

West Dakota Parent & Family Resource Center
SOUTHWEST SESSIONS

Changing Program –
Adolescence and Puberty

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This session is for
Parents of 5th Graders
 with information and dialog
 on what to expect as your child merges
 into adolescence.

TAYLOR ELEMENTARY
 Date: Tuesday, **September 7**, 2010
 Time: 7:00–8:30 p.m.
 Location: Taylor Elementary

SOUTH HEART ELEMENTARY
 Date: Tuesday, **September 14**, 2010
 Time: 7:00–8:30 p.m.
 Location: South Heart Elementary

BELFIELD ELEMENTARY
 Date: Monday, **September 20**, 2010
 Time: 7:00–8:30 p.m.
 Location: Belfield Elementary

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**Social Concerns
and Your 6th Grader**
 This session is for
Parents & Their 6th Grader

TAYLOR ELEMENTARY
 Date: Thursday, **September 16**, 2010
 Time: 7:00–8:30 p.m.
 Location: Taylor Elementary

SOUTH HEART ELEMENTARY
 Date: Thursday, **September 23**, 2010
 Time: 7:00–8:30 p.m.
 Location: South Heart Elementary

BELFIELD ELEMENTARY
 Date: Thursday, **September 30**, 2010
 Time: 7:00–8:30 p.m.
 Location: Belfield Elementary

Love & Logic Coming in October — *Details in September's newsletter*

Becoming a Love & Logic Parent

South Heart — Wednesdays, October 6, 13, 20, 27, November 3, 10

Becoming a Love & Logic Parent

Killdeer — Coming in October.

Parenting Tweens/Teens with Love & Logic

Belfield — Thursdays, October 7, 14, 21, 28, November 4, 11

Parenting Tweens/Teens with Love & Logic

Mott — Coming in October.

**Register by calling 456-0007,
 toll free 1-877-264-1142, or
 email debra.theurer@ndsu.edu.**

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

Funding for this newsletter provided in part by
 Dept. of Human Services, and Stark/Billings and Dunn County
 Extension Offices

SOUTHWEST SESSIONS

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Becoming a Love & Logic Parent

- * 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 can you help your child to own and solve their problems?
- * Is your child's arguing and whining causing you a lot of STRESS?
- * Want a twist on time-out?
- * Put more FUN into parenting
- * FREE CHILDCARE

Where: Dakota Room—Courthouse
When: Wednesdays, Sept. 8, 15, 22, 29, Oct. 6, & 13
Time: 6:30—8:00 PM

Must register for childcare by September 6th.
 Call toll free 1-877-264-1142 or
 e-mail debra.theurer@ndsu.edu

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

Lunchtime Special

Teaching Kids to Listen the First Time

Use this parenting tool to get little kids to listen and behave without having to resort to lectures, threats, warnings or spankings.

Where: Bowman Public Library
When: Wednesday, Sept. 15
Time: 12:05—12:50 PM

Bring your lunch!

**HAVE MORE ENERGY
 AT THE END OF THE DAY!!**

Call toll free 1-877-264-1142,
 e-mail debra.theurer@ndsu.edu, or call Bowman County
 Extension @ 523-5271 to register.

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Happiest Baby on the Block

Sleepless nights, crying baby! Even loving parents sometimes feel pushed to the breaking point by their infant's screaming. All child care providers (grandparents, foster parents, baby sitters) can benefit from these simple, effective and fun techniques to soothe baby's cry. Learn to turn on a baby's calming reflex.

Where: Hettinger Lutheran Church
When: Monday, September 27, 2010
Time: 6:30—8:00 PM

Childcare provided.

Must register for childcare by September 24th.
 Call toll free 1-877-264-1142 or
 e-mail debra.theurer@ndsu.edu

A collaborative partnership of Prevent Child Abuse ND, ND Dept. of Human Services-Children & Family Services, and West Dakota Parent & Family Resource Center

Lunchtime Special

Handling Children's Misbehavior Without Breaking a Sweat

Keep your cool when your kids argue and whine. Avoid power struggles with kids of any age. *Bring your lunch*, join the discussion and learn how to discipline kids without losing their love or respect!

Where: Hettinger Research Extension Center
When: Monday, September 20, 2010
Time: 12:05—12:50 PM

For more information and to register call toll free
 1-877-264-1142 or
 e-mail debra.theurer@ndsu.edu

Infant Massage—

taught by a certified IM instructor

Where: Hettinger Lutheran Church
When: Monday, October 11, 2010
Time: 6:30—8:00 PM