

West Dakota Parent & Family Resource Center
SOUTHWEST SESSIONS

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Parenting Tweens/Teens
with Love & Logic

When kids hit the tween/teen years, parenting takes on a whole new dimension.

No Greater Challenge—No Greater Opportunity

Whether you have been using Love & Logic all along or are looking for extra help during adolescence, get a fresh look at:

- * Reducing the arguing and complaining
- * 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, Oct. 5, 12, 26, 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

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Becoming a Love & Logic Parent

Is parenting DRAINING your energy?

Love allows children to grow through their own mistakes.

Logic allows them to live with the consequences of their choices

- * Do you have a hard time getting your kids off to school in the mornings or to bed at night?
- * How do you stop the bickering and fighting?
- * Is getting your kids to do chores a CHORE?
- * How about your teen coming home on time?
- * How can you help your child to own and solve their problems?
- * Is your child's arguing and whining causing you a lot of STRESS?

(6 week series)

FREE supper & childcare available.

Where: Killdeer Public School

When: Beginning Wednesday, Oct. 6

Supper: 6:00—6:30 PM

Parent Session: 6:30—8:00 PM

For more information or to register for series
 Call 456-0007 or
 e-mail debra.theurer@ndsu.edu by October 4th.

Funded by Dunn County Commission

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Infant Massage— Taught by Certified IM Instructor

- The theory and practice of infant massage
- Discussion of healthy family development
- How to vary the massage as the child grows
- How to deal with special problems such as colic, intestinal difficulties
- Teaching baby to relax
- Childcare provided

6:30—8:00 PM
 Hettinger Lutheran Church
 Monday, October 11, 2010
 Call 1-877-264-1142
 or email
debra.theurer@ndsu.edu
 to register

Turning Misbehaviors into Wisdom—Lunch time session

Learn how to keep your child's poor decision or action the "bad" guy and keep you the "good" guy when delivering consequences. Help your children become responsible and keep their ears open to learning from their mistakes. Bring your lunch and join the discussion on **Monday, October 11th** at the **Hettinger Research Ext. Center** from **12:05—12:50**. Call 1-877-264-1142 or email debra.theurer@ndsu.edu to register.

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FREE supper & childcare available.

Where: South Heart School

When: Wednesdays, Oct. 6, 13, 20, 27, Nov. 3, 10

Supper: 6:00–6:30 PM

Parent Session: 6:30–8:00 PM

Must register for series by October 4th.
Call 456-0007 or
e-mail debra.theurer@ndsu.edu

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FREE supper & childcare available.

Where: Roosevelt Memorial Lodge

When: Thursdays, Oct. 7, 14, 21, 28, Nov. 4, 11

Supper: 6:00–6:30 PM

Parent Session: 6:30–8:00 PM

Must register for series by October 5th.
Call 456-0007 or
e-mail debra.theurer@ndsu.edu

Funded by Department of Human Services—
Children and Family Services

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Avoiding Power Struggles—Lunch time session

Join us and learn about this effective parenting technique for reducing power struggles with kids.

- End bedtime battles.
- Reduce homework hassles
- Keep the control you need
- Have more energy at the end of the day.

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

Bring your lunch and join the discussion.

Where: Bowman Public Library

When: Wednesday, October 13th

Time: 12:05–12:50

Funded by Department of Human Services— Children and Family Services