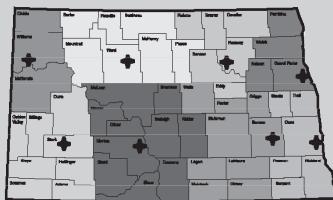


Fall 2011

Parenting News



Region V Parenting Resource Center
Cass County Extension

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



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www.ag.ndsu.edu/casscountyextension

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

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

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

Visit our website for current offerings.

www.ag.ndsu.edu/casscountyextension/home-and-family

New Books available SOON for you to check out at the Parenting Resource Library – watch for updates on our website or Facebook page

Check us out on

facebook

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.

Imagination Library

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 or call 701-237-5050 to request a registration form.



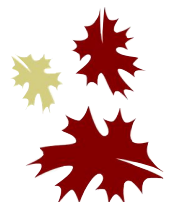
Calling all Dads - free newsletter

Do you ever feel that you wish you could connect better with your young children? If so, you are NOT alone. We are offering a FREE 9 week newsletter targeted at fathers or father figures of young children (ages 0-8) and those who support them. Each week for 9 weeks you will receive father friendly information that will help you connect with your children and gain confidence in your role as a dad.



Registration: To sign up for this 9 week newsletter call 701-241-5700 or email diane.langer@ndsu.edu and provide either your email address for our electronic version or your postal address if you prefer a hard copy. Newsletter will be sent October 5, 12, 19, 26, November 2, 9, 16, 23, and 30.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of race, color, national origin, religion, sex, gender identity, disability, age, status as a U.S. veteran, sexual orientation, marital status, or public assistance status. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231-7708.



Children in Self Care – West Fargo

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: Tuesday, September 27
Times: 6:30-8:00
Location: West Fargo Public Library
109 3rd Street East, West Fargo
Cost: FREE – funding provided by ND Dept. of Human Services, Children and Family Services Division
Register: Call the Cass County Extension office at (701) 241-5700 or email diane.langer@ndsu.edu



Love & Logic Five Week Series

Love & Logic teaches empathy, respect and offering choices to children. Adults, in turn, learn how to avoid anger, threats, warning and lectures. Gain ideas to help cultivate confidence and good decision making in your children. This is a series. Plan to attend all sessions.

Dates: Thursdays, October 13, 20, 27, November 3 and 10
Times: 6:15 – 7:45 p.m.
Location: Washington Elementary School Library
1725 North Broadway, Fargo, ND
Cost: FREE – funding provided by ND Dept. of Human Services, Children and Family Services Division
Childcare: Free childcare provided onsite
Register: Call the Cass County Extension office at (701) 241-5700 or email diane.langer@ndsu.edu



Parents Night Out

Join other parents at Parents Night Out – two parent support groups meet in Fargo.

- **Head Start**
3233 S. University Drive
2nd Monday of every month
6:30 – 8:00 p.m.
- **Olivet Lutheran Church**
1330 S. University Drive
4th Tuesday of every month
6:30- 8:00 p.m.

These support groups assist parents and other caregivers who would like to receive support and information from a Nurtured Heart Approach advanced trainer. Attend and gain Nurtured Heart Approach parenting skills, and begin using the strategies at home right away. All parents and caregivers welcome.

This is FREE and child care is provided at both sites. Registration is required if you need child care. For information or to register for child care, call (701) 241-5700 or email diane.langer@ndsu.edu

Parents Night Out is funded by ND Department of Human Services, Children and Family Services Division – Child Protection in partnership with NDSU Extension Service and the ND Parent Education Network

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.

Nurtured Heart Approach



The Nurtured Heart Approach
5 Week Series

If you are interested in energizing success in your children, plan to attend an upcoming Nurtured Heart Approach (NHA) Class. These 5-week series are for parents, edu-

cators or anyone who works with challenging children and wants to learn a new way to help them succeed.

Attend and Learn:

1. Critical concepts for The Nurtured Heart Approach
2. The 3 Stands of The Nurtured Heart Approach
3. Techniques to Actively Recognize Successes
4. How to help your child build a Portfolio of Inner Wealth

These classes are based on the book, *Transforming the Difficult Child: The Nurtured Heart Approach* by Howard Glasser, M.A. and will be presented by Certified Nurtured Heart Approach Specialists. Each class is a series. Plan to attend all sessions.

Nurtured Heart Details for All Class Series:

Cost: \$50 per individual, \$60 per couple, includes workbook

Childcare: Free childcare provided onsite for certain classes – see below
Request on registration form or by calling 701-241-5700

Register: Complete the registration form in this newsletter. Send with payment.

