Happy New Year

I think my wish for 2021 is very similar to most people’s. No surprises here! I look forward to a year where we can once again connect in person, stand closer to one another, and celebrate life’s milestones together.

Of course the return to our so-called normal, or the new normal we hope to create is predicted to be months into 2021. In the meantime, individuals and families struggle with losses, isolation, anxiety, depression, substance abuse, and financial and food insecurity. If you or someone you know is struggling, please know that there are community resources to help. You may call 211 at any time and a trained counselor will connect you with local services.

If you want more tools in your parenting toolbox, the PFRC has many options no matter where you are in your parenting journey. Effective parenting tools decrease parental stress.

As always, our children are watching and learning. Be well.

Peace, Holly

“Don’t ever forget that you’re a citizen of this world, and there are things that are easy, things that are free, things that you can do every day: civility, respect, kindness, character.”

***Aaron Sorkin

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

Call ND FirstLink 211 helpline for referrals to local mental health services. Free and available 24/7.

FREE Opioid Prevention Program

NDSU, SDSU, SAMHSA, and Overdose Lifeline, Inc. have collaborated to offer: This is Not About Drugs, a free opioid prevention program. Two options are offered, Social Work CEUs are available, and it can be presented via Zoom.

One program option is designed for youth (6-12 grade). The other option is for adults. Each option is a one time, one hour presentation and has been well received by schools and other groups.

To schedule the program for your school, civic group, worksite, church, homemakers club, youth group, etc., please contact the PFRC office 701-857-6450 or e-mail holly.arnold@ndsu.edu

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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

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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.
The Family Table: Connect

Connect over the book “Stone Soup.” It is a story with an important lesson.

Read the book together. A parent or older sibling can read the story to the family. If you don’t own a copy, check out your local school or public library. You also can Google the story to hear it read aloud.

Invite each person in your household to choose one to two soup ingredients to add to a soup broth.

Table Talk. Discuss the book while you eat your delicious soup.

◼ Why didn’t the people want to share their food at the beginning of the story?
◼ What happened when they did share their food?
◼ Why did they put a stone in the soup?
◼ What is another name for a stone?
◼ Would you put a stone in your soup? Why or why not?
◼ Sharing food is one way to help others. What are some other ways people can help each other?
◼ Talk about ways your family likes to help others.
◼ How is stone soup like a potluck?

Take a walk, find some interesting stones and paint them with colors and designs.

Share some soup with a friend or neighbor and give them a hand-painted rock to cheer them.

Older youth and teens may want to research food insecurity in their community. Families have many opportunities to help; food drives, volunteering at food distribution sites, serving at community kitchens, and writing letters to legislators about free school breakfast and lunches for all students for better nutrition to shutting down the stigma of free and reduced meals or packing or delivering meals on wheels.

Friendship Soup Mix in a Jar

½ c. dry split peas
2 Tbsp. beef bouillon granules
¼ c. pearl barley
½ c. dry lentils
¾ c. dry, minced onions
2 tsp. Italian seasoning
½ c. long-grain white rice
½ c. macaroni noodles

To make a mix to enjoy later or provide as a gift: In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it if desired and attach a copy of the recipe card.

To make right away, add these additional ingredients:

1 lb. lean ground beef or turkey or meat alternative
3 qt. water
1 (28-oz.) can diced tomatoes

Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done).
Class Descriptions & Schedule for January-May 2021

These opportunities will be presented via Zoom video conferencing (not in person) for the foreseeable future. NDSU Extension, CDC, and local guidelines will continue to be followed.

Pre-registration is required for all classes – to register email holly.arnold@ndsu.edu

* Nurturing Parenting Program
  Pre-register to Kayla 701.857.3622
  Free program for families with children 0-12 years old.
  **Tuesday evenings 6:00-7:30 p.m. via Zoom video conferencing**  **January 5 – April 20, 2021**

* Parenting Children with Strong Emotions: Anger - (Helping Your Child Manage a Big Emotion)
  Little children often have big emotions. Come and learn the skills for helping your child to manage emotions and use intensity in positive ways.
  **Wednesday evenings – 6:00-7:30 p.m. - Minot**  **January 6, 13, 20, 27, 2021**

* Positive Discipline – (Another Tool for Effective Parenting)
  Children don’t come with a set of directions and effective parenting skills are learned, not inherited. This class offers discussion and practical activities that will help you discover what children are really thinking, feeling, and deciding based on their parent’s parenting methods.
  Discover effective discipline methods.
  **Thursday evenings – 6:00-7:30 p.m.**  **January 14, 21, 28  February 4, 11, 18, 2021**

