list), prepare a dinner meal, clean bathrooms

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