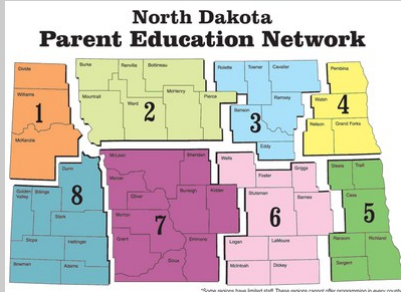


# Parenting News



## Region V Parenting Resource Center

Cass County Extension

*Strengthen a parent and you strengthen a child.*

~ Fred Rogers



Angela Berge, NDSU Extension Agent/Coordinator  
1010 2nd Ave. S., Box 2806  
Fargo, ND 58108-2806  
Phone: (701) 241-5700  
Fax: (701) 241-5935  
Angela.berge@ndsu.edu  
www.ag.ndsu.edu/cass-countyextension/home-and-family  
Counties served: Cass, Traill, Steele, Richland, Sargent, Ransom

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

## Nurturing America's Military Families

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 all welcome.

Location: NDSU Alumni Center

1241 N. University Dr., Fargo

Dates: Saturdays, January 21, 28 and February 4

Time: 9:00 am—Noon

Cost: FREE

Registration: email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu) or call (701) 241-5700. Complete registration and topic information available at our website.



*This program is funded by ND Dept. Of Human Services, Children and Family Division—Child Protection Services and the ND Parent Education Network.*

## Calling All Dads FREE Newsletter

For DADS who want to learn hands-on ideas and activities to help their children, we are again offering a FREE

newsletter series 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 young children and gain confidence in your role as a dad.

To sign up for this FREE newsletter series call 701-241-5700 or email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu) and provide either your email or postal address.

Newsletters will be sent Wednesdays, January 4, 11, 18, 25, February 1, 8, 15, 22, 29

### New Library Resources Coming Soon!

We are expanding our library with new resources.

In upcoming newsletters we plan to feature different categories or specific titles.

#### Featured Items

#### resources for PARENTING FROM A DISTANCE

Whether you travel for business, are divorced or separated, are incarcerated, or deployed with the military, we have specific books for you on all of these topics. Find great tools to help stay connected with your kids when you can't be with them physically. Call 701-241-5700 for information.



### Special Points of Interest:

- ⇒ Find us on the Web and Facebook. See back page for addresses.
- ⇒ We have new library materials available for checkout.
- ⇒ FREE monthly Parent Support Group
- ⇒ Parents Forever information available on our website
- ⇒ Upcoming classes: Love & Logic, Nurtured Heart, Notching Up with the Nurtured Heart Approach, Take Back Your Kids (book study)

2011 FARGO 2012

## Together4Kids

Autism & Aspergers

Tuesday, January 17, 2012

7:00—8:15 p.m.

Bullying

Thursday, February 23, 2012

7:00—8:15 p.m.

Both events are FREE and open to the public. Registration not required.

Check our website for information.

Co-sponsored with  
Fargo Public Schools

## Nurtured Heart Approach

This 5-week class series is for parents and other adults who want to improve relationships. Challenging behaviors abound in homes, schools, and childcare settings. Children of all ages are hungry for emotional relationship (a.k.a. attention) and are experts at getting this need met. In this class, you will learn the basics of the Nurtured Heart Approach and you will leave with a heightened understanding of how to respond to challenging behaviors with intention and purpose. You'll be on your way to helping build stronger kids, from the inside out.

