

Summer 2011

# Parenting News

Classes offered in this newsletter are sponsored in partnership with NDSU Extension/Cass County, Parenting Resource Center and the ND Department of Human Services. Funding for classes, the parent support group and this newsletter is provided by North Dakota Department of Human Services, Children and Family Services Division, Child Protection Program and Cass County. Please share this newsletter with others – and encourage your friends to call and request this quarterly newsletter. Certificates with hours of attendance are provided for all classes offered by the Parenting Resource Center.

Call for information or to register for childcare please call 701-241-5700 or email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu)

**Visit our website for current offerings.**

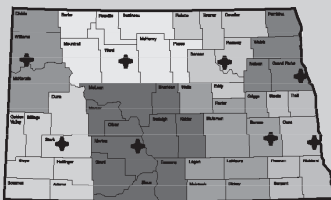
**[www.ag.ndsu.edu/casscountyextension/home-and-family](http://www.ag.ndsu.edu/casscountyextension/home-and-family)**

Check us out on

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NDSU Extension Parenting Resource Center

*Be our friend on Facebook at NDSU Extension Service - Parenting Resource Center for all the latest news and classes being offered through the Parenting Resource Center. You can also find a link to our Facebook page on our website.*



**Region V Parenting Resource Center**  
Cass County Extension

*Strengthen a parent and you strengthen a child.*  
~Fred Rogers



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Counties served: Cass, Traill, Steele, Richland, Sargent, Ransom

*Newsletter funding provided in partnership with North Dakota Department of Human Services Children and Family Services*

## *gearing up for* Kindergarten

### Gearing Up for Kindergarten Transitioning to Local Schools

Gearing Up for Kindergarten, a parent education and school readiness program for 4 year olds, started in Cass County with funding from United Way of Cass-Clay five years ago. The program was developed by the NDSU Extension Service specialists and its Parent Resource Center staff and has been piloted in additional sites throughout the state for the past 4 years. Fargo, West Fargo and Davenport have been local sites where the program has recently been offered. After 4 years of research, the evidence indicates that Gearing Up for Kindergarten is making a difference. You can read more at the website:

<http://www.ag.ndsu.edu/gearupkindergarten>

The 2011 legislative session's Education Bill #1020 included funding to expand the Gearing Up for Kindergarten program in North Dakota. This means there will be additional Gearing Up programs offered in schools right here close to home and throughout the state.

Since Cass County Extension has coordinated the implementation of this program locally for 5 years, we have been receiving questions and requests for how to register your children for this program starting fall, 2011. Because of the recent legislation, we are in the planning process to see where additional sites will be located.

At this time we are asking you to – stay tuned. We will post information on our website as this information becomes available. You will be able to register for Gearing Up for Kindergarten directly at participating school sites throughout Cass County.

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## Imagination Library

is a United Way of Cass-Clay-funded program that focuses on preparing children for success in school. Register your child, birth to age five, today and every month one FREE book will be mailed to your family's home thanks to United Way. This program is available to children living in Cass or Clay County. Register online at [www.unitedwaycassclay.org](http://www.unitedwaycassclay.org) or call 701-237-5050 to request a registration form.



## Nurturing Program



The Nurturing Parenting Program is available in Fargo beginning in August 2011. The 16 week series is offered on Thursdays from 5:30-8:00 p.m. at the Salvation Army, 304 Roberts Street, Fargo.

The first session is August 25 and will conclude on December 15 (not meeting the week of Thanksgiving).

Nurturing is for families with children ages birth through five years. The program is offered at no cost to participants – child care is also provided. Each session begins with a light supper for your entire family.

The Nurturing Program teaches both parents and children how to: handle feelings, communicate needs, be empathetic, take charge of one's own behavior, have fun with others, establish nurturing routines for regular family times such as bed and mealtimes, handle stress and anger and give and receive healthy touch.

Families that attend at least 12 sessions are awarded Certificates of Completion and Certificates of Participation are provided to the families attending less than 12 sessions.

Questions: Call Dede Wienckowski, Program Coordinator at 701-239-6720.

Register: Cass County Extension at (701) 241-5700 or email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu)

## Parents Night Out



### Fargo and West Fargo

NDSU Extension and the Parenting Resource Center along with the Department of Human Services offers monthly Parent Support Groups.

These support groups assist parents who have taken the 5 week Nurtured Heart class and who would like to continue receiving support and information from a Nurtured Heart Approach advanced trainer to further their skills using these strategies at home. This group is open to anyone involved in nurturing or raising children – you do not need to have taken the class.

Cost is FREE and childcare will be provided at both. Registration is required if you will be using the childcare.