NHA Class Series One

Dates: Tuesdays
Sept. 27, October 4, 11, 18, 25
Time: 5:30-7:00 – With Childcare

Location:

YMCA West, 4243 19th Ave SW, Fargo

NHA Class Series Two

Dates: Mondays,
October 17, 24, November 7, 14, 21
Time: 4:00-5:30 – NO CHILDCARE

NHA Class Series Three

Dates: Mondays,
October 17, 24, November 7, 14, 21
Time: 6:30-8:00 – With Childcare

Location:

NDSU, Wallman Wellness Center
18th Street Centennial Blvd N. Fargo
(enter North door and the room is on the left hand side)

Notching Up Success with the Nurtured Heart Approach

This 2-part series is for parents and other caregivers who have taken the 5-week Nurtured Heart Approach class and are already using the NHA in daily practice. We'll share the latest and most innovative ways of implementing the approach and help you notch up your skills. We'll refresh the basics, but will spend the majority of time helping you take your family to the next level of Nurtured Heart success!

Notching Up Details for All Class Series:

Cost: \$30 per individual, \$40 per couple, includes workbook

Childcare: Free childcare
Request on registration form or by calling 701-241-5700

Register: Complete the registration form in this newsletter. Send with payment.

● Notching Up Success Class Series One

Dates: September 15 and 22

Times: 6:00-8:00

Location: Olivet Lutheran Church
1330 S. University Drive Fargo

● Notching Up Success Class Series Two

Dates: November 3 and 17

Times: 6:00-8:00

Location: NDSU, Wallman Wellness Center
18th Street Centennial Blvd N. Fargo
(enter North door - room is on the left)

Nurturing America's Military Families - Wahpeton

This 3-week series will strengthen the bonds of couples and families in the military. Military families, community leaders, faith community, teachers, counselors and extended family are welcome.



Location: Wahpeton Armed Forces Reserve Center, 2003 4th St. N., Wahpeton

Dates: Saturdays, Sept. 24, Oct. 1 & 8, 2011

Time: 9:00 a.m. – noon

Cost: FREE

Registration: Email diane.langer@ndsu.edu or call (701) 241-5700. Complete registration and topic information available at www.ag.ndsu.edu/cass-countyextension/home-and-family

This program funded by ND Department of Human Services, Children and Family Services Division – Child Protection in partnership with NDSU Extension Service and the ND Parent Education Network

Guiding Good Choices – West Fargo

A program for Parents of Children grades 4-8. Youth in this middle age group are making more and more decisions on their own. You'll learn practical skills to help you strengthen your relationship with your child and support them in making good decisions.



- Dates: Tuesdays, October 4 and 11
Time: 6:30 – 8:00 p.m.
Location: Cheney Middle School Library,
825 17th Ave E, West Fargo
Content: Guiding Good Choices gives you an opportunity, along with other parents, to discuss preparing family guidelines, learning how to say no, managing conflict and anger and strengthening parent/child bonds. Discussion will focus on dealing with difficult issues in a positive and constructive manner. Join other parents facing similar challenges in a supportive learning environment.

Cost: FREE Workbook included
Facilitator: Rebecca Berge Buss, MSW, LCSW

Registration required: Call Cass County Extension, 701-241-5700 or email diane.langer@ndsu.edu

Sponsored by: NDSU Extension – Cass County and Region V Parenting Resource Center in cooperation with West Fargo Public Schools Funded by: ND Dept. of Human Services, Children and Family Services Division



Bright Beginnings - Mayville

- When: Mondays, September 19, 26,
October 3 and 10
Time: 6:30-8:00 pm
Location: Birkelo Hall, Mayville State Campus,
330 3rd St NE
(West side of campus near playground)
Cost: FREE
Register: Call 701-788-4868 or email
doreen.cerkowniak@mayvillestate.edu
Childcare: Free childcare provided onsite –
request when registering
Funded by: ND Dept. of Human Services,
Children and Family Services Division



- **The Nurtured Heart Approach Overview**
If you have a challenging child, attend and learn the basics of the Nurtured Heart Approach (NHA). You'll learn the 3 stands of the NHA and techniques to actively recognize your child's successes while helping them build a portfolio of inner wealth. The NHA works for all ages – from toddler to teen and young adult – and especially those with children diagnosed with ADHD and other difficult behaviors.

This workshop is based on the book, *Transforming the Difficult Child: The Nurtured Heart Approach* by Howard Glasser, M.A. The session will be presented by Tanya Fraizer, NHA certified Advanced Trainer. Information on additional Nurtured Heart work being done in the community and upcoming classes will be shared.

Tuesday, September 20, 2011
7:00-8:15 p.m.

Carl Ben Eielson School – 1601 13th Ave. So. Fargo
FREE – Open to Public – Registration not required.
Co-sponsored with Fargo Public Schools

*5 week classes are available for the Nurtured Heart Approach. See details in this newsletter.

- **Online Social Networks:**

Trends and challenges in the digital age

As our youth immerse themselves in the electronic world, parents and educators sometimes find themselves left behind. This presentation covers developing trends and issues in on-line social networks, electronic harassment and misbehavior, on-line predators and preventative practices for parents. Several "case studies" of real incidents will be discussed, with time for questions. Content is appropriate for adult audiences.