**Cost:** \$50 per individual/\$60 per co-parenting couple and includes class materials and workbook.

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



### NHA Class Series One

Dates: Tuesdays, Jan. 10, 17, 31 Feb 7, and 21  
Time: 4:00—5:30pm (no childcare)  
Location: NDSU Wellness Center, 18th St. North & Centennial Blvd. Fargo

### NHA Class Series Two

Dates: Tuesdays, Jan. 10, 17, 31 Feb 7, and 21  
Time: 6:00-7:30pm (with childcare)  
Location: NDSU Wellness Center, 18th St. North & Centennial Blvd. Fargo

### NHA LUNCH HOUR Class Series Three

Dates: Wednesdays, Feb 1, 8, 15, 22, March 7  
Time: 11:30am—1:00pm (no childcare)  
Location: Cass County Annex Meeting Room-1010 2nd Ave. S., Fargo

## Notching Up Success with the Nurtured Heart Approach — Fargo

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

Cost: \$30 per individual  
\$40 per couple  
Includes workbook  
Dates: Thursdays, Jan. 19 and Feb. 2  
Times: 6:00-8:00 (No Childcare)  
Location: West Fargo Library,  
109 3rd St. E, West Fargo

*"Taking the Nurtured Heart class has brought a new peace to our home. There is less yelling and everyone is happier. I am so excited to take Notching Up and take what I know to a deeper level."*

*~ much happier mom of 3*

## Parents Night Out - 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.

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

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 Nur-

tured Heart Approach parenting skills, and begin using strategies at home right away. All parents and caregivers are welcome. This is FREE and childcare is provided at both sites. Registration is required if you need child care. For information or to register for childcare, call (701)241-5700 or email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu)

*Parents Night Out is funded by ND Dept. of Human Services, Children and Family Division—Child Protection Services and the ND Parent Education Network.*

# Take Back Your Kids Book Study in Casselton

Take Back Your Kids by William Doherty, PH.D. focuses on confident parenting in turbulent times.

Doherty explains how parents can be both sensitive and in charge while using love and limits in healthy and appropriate ways.

Take Back Your Kids shows parents how to be confident in their roles, place family life as a priority in their home and promote respect in parent/child relationships. This book is of great value for parents of children of all ages, especially mid elementary through middle school. It provides practical guidance for parents in an ever changing and demanding world and sets the stage for parents to encourage and support each other.



### Book Study Details

Cost: \$15 for class & book

Dates: Tuesdays, March 13, 20, 27

Times: 6:15-7:30 p.m.

(No Childcare provided)

Location: Central Cass School, 802 - 5th Street North, Casselton ND

## Love & Logic — Fargo

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.



Love & Logic is funded by ND Dept. of Human Services, Children and Family Division—

Child Protection Services and the ND Parent Education Network.

### Love & Logic Details

Cost: FREE

Dates: Tuesdays, Feb. 21, March 6, 13, 20, 27 (no class Feb. 28)

Times: 6:00-7:30 p.m.

(No Childcare provided)

Location: West Fargo Library, 109 3rd St. E, West Fargo

## Nurturing Parenting Program — Fargo



The Nurturing Parenting Program is available in Fargo beginning in January 2012. 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 January 12 and will conclude on April 26<sup>th</sup>.

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.

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

Registration Form:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

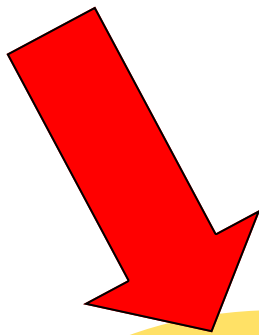
E-mail \_\_\_\_\_

Classes (please circle): Nurtured Heart 4:00, Nurtured Heart 6:00, Nurtured Heart 11:30, Notching Up, Love & Logic, Take Back Your Kids Book Study, Nurturing America's Military Families

Childcare for 6:00 Nurtured Heart Class: I will need childcare for # \_\_\_\_\_ Children—ages: \_\_\_\_\_

\*Include fee made out to Cass County Extension if registering for Nurtured Heart, Notching Up, or Take Back Your Kids. \$ \_\_\_\_\_ amount enclosed

Mail Registration to: Cass County Extension, PO Box 2806, Fargo, ND 58108-2806



Find us on the WEB and  
**FACEBOOK**

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

Facebook at NDSU Extension Parenting  
Resource Center

All classes offered in this newsletter are co-sponsored by NDSU Extension Service—Cass County, Region V Parenting Resource Center and in cooperation with local partners. Please share this newsletter with others—and encourage your friends to call and request this quarterly newsletter.



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