



Parenting News

Contact Information

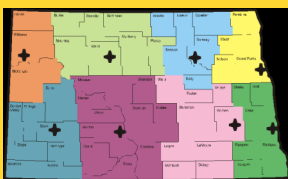
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Who We Are

The Parent & Family Resource Center-Region II is funded at 70% (part-time) and is part of the ND Parent Education Network



Each center is affiliated with the NDSU Extension Parent Education Network which provides for ongoing training, collaboration, delivery and evaluation of consistent programs across the state. Most programs are delivered with funding support from the North Dakota Department of Human Services, Children and Family Services Division.

Parent & Family Resource Center Region 2

Serving: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, Ward Counties

June 2020

Children Learn What They Live

I remember well the plaque that hung on a wall in the home where I was raised. It was on the wall for years. I have several memories about that plaque. For one, I didn't think the wall hanging was attractive. Secondly, I thought there were a lot of really big words that I didn't entirely understand.

Many years later, I realized it didn't really matter if as a child I understood the words or not. What was impactful and meaningful was whether those words modeled and lived by the adults that were so important in my life.

As parents and caregivers it is critical that we are intentional about what we teach our children. What we say and do matters. What we don't say and do matters too. We are our children's first and best teacher. We are their heroes.

Celebrate our differences. We need to be intentional about teaching kindness, tolerance and acceptance. We must teach the beauty of diversity and inclusion. Be the light. Be the change. Be kind. — Peace, Holly



If Children Live With.....

- Criticism they learn to Condemn
 - Hostility they learn to Fight
 - Fear they learn to be Apprehensive
 - Pity they learn to feel Sorry for Themselves
 - Ridicule they learn to be Shy
 - Jealousy they learn to feel Envy
 - Shame they learn to feel Guilty
 - Tolerance they learn to be Patient
 - Encouragement they learn to be Confident
 - Praise they learn to Appreciate
 - Acceptance they learn to Love
 - Fairness they learn Justice
 - Security they learn to have Faith
 - Sharing they learn Generosity
 - Kindness and Consideration they learn Respect
 - Approval they learn to Like Themselves
 - Acceptance and Friendliness they learn to find Love in the World
- Dorothy Law Nolte



Newsletter and programming funded by ND Department of Human Services Children & Family Services Division – Child Protection, presented by NDSU Extension & the ND Parent Education Network.



"NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701.231.7708." Requests for accommodations related to disability should be made two weeks in advance to Holly or Laura at 701.857.6450.

All classes are **FREE** (except Parents Forever) and are funded by the Department of Human Services, Children & Family Services Division, Child Protection Program. Classes are presented by NDSU Extension - Region 2 PFR.

National Parent Hotline, a listening ear and voice of encouragement to support parents and caregivers in the job of parenting.
1.855.4APARENT (1.855.427.2736)
M-F, 10 am to 7 pm (Pacific Standard Time)

211
Free, Safe and Confidential.
Trained staff are there to listen.

* indicates programs/materials funded by DHS

Help Your Children Understand “Wants” vs. “Needs”

Some families have had significant changes in their income due to the pandemic. Job losses, fewer work hours and furloughs have made paying for daily and monthly expenses more difficult.

Most families can improve their financial health with a little help from all family members. Start the conversation at your family table today.

Discuss the difference between “wants” and “needs” and post two lists. “Wants” are those items that would be fun or helpful to own. “Wants” could be considered for future gift ideas or food for a special occasion. “Needs” are those items you must purchase soon, generally food, clothing for work or school and safety devices.

Pay yourself first. Set up an autopay into savings so you don’t even see or touch the money before it goes to savings.

Do your own yardwork, housework, repairs, gardening and cooking. Share age-appropriate work with your children and help them see what you can save by doing these chores as a family. Plus everyone develops new skills. Bonus: You save money and get a workout without a gym membership.

Would you like to try a new sport or hobby? Try out a free session or mini-session before investing in a new sport or creative outlet. Borrow, barter or trade equipment or supplies with someone you know.

As a family, make a goal of saving for a new game, event or trip you all can enjoy together. Research and plan the purchase, event or trip, then write out a budget. Include the game and snacks for a game night. For the event or trip, include transportation, tickets, food, lodging, clothing and anything else you need to make it a successful family adventure.

The income side of your adventure can come from a variety of sources. Put that “daily doughnut” or “coffee stop” money in the **family fund** instead. Doing your own chores? Put that savings in the fund, too. Clean a closet and sell some unwanted items? Put those funds in the jar, too. You are well on your way to your family goal.

For one-time events such as “You Are Receiving a Stimulus Check – Now What?” to “Getting Your Finances in Order: How to Make a Household Financial Binder,” check out the NDSU Personal and Family Finance site at www.ag.ndsu.edu/money.