Parents Night Out meets monthly with two locations, days, and times available to meet your needs:

#### Head Start - Fargo

3233 South University Drive  
2nd Monday of the month  
June 13, July 11, August 8  
6:30 – 8:00 p.m.

*\*Note change of location and night of week.*

#### Olivet Lutheran Church

1330 South University Drive, Fargo  
4th Tuesday of the month  
June 28, July 26, August 23  
6:30-8:00 p.m.

Call for information or to register for childcare please call 701-241-5700 or email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu)

## Parents Forever



Parents Forever is for families in divorce transition, or never married couples with children who are separating. The program helps parents make informed, child-supportive decisions throughout the process. This 4-hour class is offered monthly. Cost is \$55.

Call Cass County Extension for more information.



## The Nurtured Heart Approach

Parents are finding success using the Nurtured Heart Approach. Classes have been very popular and well attended by many parents in the community and area.

The Parenting Resource Center has offered over 20 classes reaching over 350 parents and professionals in the past 1 ½ years – wow!

The Nurtured Heart Approach, created by Howard Glasser, helps parents build relationship and “inner wealth” in their children. Here’s what people are saying:

- *“Focusing on the positive behavior has been a breath of fresh air. I feel empowered to make a difference in my child’s development. I feel more confident in my abilities to parent.”*
- *“I have stopped myself from yelling when things have gotten out of control...almost to the point where I actually surprised myself that it is becoming the new normal.”*
- *“This class was more than I ever imagined. I feel that it was more than just the techniques and material presented – it was the passion of the instructor that gives me the feeling I will succeed!”*
- *“Shortened negative moments. I see my child as a source of enjoyment much more often and less often as a source of frustration.”*

The Region V Parenting Resource Center will continue offering Nurtured Heart and many other parenting classes in various community locations. Check our website for current offerings.  
[www.ag.ndsu.edu/casscountyextension](http://www.ag.ndsu.edu/casscountyextension)

We would also like to offer classes at worksites or other locations. If your worksite or business is interested in hosting a Brown Bag Lunch series, or if you have another creative idea, please give me a call – Angela Berge, 701-241-5700. The Nurtured Heart classes are 1 ½ hrs. and the series is 5-weeks. We are now setting up classes for fall. There is a fee for Nurtured Heart classes.

Investing in parent education is good for business. If things are going well at home, employees are happy, focused and more productive. Call the Parenting Resource Center today!

## Sanford Health Offers Community Classes for Parents

### Infant Massage (Nurturing Touch)

This class is for parents and their infants to attend together. Massage has been shown to improve circulation, help infants relax, regulate sleep patterns, stimulate digestive system and may relieve colic or gas. It can also improve communication between parent and infant. Parents gain confidence in understanding their baby’s cues. The class will be a hands-on experience for babies and their mom/dad as they learn how to massage their infants.



- Date: Classes are held once a month: 7/7, 8/4, 9/1, 10/6, 11/3, 12/1
- Time: 6:30-8:30 p.m.
- Location: Sanford’s Medical Building, 2801 S. University (Just south of Bakers Nursery)
- Cost: No charge if delivered at Sanford \$10 if delivered elsewhere (payment due the night of the class)

### Baby Signs

This Parent Workshop is designed for expectant parents and for parents of children ages birth to 24 months. Grandparents and other caregivers are welcome. You will learn what’s needed to begin using Baby Signs at home. What’s covered: History of Baby Signs program; Why we should use signs; When to start teaching signs; How to teach signs; Building your signing vocabulary.

- Date: Sept. 6 and Dec. 8
- Time: 6-7:30 p.m.
- Location: Sanford’s Medical Building, 2801 S. University (Just south of Bakers Nursery)
- Cost: \$25 Fee for all enrollees-to be paid at time of class

Fee includes: The Baby Signs Parent Guide, Welcome to the Baby Signs Program DVD, My Baby Signs sampler DVD, Signs at a Glance Flipper, and My Baby Signs Bookmarks.

Pre-registration is required. Register for either class: Call Sanford at 701-234-5570 or 877-234-4240, 8 a.m. – 9 p.m. weekdays.

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## Children in Self Care

It's back to school time and you're wondering if your children are ready to come home alone after school. Self-care for children is a big decision that needs careful adult consideration.

Through discussion and activities, this class will help parents:

- Understand developmental stages of children
- Assess stay-alone readiness signs in their children
- Recognize issues that need to be discussed
- Understand guidelines for establishing self-care rules
- Discuss safety rules and problem solving
- Make informed decisions based on what's best for their family

Date: Wednesday, August 17  
Time: 6:30 - 8:00 p.m.  
Location: Olivet Lutheran Church  
1330 South University Dr. Fargo  
Cost: Free

To Register: email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu) or call 701-241-5700



**NDSU**  
Extension Service

NDSU is an equal opportunity institution.

*If you plan on attending any of these parenting classes, requests for accommodations related to disability should be made by calling Angela Berge at 241-5700, one week before the class.*