Class Descriptions & Schedule for 2018-2019

*Happiest Baby on the Block
Monday evenings - 6:00-7:30 p.m. - Minot
September 10, 17
The title says it all! Learn techniques to calm and soothe your baby while increasing baby’s sleep time (and yours).

*Signing
Tuesday evenings - 6:00-7:30 p.m. - Minot
September 11, 18, 25 October 2, 9, 16, 23, 30
This is an awesome opportunity to learn basic sign language to use with young children. Signing is an effective, fun way to decrease frustration between you and your child.

*Active Parenting for Stepfamilies
Monday evenings - 6:00-8:00 p.m. - Minot
September 24, October 1, 8, 15, 22, 29
This discussion and video-based program is the perfect way to learn the skills and techniques helpful for successfully building and nurturing a blended family.

*Active Parenting: First Five Years – (at Minot Head Start)
Thursday evenings - 6:00-7:30 p.m. - (childcare provided)
September 27 October 4, 11
Have fun, meet other parents and learn effective skills for parenting young children ages 0-5 with this video and discussion based program.

*Bright Beginnings
Thursday evenings - 6:00-7:30 p.m. - Minot
November 1, 8, 15
Bright Beginnings will help you understand and enhance your young child’s growth and development from the prenatal period through age 8. Bright Beginnings is especially designed for expectant parents, parents raising young children and caregivers of young children.

*Active Parenting of Teens & Pre-teens
Tuesday evenings - 6:00-8:00 p.m. - Minot
November 13, 20, 27 December 4, 11, 18
Enjoy the teen years by learning to be an active vs. reactive parent by using skills presented in this video and discussion based series. The program addresses teen brain development, parenting styles, communication, problem solving, responsibility, self-esteem, teen behavior goals, high-risk behaviors, alcohol, drugs, sexuality and violence. Meet other parents in this relaxed environment.

*Conscious Discipline
Monday evenings - 6:00-8:00 p.m. - Minot
November 19, 26 December 3, 10, 17
"Discipline isn’t something you do to children, it’s something you develop with them." -Dr. Becky Bailey Through Conscious Discipline, every adult has the opportunity to learn the skills needed to create safe, connected and problem-solving homes.

Call 857-6450 to register and learn specific class sites. These classes are in Minot. Unless otherwise noted, preregistration is required.

*Nurturing Parenting Education Classes (Trinity Riverside)
1900 8th Ave SE - Minot
Tuesday evenings 5:30-8:00 p.m.
(light supper @ 5:30 p.m.)
Sept. 4 – Dec. 18
Preregister by calling Karissa at 857-5998. Free program for families with children 0-12 yrs. old. Childcare is provided.

Parents Forever™
12:30pm – 4:45pm
(Includes a break)
Sept. 19, 2018 or October 10, 2018 or November 7, 2018
(See our web site for future dates)
Parents Forever is a research-based educational program that puts parents on the path to minimizing stress for themselves and their children. Participants learn how to make informed, child-supportive decisions so children will come through separation or divorce having a positive relationship with both parents vs. feeling caught in the middle of their parent’s conflict. There is a fee for this class.

More options on back page
*Parenting Children with Strong Emotions - Anger
**Monday evenings - 6:00-7:30 p.m. - Minot**
January 7, 14, 28  February 4, 11 - 2019
Do you parent or care for a child with strong emotions? If you do, this class will provide you with skills so that you can help your child to manage emotion and use their intensity in positive ways.

*Cooperative Parenting & Divorce
**Tuesday evenings - 6:00-8:00 p.m. - Minot**
January 8, 15, 22, 29  February 5, 12, 19, 26
This video-based program addresses the parenting issues created because of divorce/separation. Learn techniques to give your children the opportunity to grow and flourish in home environments that are free from parental hostility. Your children will thank you.

*Active Parenting Now
**Thursday evenings - 6:00-8:00 p.m. - Minot**
January 10, 17, 24, 31  February 7
Parents and caregivers of 5-12 year olds will learn to be an active vs. reactive parent. This video and discussion based program addresses situations and challenges that are expected when parenting this age group. Come, learn new skills, meet other parents and have some fun!

*Basic Beginnings
**Monday evenings - 6:00-8:00 p.m. - Minot**
February 25  March 4, 11, 18, 25
If you are a new or expecting parent (or maybe it has been awhile since there was a baby in the house), this series is for you. By engaging in hands on activities, demonstrations, discussions, and facilitation, you will learn the basics of baby care as it relates to bonding, attachment, safety, health, sleep, feeding, and development. This is a great opportunity to meet other new parents too.

*Active Parenting: First Five Years – (at Minot Head Start)
**Thursday evenings - 6:00-7:30 p.m. - (childcare provided)**
March 14, 21, 28
(See description on front page)

*Parenting the Love and Logic Way®
**Tuesday evenings - 6:00-8:00 p.m. - Minot**
March 19, 26  April 2, 9, 16, 23
Love and Logic is a video-based parenting class for parents of all ages of children. The class illustrates parenting techniques that emphasize respect, empathy, logic and limits. Learn to put the fun in parenting.

*Conscious Discipline
**Monday evenings - 6:00-8:00 p.m. - Minot**
April 1, 8, 15, 29  May 6
(See description on front page)

On-Site Education:
The Region 2 Parent & Family Resource Center staff may be available to provide on-site parenting education. For more information about on-site classes, please contact us.

More Classes: Watch the PFRC website, Facebook page, and newsletters for additional classes that may be offered during the year.

* symbol indicates all classes are FREE (except for Parents Forever) and funded by The ND Department of Human Services, Children & Family Services Division, Child Protection Program. Classes are presented by the NDSU Extension PFRC.

Do the best you can until you know better. Then when you know better, do better. Maya Angelou

Live so that when your children think of fairness, caring, and integrity, they think of you. H. Jackson Brown, Jr.

To be in your children’s memories tomorrow, be in their lives today. Anonymous