

Spring
2019

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NDSU Extension

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Parenting Tips & Times

Get Your Blue Ready for April!



Each April we recognize and raise awareness about National Child Abuse Prevention Month. What does the month mean for us - or for you? This month offers an opportunity to bring awareness to concerns we see in our communities. We also take the month to celebrate the positive events, resources and people in our communities who are contributing to raising happy and healthy children.

Several community activities and programs are offered throughout the month of April to support parents and caregivers. One of our favorite days is Wear Blue Day. This year it will be

Friday, April 5. We encourage everyone to put their blue on, snap a pic and share on social media with the hashtag #wearbluedayND and #greatchildhoods. Several communities will participate in Wear Blue Day challenges or competitions - so grab your kids, co-workers, classmates, and friends to recognize the day.

Other ways to recognize April as Child Abuse Prevention Month

- ◆ Plan a couple days in April to prepare & enjoy meals together. This can be a great kick-off to new habits of regular family meals together.
- ◆ Dedicate an evening or afternoon to be "screen-free." See if *all* family members can limit phone, TV, iPad, and other screen use in order to have some quality time with one another.
- ◆ Find a way to give back to your community through a volunteer activity or project.

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Funding for *Parenting Tips & Times* is provided by the ND DHS Children and Family Services Division and NDSU Extension.



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Educational Opportunities for Spring 2019

Save these Dates!

There are events & activities going on all month focused on positive family time and healthy relationships, to highlight Child Abuse Prevention month. "Save the Dates" event details will be confirmed in early March.



Wear Blue Day Competition

We invite people of all communities to join the Wear Blue Day challenge to bring awareness about April being Child Abuse Prevention month. Get your blue on, then post to Facebook or Instagram with the hashtags #wearbluedayND and #greatchildhoods Watch our Facebook page for more going on in April!

**Friday, April 5
All Day!**

**Evenings in April
Details TBD
Flasher, ND**

Caring for Children: Now in 3!

This 3-session series, geared towards parents & caregivers of school-aged children. Topics include communication, discipline, teaching responsibility, dealing with power struggles & parenting styles. Free child care available, spots limited.

Register through Parent & Family Resource Center

Family Day Make & Take

This event is geared towards families with school-aged children. Families will get to participate in different activities and work on fun make & takes. You and your family may even win a prize! Event open to the community, no registration required.

**Saturday, April 6
Bismarck, ND**

**Saturday, April 13
9:00a.m. - 2:15p.m.
Linton, ND**

Caring for Children: The First Five Years

One-day event for parents/caregivers of children ages birth to five years of age. Child care not available. Please bring a lunch/snack for yourself, meal will not be provided.

Growing Futures credits for child care providers 4.5 hours pending.

Registration opens in March: Call Emmons County Extension at 701-254-4811.

Educational Opportunities for Spring 2019



Love & Logic

**Dates TBD for
March/April series
Mandan, ND**

We are still working to find dates/location for this series because we know we have families interested! If you would like to be added to a wait list, we will contact you when details are set — thanks for your patience!

About Love & Logic: this multi-session series will cover topics such as avoid power struggles, tools for handling misbehavior without breaking a sweat, and strategies to reduce whining and arguing.

Growing Futures credits for child care providers may be offered.

Brown Bag: Building Strong Families

During this 3-week series, we invite you to bring a lunch or grab something from the café at the library each week. Then, head downstairs for a short program starting at noon. Topics include building family strengths, positive discipline and setting goals as a family.

Registration required.

Child care is not available.

Growing Futures credits for child care providers not available.



**Wednesdays,
April 17, 24 & May 1
12:00 - 12:50p.m.
Bismarck Public
Library**

Life Skills Classes: Nurturing Your Child

For parents of infants/toddlers, join us at First Choice Women's Care Center to cover topics including nurturing baby, bonding with baby and calming your child.

Questions? Contact Liz at 701-667-3342.

Register by calling First Choice at 701-751-4575.

Child care is available, please register ahead of time.

Growing Futures credits for child care providers not available.

**Wednesdays,
3:30 - 4:30p.m.
March 20 & 27,
April 3 & 10
Bismarck, ND**

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Educational Opportunities for Winter 2018-2019

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.



**Saturday,
March 23
8:30a.m. - 12:30p.m.
Mandan, ND**

**Monday,
May 20
5:00p.m. - 9:00p.m.
Mandan, ND**

“SPLIT” video This past fall we partnered with the Morton Mandan Public Library to offer a video showing of SPLIT: A film for Kids of Divorce (and their parents). This DVD and the book that pairs are available to borrow from the library. It is a great resource for groups or individual families. Contact Liz (667-3342 or Liz.Larson@ndsu.edu) if you have questions or want resources for families impacted by divorce, separation, or co-parenting.

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.

Have you ever wanted to join a book club? What if it was a club just for parents/caregivers raising children?

We are looking to start one! And we would love to hear your feedback.

Books we're considering:

Sleepless in America by Mary Sheedy Kurcinka

Easy to Love, Difficult to Discipline by Becky A. Bailey

The Whole Brain Child by Mary Sheedy Kurcinka



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.

Parent Café

What are Parent Cafés?

Parent Cafés are conversations where you can:

- Meet new people & friends
- Share your hopes & dreams for your family
- Get new ideas
- Engage in positive conversation
- Learn about community resources

Are Parent Café's for you?

Are you a parent, grandparent, or other person who is actively involved in raising a child? If so, the answer is yes!

Parent Café's are FREE to all participants - Free child care provided, too!

Parent Café details

When: March 28, April 25 & May 16

5:30 p.m. Free community meal
at The Banquet

6:15 - 7:15p.m. Parent Café

Where: Trinity Lutheran Church,
502 N. 4th St., Bismarck, ND

Cost: FREE!

No registration needed.

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 was your pit (low point) & peach (high point) today?

Pick three words to describe your family.

Thank someone at the table for something specific they do for you.



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