

# Summer 2020

Parent and Family Resource  
Center | Region 7  
NDSU Extension

210 2nd Avenue NW  
Mandan ND 58554  
Hours: 8am - 5pm  
Phone: 701-667-3342

E-mail:  
jacey.p.wanner@ndsu.edu  
kari.presler@ndsu.edu

[www.ag.ndsu.edu/pen/region-7](http://www.ag.ndsu.edu/pen/region-7)

Follow us:  
@Parent and Family  
Resource Center - Region 7  
NDSU Extension



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



Find other Parent and  
Family Resource  
Centers throughout North  
Dakota with the  
Parent Education  
Network:

[www.ag.ndsu.edu/pen](http://www.ag.ndsu.edu/pen)

# Parenting Tips & Times

## Summer is HERE!



## Now What?

Students and families have finished their distance learning for the school year and are headed into summer! (You made it!)

So now what? There are a variety of opinions on how to spend your time with your kids this summer amidst COVID-19. Some families are planning to continue with their travel and summer activity schedules like they do every summer (while following new safety guidelines provided by the state), while others are choosing to stay close to home and limit their social gatherings. The awesome thing about parenting is that you choose what is best for your family and your family's circumstances.

### Some tips for the summer:

- ◆ Be confident and educated in your decisions as you know your family best.
- ◆ Avoid comparing your summer experience to other families via social media.
- ◆ Be supportive of families that are choosing to continue social distancing at this time. They may have a new baby, a family member with high risk health issues, or whatever reason they choose.
- ◆ Continue to follow the ND Smart Restart guidelines.
- ◆ Enjoy your yard! Plant flowers, plant a garden, have it be a nightly project to tend to the plants. This is a great activity for 2 years old—100 years old.
- ◆ Try a new summer activity: kayaking, paddle boarding, biking, roller blading, camping, fishing, geocaching, tennis, or Frisbee golf.

NORTH  
**Dakota** | Human Services **NDSU**  
Be Legendary.™

EXTENSION

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

## Online Parenting Courses



Amidst COVID-19, NDSU Extension Parenting courses were moved online utilizing the ZOOM platform. We have found that online courses were easier for some parents to attend and sometimes had 3X the attendance that an in-person class has had. The other great thing about the online platform was that people in attendance online were from a variety of communities throughout Region 7.

While in-person classes will be re-instated, we will continue to use the online class platform in the Fall.

**Online classes have filled much more quickly. The first place the classes will be posted will be the email listserv. If you want to be added to the listserv, please email me at [jacey.p.wanner@ndsu.edu](mailto:jacey.p.wanner@ndsu.edu)**

## No facilitator led classes offered this summer!

I am planning to be on maternity leave for the summer and will start up classes again in the fall.

If you are in need of a course, we have a variety of online, self-directed, course options available by calling 701-667-3342.

Our library will still be open for individuals wanting to check out parenting curriculum.

Thank you for being understanding as I take this time together with my family.



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.

## Coming This Fall

### Infant Massage



Infant Massage WINC's foundation is the TRIAD Family Model. The purpose of infant massage is to promote healthy infant, child, and family development while strengthening the family unit and bonding process to endure a lifetime. Infant Massage WINC uses nurturing touch, compassionate communication, and a safe positive, creative environment to foster development "so children may thrive and not just survive." Andrea Kelly who is the director and Master Trainer of Infant Massage says: "A baby's first language is touch, the second is dialogue. We at Infant Massage WINC promote healthy family development that encourages the bonding process to endure a lifetime through nurturing touch and compassionate communication within a safe/positive/creative environment." Benefits to Infant Massage may include:

- ◆ Relaxation and Soothing
- ◆ Gas Bubble and Constipation Relief
- ◆ Helps caregiver to learn baby's cues
- ◆ Improves immune function
- ◆ Relieves stress for your baby
- ◆ Can help baby sleep longer and more deeply
- ◆ For babies born early and experience Infant Massage, the babies may have 47% more weight gain and are often discharged earlier from the hospital
- ◆ Quality time with baby that promotes positive interactions

**Do you know anyone who is expecting a baby in Fall or Winter 2020 or anyone with a child age 0-5 who is interested in learning Infant Massage?**

Have them email me and let me know they are interested or to ask any questions at: [jacey.p.wanner@ndsu.edu](mailto:jacey.p.wanner@ndsu.edu).



## But First, Acknowledge the Feelings

A popular saying on mugs, T-shirts and signs goes like this: “But first, coffee.”

Coffee drinkers understand. It’s a way to start the day, follow a comforting routine or just put off some task for a little bit longer.

Maybe we could produce some similar merchandise that would help with hurt and healing: a T-shirt, a toddler romper, a backpack, a graduation cake, a briefcase, a tool bag all printed with “But first, acknowledge my feelings.” It’s not as catchy as coffee, but it is true for all ages and stages of life. We are humans with a wide array of emotions.

Babies have no words to describe how they are feeling, so they let us know with big, toothless smiles when we walk in the room and, conversely, turning away, shutting down or crying loudly when too much noise or action is going on around them. Naturally, we calm the baby by acknowledging the feelings and providing calm and quiet.

When a toddler has a toy taken away by another curious child, the first child gets angry. Reasoning, teasing, distracting and cajoling will not work until someone acknowledges and validates the child’s feelings: “You feel upset/angry because you were not done playing with that toy.”

A school-age child’s parents divorce, and the sorrow cuts deeply. Acknowledging and validating the hurt is the first step to helping the child through the many emotions of a family separation.

Sometimes as adults we forget the embarrassment suffered by tweens over what we might consider pretty minor parenting errors, such as calling them by a nickname or giving reminders in front of friends. Nonetheless, strong feelings need to be heard even before the apologies are extended.

When a teen’s sport season, final musical or theater performance, school event or graduation is canceled or postponed, the teen may experience grief over lost opportunities or traditions. Acknowledge the disappointment first and then teach the resilience skills to help the budding adult learn to bounce back from the many times that expectations will be greater than the event can provide.

Adults who have just entered the workforce or those who have lost long-held careers may have feelings of bitterness, sorrow, worry and more, depending on the situation. Before giving advice about where to go for career counseling or who has job openings, or changing the topic, try listening without interruption and then acknowledging the feelings of this person.

This quote, credited to António R. Damásio, an American-Portuguese neuroscientist, confirms that information passes through our emotional brain into our thinking brain: “We are not thinking machines that feel, we are feeling machines that think.”

When people have strong emotions at any age, just listen, then acknowledge and validate their feelings. It’s powerful and the first step in the process.

But first, feelings.



## 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 newsletter we'll share a resource, connection, or event.



**RightTrack** is a **FREE** developmental screening and follow-along program for all ND children birth to three years of age. Simply call 701-328-8985 to request a free Right Track visit.

These are questions that Right Track home visitor can help parents and caregivers answer:

**When should my baby be crawling?**

**How many words should my 24 month old be saying?**

**How do I encourage my child to walk?**

**Who does an infant vision screening in town?**

**What should I do if my child has a hard time falling asleep?**

Right Track developmental screens look like playing! The Right Track home visitor meets with you in your home (or currently virtually) and can provide:

- Developmental Screening
- Information on child growth and development
- Ideas on supporting your child's development
- Information on various childhood concerns including sleep, nutrition, toileting, and challenging behaviors.
- Information and referrals to local, state, and national organizations.



**Want to go paperless?**

Join the email newsletter list instead! Send an email to [Jacey.p.wanner@ndsu.edu](mailto:Jacey.p.wanner@ndsu.edu)