Parents Forever™
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. Please register at 701.857.6450 one week prior to class. Fee of $45.00 to be paid one week in advance to address above.
  **Tuesday evenings – 6:00-8:00 p.m.**  **January 19  &  26, 2021 (must attend both sessions)**

* Active Parenting: First Five Years - (Enjoying and Enhancing Your Child’s First 5 Years)
  Have fun, while meeting other parents and learning effective skills for parenting young children, ages 0-5 with this discussion-based program.
  **Monday evenings – 6:00-8:00 p.m.**  **January 25  February 1, 8, 2021**

* Nurtured Heart - (Celebrating Your Child’s Greatness)
  Help your child discover their greatness! Join other parents in learning effective parenting techniques to address difficult and intense child behaviors. See and experience improved behaviors at home, school, and in public.
  **Tuesday evenings – 6:00-7:30 p.m.**  **February 2, 9, 16, 23  March 2, 2021**

* Parenting the Love and Logic Way® - (Putting the Fun in Parenting)
  This class is perfect for parents and caregivers of all ages of children. Love and Logic presents parenting techniques that emphasize respect, empathy, logic, and limits.
  **Monday evenings – 6:00-8:00 p.m.**  **February 22  March 1, 8, 15, 22, 29, 2021**

Parents Forever™
(See previous description) Please register at 701.857.6450 one week prior to class. Fee of $45.00 to be paid one week in advance to address above.
  **Thursday evenings – 6:00-8:00 p.m.**  **February 25 & March 4, 2021 (must attend both sessions)**

* Active Parenting: First Five Years - (Enjoying and Enhancing Your Child’s First 5 Years)
(See previous description)
  **Tuesday evenings – 6:00-7:30 p.m.**  **March 16, 23, 30, 2021**

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

*Active Parenting: Crossroads of Parenting & Divorce - (Preventing Divorce/Separation Abuse)  This program is a five-step seminar designed to prevent divorce abuse – a specific type of emotional abuse that divorcing/separating parents cause when, in anger and bitterness, they lose sight of their child’s needs. This class will help parents become aware of how their actions may inadvertently harm their children, show how to establish positive post-divorce/separation, co-parenting relationships, and provide them with the skills they need to stay child-focused while minimizing poor choices amidst conflict and loss.

**Thursday evenings – 6:00-8:00 p.m.  March 18, 25  April 1, 8, 15, 2021**

*Active Parenting of Teens & Pre-Teens - (Guiding My Child through the Teen Years)  Enjoy the teen years by learning to be an active vs. reactive parent by using skills presented in this 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.

**Wednesday evenings – 6:00-8:00 p.m.  April 7, 14, 21, 28  May 5, 12, 2021**

*Circle of Security® - (Bonding and Attaching with Your Infant or Toddler)  From the moment they are born children are telling us what they need. Recognize cues to be your child’s secure base. Learn to follow your child’s needs when possible and take charge when necessary.

**Monday evenings – 6:00-8:00 p.m.  April 12, 19, 26  May 3, 10, 17, 2021**

*Nurtured Heart - (Celebrating Your Child’s Greatness)  (See previous description)

**Tuesday evenings – 6:00-7:30 p.m.  April 13, 20, 27  May 4, 11, 2021**

Parents Forever™  (See previous description)  Please register at 701.857.6450 one week prior to class. Fee of $45.00 to be paid one week in advance to address above.

**Thursday evenings – 6:00-8:00 p.m.  April 29 & May 6, 2021 (must attend both sessions)**

Kids Corner-Circle Fun

Invite your kids to find objects from which a circle can be traced: plates, bottle caps, container covers, bowls, cans of food, bottles, etc. Trace circles on paper and cut them out. See how many ways the various sizes of circles can be put together to create all kinds of creatures and objects. Use glue if your child wants to make the circle creation permanent. Follow your child’s lead as they place circles to represent snowmen, insects, cats, dogs, vehicles and more. This activity promotes parent and child relationships and so much more! Compare circle sizes or cut circles in halves and quarters to enhance math skills. Cutting and tracing are fine motor skills and strengthen muscles for writing. Squeezing a glue bottle or holding a glue stick does the same. Arranging circles to create a representation inspires creativity. Have fun!!!

The 2021 ND Legislative Session begins this week. If you or someone you know has benefitted from NDSU Extension Parent and Family Resource Center programming, please contact your senator or representative. Share the reasons you support the PFRC. NDSU Extension and PFRC depend on ND State appropriated funding to provide education and resources in your community. Thank you.

4th Annual Parent & Family Resource Center Spring Workshop
Save the Date: April 22, 2021

Helping Young People Be and Become Their Best Selves – Everyone is an Asset Builder & Strengthening Family Relationships

Presented by: The Search Institute of Minneapolis