

Southwest Sessions



Bowman



Nurtured Heart Approach to Parenting

Learn a set of strategies to build richer adult/child relationships

Help your child discover their greatness! Join other parents in learning effective parenting techniques to address difficult and intense child behaviors. See and experience improved behaviors at home, school and in public.

Where: Tot Lot Childcare

Date: October 11, 18, 25, November 1, 8, 15

When: 6:00-7:30 pm



Limited Childcare available

Registration required by emailing

debra.theurer@ndsu.org or calling 701-456-0007 or toll free 1-877-284-1142

Beach



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Where: Lincoln Elementary Beach

Date: October 6, 13, 20, 27, November 3, 10

When: 6:00-7:30 pm



Limited Childcare available

Registration required by emailing

debra.theurer@ndsu.org or calling 701-456-0007 or toll free 1-877-284-1142

Hettinger



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Where: Hettinger Lutheran Church

Date: November 9, 16, 23, 30, December 7, 14

When: 6:00-7:30 pm



Limited Childcare available

Registration required by emailing debra.theurer@ndsu.org or calling 701-456-0007 or toll free 1-877-284-1142

It is important to understand that participation in in-person activities pose an unknown level of risk to covid-19. Participation is voluntary. NDSU Extension will take all reasonable measures, but cannot at any level, assure protection from exposure.



Teach an Attitude of Gratitude

Here are some ideas on how to model gratitude from Zero to Three, an online resource for people who love and care for children ages zero to 3:

- **Show appreciation to your children.** Appreciation can be an even more powerful motivator than praise.
- **Show appreciation for others.** Never underestimate the power of your words and actions. You set a great example when you model kindness, generosity and gratefulness in your own everyday interactions.
- **Use the word “grateful.”** Children need to learn what this new word means.
- **Share “roses and thorns.”** Even young children can talk about what went well (roses) and what was hard about each day (thorns). It gives them, and you, too, a chance to vent a frustration and focus on what is good in life.
- **Emphasize presence over presents.** You can make giving the gift of time and activities, such as a birthday picnic and trip to a local park, a habit, as opposed to giving “stuff.”

Talk openly about donations and other “good deeds.” You don’t have to have a lot of money to make a difference. If you have money in your budget to donate to a favorite cause, share this giving with your children.

People who are genuinely grateful most of the time tend to have a more positive outlook on life. This should be reason enough to help our children learn more about gratitude at any age.

For more information and a list of recommended children’s books on being thankful, check out the [Zero to three website](#).

Chicken soup is tasty and also good for you, especially when it is chock-full of colorful, nutrient-rich vegetables. See www.ag.ndsu.edu/food for more recipes.

Homemade Chicken Dumpling Soup

- 1 medium chopped onion
- 1 c. chopped fresh celery, including leaves
- 2 Tbsp. olive oil or other oil
- 2 c. sliced, fresh, whole, peeled carrots
- ½ tsp. peppercorns (or ¼ tsp. white pepper)
- 2 bay leaves
- 2 c. cooked, diced or chunked chicken
- 1 tsp. dried thyme
- 2 c. fresh spinach, large stems removed, chopped
- 2 quarts reduced-sodium chicken broth
- 2 c. all-purpose flour
- ¾ c. skim milk or water
- 1 fresh, beaten egg

Heat olive oil in 3 quart or larger kettle or Dutch oven. Add onion & celery and sauté on medium-high until onion starts to get translucent. Add carrots, peppercorns, bay leaves, chicken and broth and bring to a very low boil (simmer). Cook for 20 minutes, covered. Add thyme and spinach- continue to cook, covered. Meanwhile, beat egg in bowl; add flour and liquid and mix until just moistened. Let sit to rest while soup starts to simmer. Simmer for 20 minutes. Drop dumplings into broth using one tablespoon to scoop and another to “drop” off the spoon. Be careful of hot liquid splashing (slide the dumplings into the liquid). Continue to slowly add dumplings, allowing each to cook. Cover kettle and simmer another 20 minutes. Remove bay leaves. Makes six (main-dish) servings. Each serving has about 330 calories, 8 grams (g) fat, 26 g protein, 38 g carbohydrate, 3 g fiber and 860 milligrams sodium.

Menu idea: Homemade Chicken Dumpling Soup, whole-grain rolls, baked apples, low-fat or fat-free milk.



Distribution 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.