Tuesday, October 11, 2011
7:00-8:15 p.m.

Fargo South High School
1840 15th Ave. South Fargo
FREE – Open to Public – Registration not required.
Presented by: Officer Chris Potter, Fargo Police

Co-sponsored with Fargo Public Schools

Common Sense Parenting - Lisbon

This 6 week Common Sense Parenting class is a skills based parenting program that provides parents with the expertise to:

- Use clear, specific teaching techniques and effective consequences to increase acceptable behavior and decrease problem behaviors.
- Teach children important skills that will prevent problems and increase success.
- Learn how to remain calm in intense situations, as well as teach children to calm themselves when they are upset.
- Open the lines of communication with your children.

This class is a series. Plan to attend all sessions. Certificates with hours of attendance provided.

Location: Ransom County Courthouse
Community Room, 204 5th Ave.,
Lisbon

Dates: Mondays, Oct. 10, 17, 24 and
Nov. 7, 14, 21

Time: 6:00 – 7:30 p.m.

Cost: FREE

Childcare: Free provided at Head Start,
418 5th Ave., Lisbon

Registration Required: email ndsu.ransom.extension@ndsu.edu or call the Ransom County Extension Service at 701-683-6128. Request childcare when registering.

Deadline: Register by October 3. Must meet minimum number of participants or series will be canceled.

This program funded by ND Department of Human Services, Children and Family Services Division – Child Protection in partnership with NDSU Extension Service and the ND Parent Education Network



Unplug the Holiday Machine

West Fargo Public Library

Come to this one night workshop to help plan a more rewarding holiday season. Based on the popular book, *Unplug the Christmas Machine*, this workshop helps people reduce their stress and increase their enjoyment by making simple changes in the celebration. Participants will be given a chance to examine their current practices, define their values, create their "ideal" holiday, then combine all their insights into a workable plan for the coming season.

Location: West Fargo Public Library
109 3rd Street East, West Fargo

Dates: Tuesday, November 1

Time: 6:30-8:00

Cost: FREE

Registration: Email diane.langer@ndsu.edu or call (701) 241-5700.

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.

Registration Form:

Name _____
Address _____ City _____ State _____ Zip _____
Phone _____ email _____

Class(es) I am registering for: #1 _____ #2 _____

Child Care
If available
at class

I will need child care for # _____ children - ages _____, _____, _____, _____

Does your child have special needs that child care should be aware of? _____

Does your child have any non-food allergies? _____

*include fee made out to Cass County Extension if registering for a Nurtured Heart 5 –week series or Nurtured Heart Notching Up series \$ _____ amount enclosed

Mail registration to:
Cass County Extension
1010 2nd Ave. S
PO Box 2806
Fargo, ND 58108

NDSU
Extension Service

NDSU is an equal opportunity institution.

Questions: Call Cass County Extension, 701-241-5700 or email diane.langer@ndsu.edu

Ten Ways to Make More Time for Your Kids



As you head into Fall your calendar is filling up and you may wonder: Can I do this again? Packing lunches, carpools, help with homework, business meetings, race from sports prac-

tice to piano lessons, drive thru suppers, rush everyone to bed and wake up to a go-go weekend of hockey practice, soccer games, and birthday parties. It is OK to talk with your kids about limiting their activities.

Determined to put the focus on family, a group of moms and dads in Minnesota has organized a community group, Family Life First. Its mission: To get all the folks in Wayzata, Minnesota, to re-think their hyperactive lifestyles. Try the group's ten hints on avoiding a frantic fall.

1. Limit kids' activities – kids choose one activity after school. Period. This may be harder for parents than kids. By doing this you are teaching kids to make choices. All their activities teach them skills they can DO. Spending time with their family gives them a sense of who they ARE.
2. Limit yourself – moms and dads limit themselves to one separate night out a week. This does not preclude "date night".
3. Kill the TV – no TV on during dinner lends to more table talk. You could also consider a NO TV Monday-Thursday nights. More time for homework, reading, talking, and playing.
4. Candlelight dinners – have an agreed upon dinner time and stick to it. Try adding candles for a calming effect and this rule: when the tapers flicker no discipline issues are discussed and no phones are answered.
5. Brunch! – Make brunch for your bunch every Sunday.
6. A reading tree – find a tree in your backyard or local park and claim it as your own. Bring a blanket and book and make it a regular spot for story time.
7. Cook double – Cook double and freeze half and you have a meal ready for another night.
8. Pick your own – go apple picking (or any fruit or vegetable) together and enjoy the fall season as a family together.
9. Catch some winks – Lights out by 10:00 – 11:00 at the latest! When you feel rested you feel more calm.
10. TGIF Fun Night – end of the week focus on family. Grab a takeout pizza and head home. Take turns letting your kids plan the agenda for the evening.

Shared from familyeducation.com