

Fall
2018

Parenting Tips & Times

Parent and Family Resource
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NDSU Extension

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Serving Burleigh, Emmons,
Grant, Kidder, McLean,
Mercer, Morton, Oliver,
Sheridan & Sioux Counties



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Is Fall Too Full?

The weather is getting cooler and the school year has begun. Sports and activities are a plenty and we're all getting back in to routines with fuller schedules. During the hustle and bustle of the fall season do you ever wonder if fall is *too* full? Perhaps this fall should include some time for reflecting and taking a look at your family's schedules and activity load. A focus on promoting family wellness means taking a look at what each family member is trying to accomplish on a daily basis.



Get free coloring pages like this one at www.Crayola.com

Some questions to ponder when evaluating what needs to stay or go for your family:

- What are our family's priorities?
- What can I/we say "no" to? What do we want to say "yes" to?
- Are your kids missing out on learning skills at home because of activities outside the home?
- Are there too many family resources (money, energy, time, or space) being spent on this activity?

We hope you have a wonderful fall filled with fun, balance and some family time.

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Stay Connected



Connections Corner...You heard it here!

One of the great pieces of the Parent and Family Resource Center can be the connections to other people or resources. Each quarter we'll share a resource, connection, or event.

September is Suicide Prevention Month

There is no single cause of suicide, but one of the risks is social isolation. Making connections with one another can be an impactful step towards reducing risk. There are many resources available for those impacted by suicide whether it is a family member, friend, or someone struggling with suicidal thoughts. This month and always, let's reach out to connect with one another and to get help.

- **National Suicide Prevention Line available 24 hours a day:** 1-800-273-8255
- **First Link: Dial 2-1-1** for support, information, and resources of all types. This North Dakota-based organization is here to support families across the state. Other resources can be found on their website at www.myfirstlink.org
- **Out of the Darkness Walks** - the walks occur all over the country this month, providing awareness, support, and a time to raise funds for the cause. For information on events near you or resources, visit the American Foundation for Suicide Prevention website <https://afsp.org/> The Bismarck/Mandan Out of the Darkness walk will be held on September 14 at 6:30p.m. at the Capitol (check-in begins at 5:30p.m.).

Wish your family had more meals together? Check out The Family Table to get conversation starters, tasty recipes, and have a chance to win **prizes!**

For more details, contact Liz at the Parent and Family Resource Center or visit the website:

www.ag.ndsu.edu/familytable



Conversation starters to try at your table this season:

What food would you like to try if you were feeling brave about trying something new?

Name your favorite season of the year — why do you like it?

Name someone you helped today. Can you think of someone who helped you today?

Educational Opportunities for Fall 2018

Building Strong Families

Attend this three-part series whether your children are 2 years old or 18 years old. Topics we will discuss include building family strengths, communication, and discipline for children at different ages and stages of development.

Classes held at CPS office in Fort Yates.

Child care is not available.

Growing Futures credits for child care providers are not available.

Tuesdays,
October 2, 9, & 16
1:30 - 3:00p.m.
Fort Yates, ND



Our name has changed!
Are you following us on Facebook yet?

Parent and Family Resource Center - Region 7

**Additional fall programs in the region are in the works,
stay tuned for details:**

Mandan, ND: Active Parenting: the First Five Years, dates TBA

Beulah, ND: program TBA

Follow us on *Facebook* for further updates or email Liz.Larson@ndsu.edu for more information.

Want to go paper free?

Join the email newsletter list instead!

Just email: Liz.Larson@ndsu.edu & say you'd like to switch.

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Educational Opportunities for Fall 2018

Conscious Discipline



Learn tools to turn conflict into cooperation. Understand the need your child is seeking to fulfill by their behavior. Create a positive, healthy relationship with your child.

**Thursdays,
Sept. 20, 27, Oct 4 and
Mondays Oct. 8 & 15
5:30 - 7:00p.m.
Bismarck, ND**

Join us for this five-week series of Conscious Discipline and receive a free children's book to read as a family!

Child care is available at no cost, limited spots available. All children registered for child care will receive free pizza dinner each week, provided by Will-Moore Elementary.

Growing Futures credits for child care providers not available.

Active Parenting...of Teens!



Are you raising teenagers? We offered this program last fall and are excited to have it at the Mandan High School again. Topics include methods of respectful discipline and developing clear communication. We'll offer this 3-week series in the fall with the option of attending an additional 3 weeks of topics such as discussing risk-taking behavior, alcohol and drug use. Registration is now open for the November & December series.

Child care is not available.

Growing Futures credits for child care providers are not available.

**Mondays,
Nov. 19, 26 & Dec. 3
5:30 - 7:00p.m.
Mandan, ND**

"Save the Date" — we will offer optional classes as an add-on to the initial 3-week series. These additional classes will cover topics including risk-taking behavior and drug and alcohol use. Tentative dates: Mondays, January 7, 14 & 28. Registration will be available during the Nov-Dec series.

Educational Opportunities for Fall 2018

Split

A Film for Kids of Divorce (and their Parents)

The Morton Mandan Public Library is hosting an event which will include a movie showing of *Split: A Film for Kids of Divorce (and their Parents)*. The film features twelve children aged 6-12, who explore the sometimes overwhelming and always life altering separation of their parents. Following the movie, there will be time for discussion led by library staff and Liz from the Parent and Family Resource Center. Additional resources for parents and children will be available as well. Parents and children experiencing a divorce or separation (whether married or never married) are invited to attend. If you have questions you can contact the library staff at 701-667-5365 or the NDSU Extension Parent and Family Resource Center at 701-667-3342. To learn more about the film visit www.splitfilm.org *No registration required.*

Saturday, October 20

2:00p.m

Held at Morton
Mandan Public Library

Parents Forever

Are you going through or have recently separated or divorced from your child's other parent? This is a research-based program designed to help parents make informed, child-supportive decisions while focusing on healthy children & positive relationships.

Cost is \$55/person.

Scholarships are available, contact Liz at 667-3342.

Childcare is not available.

Growing Futures credits for child care providers not available.

This class is not funded by ND DHS.



Monday,

October 1

5:00-9:00pm

Mandan, ND

Thursdays, Nov. 8 & 15

5:30-7:30p.m.

Mandan, ND

(2-night series, required
to attend both nights)

How do I register for classes??

Pick what's easiest!

- ◆ Call the office 701-667-3342
- ◆ Go online www.tinyurl.com/region7prc
- ◆ Or scan the QR code here to link →



All classes are funded by ND DHS - Children and Family Services Division unless otherwise noted. Programs sponsored by NDSU Extension Parent and Family Resource Center | Region 7, County Extension offices, and local community partners who host classes. Individuals with need for special accommodations are invited to request reasonable accommodations to participate in NDSU sponsored programs by calling 701-667-3342 two weeks in advance.