Happy Holidays to You and Yours,

It seems that most people I encounter are more than ready to say goodbye to 2020. As much as I dislike wishing time away, I get it. It has been a year filled with frustration, sorrow, fear, and general angst. 2020 has also been a year where we have found grit, creativity, and flexibility. Families have been forced to slow down. Friends have found new ways to connect. Community members and agencies have supported those in need. Kids have been able to get more and much needed sleep. Individuals have embraced new hobbies. We all have been given the opportunity to show others grace and kindness; and many years from now, that is what I want to remember about this time.

As always, our children are watching and learning.

Peace, Holly
The Family Table: Connect

This has been a difficult year for most people. The list of how difficult it’s been for each person depends on many individual circumstances. The list can be very long for some and much shorter for others. Emotional wellness dictates a person’s outlook on life and reflects overall satisfaction and happiness.

Clearly, we all need to talk about our feelings, so make your home a safe place to talk about all feelings. Provide paper and markers (or crayons) for children to “draw out” their emotions. Encourage conversation and journaling for a few minutes each day as you finish dinner at the family table.

Spend time really listening without interruption and then reflect back what you heard. You do not need to supply a solution. Use employee assistance programs, counselors or faith-based resources for troubling situations.

Take short breaks in your work and school day. Working from home can be more stressful than going to the office or school. Stick notes with fun break ideas around your home for each other to find.

Even a household task such as 10 minutes of pet care or folding the laundry can help refocus your mind.

Do something to change the routine, refresh your life and make yourself smile. Shake it up! Act a little silly. Walk sideways today. Try out a different chair, coffee cup, computer mouse, hairstyle. Take the stairs, drive or walk a different route.

Spend 10 minutes a day on a hobby you enjoy.

Connect and stay well.

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist
Kim Bushaw, M.S., Family Science Specialist

Crafty Kids: Personalized Gift Bags

Purchase a package of plain white or parchment gift bags at a discount store. Encourage your kids to use crayons, markers, paints, glue and embellishments to decorate the bags. Or, use your child’s hand as a stamp and place cute little handprints all over the bag. Family and friends will enjoy the one of a kind bag and the present it holds. It is two gifts in one!

Parenting Education is:
About Strengths
Fun, Free
For Everyone

Parenting Education is not:
About Perfection
About Weaknesses
About Mistakes
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**
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. 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)

Holiday Conversation Starters
No matter the size of your gathering, here is an idea to start a multi-generational conversation and keep it going.
Have everyone cut one or two snowflakes from white paper. Instruct each person to write a question on each snowflake that relates to your Hanukkah, Christmas or Kwanzaa celebration. Such as: “What is your first memory of this holiday?” “Have you ever received a gift that was totally unexpected?” “If you could only eat one food for this holiday celebration which one would it be?” Place the snowflakes in a container and take turns drawing questions. Give everyone the opportunity to respond and encourage people to expand on their answers. (Help the littles with cutting and questions.)

December 10-18
Happy Hanukkah

December 25
Merry Christmas!

December 26
Happy Kwanzaa

January 1, 2021
Happy New Year!

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

This is a Prevent Child Abuse Month event.

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.