Source: Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist; Kim Bushaw, M.S., Family Science Specialist (NDSU Extension) www.ag.ndsu.edu/familytable

Colorful Veggie Kabobs

- 2 medium zucchini, cut in 1-inch pieces
- 1 large onion, cut into ½-inch-thick pieces
- 1 green bell pepper, cut into 1-inch strips
- 1 yellow bell pepper, cut into 1-inch strips
- 1 small pkg. cherry tomatoes
- ½ lb. mushrooms, quartered
- ⅓ c. oil-based salad dressing, such as Italian

If using bamboo skewers, soak them in water for two hours prior to using to reduce charring.

Thread vegetables alternately on skewers.

Brush generously with salad dressing.

Grill for three minutes; turn vegetables over, brushing with extra salad dressing.

Grill for another three to four minutes until done.

And of course, enjoy!

Makes six servings. Each serving has 150 calories, 8 grams (g) fat, 5 g protein, 17 g carbohydrate, 4 g fiber and 360 milligrams sodium.

www.ag.ndsu.edu/familytable

Source: Julie Garden-Robinson, Ph.D., R.D., L.R.D.,

Home Alone Reminder

If you are considering leaving your children at home without an adult, ND DHS has guidelines and suggestions:

*Prior to age 9, children need an adult present and available at all times. They may not stay home alone and cannot be responsible for the care for other children. Very young children need to be in the proximity of an adult.

*Children should be at least 9 years old to stay alone and they need proper training and practice before doing so. Their home alone time should be for short durations and during daylight hours only. They cannot be responsible for the care of other children.

*Children should be at least 12 years old and have proper training and practice to take care of younger children when there is no adult present.

*It is recommended that even teens, not be left alone during nighttime hours.

Additionally, any child that will be alone at home, or providing care for a younger child needs to have some basic skills and knowledge, such as:

*Knowing what to do in case of emergency.

*Understanding and following family rules.

*Having access to an adult if needed.

*Being OK with being home alone (some kids are not)

*Showing maturity to complete responsibilities.

And finally, in regards to the ND guidelines, age alone does not guarantee maturity. You know your child best.

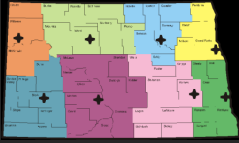
Happy Father's Day!!! Sunday June 21

On-line Parenting Education: The ND Parent Education Network has a list of research based, evidence-informed, on-line parent education classes. If this type of education might benefit you, contact the PFRC office: 701.857.6450.

Region 2 PFRC Class Descriptions & Schedule for 2020

Normally, a list of parent education opportunities are listed in this space. At the Parent and Family Resource Center, like everywhere else, we are in a new normal. As a result, program planning remains very fluid. By August the calendar for our new program year (July 1, 2020-June 30, 2021) will be in place. Prior to that some program opportunities (via Zoom) will be announced for July/August. Keep an eye on Facebook and your e-mail inbox. Several on-line programs and chat groups have already completed.

As of today, face to face PFRC programming is not available. NDSU Extension leadership continues to encourage employees work remotely. Know that you may contact the PFRC office at 701-857-6450 or e-mail Holly at holly.arnold@ndsu.edu or Laura at laura.morelli@ndsu.edu. We are here to help and look forward to visiting with you. :)



The ND Parent Education Network (NDPEN)
 Refer friends and family to their nearest parent and family resource center:
www.ag.ndsu.edu/pen.

Saturday June 6th - Check it Out!



Coming Together: Standing Up to Racism



A Town Hall for Kids & Families

CNN SATURDAY MORNING **10**^AET
CNN.com/SesameStreet



Thank you!



As I wrap up another Parent and Family Resource Center program year I have a lot of wonderful and very incredible people to thank. It takes a village to keep this program going.

Laura, the (very part-time) PFRC Administrative Assistant: I always say, she makes the PFRC program look good. She does, in every way and every day!!! Thank you!

The Ward County Extension Staff - Emily, Ellen, Nicole, Paige, Trish and Shirrell. They are a supportive, creative, fun and forgiving bunch. Thank you!

PFRC Parent Education Facilitators – Audrey, Dawn, Jolene and Rachel. They share their talents and open their hearts every time they teach. Thank you!

ND Parent Education Network-NDSU Extension. You know who you are, a small and mighty group making a difference for families in the region you serve. Thank you!

Funders – NDSU Extension, ND Department of Human Services and Ward County. The PFRC depends on in-kind and monetary resources and support to be viable. Thank you!

Parenting Education is not:
 About Perfection
 About Weaknesses
 About mistakes

My father didn't tell me how to live.
 He lived and let me watch him do it.
 — Clarence Budington Kelland

Parenting Education is:
 About Strengths
 Fun, Free, For Everyone
 Free