Chances are that this finds you starting or in the middle of a holiday frenzy. This time of the year can be so enjoyable, but with extra tasks, errands, multiple “to do” lists, the feeling can be fleeting.

I find that I need to remind myself of what is most important for me and my family during the holidays and then let the rest go. My reminders:

There are expectations for holiday goodies, but I don’t need to make them all. I will select a few recipes to make and also save a few to do with family.

The traditions we enjoy will continue, such as having a real tree, buying “Angel Tree” gifts, decorating the house and taking turns opening presents.

Our holiday cards, apparently, will continue to be mailed a bit late despite a good effort. That is why the word “holiday” precedes the word card. And holiday can be any holiday….

And most importantly, being present with family and friends while remembering those who are grieving the absence of loved ones (especially during the holidays) is number one on my “to do list.

I wish you peace and joy. —— Holly

“Kids: Easy to Make Wreath Ornament/Package Topper”

**Supplies:** Chenille Pipe Cleaners; Buttons or Plastic Beads; Ribbon; Glue

**Directions:** String the beads or buttons onto the pipe cleaner; shape into a circle; twist ends of pipe cleaners together to secure; use glue to attach a ribbon bow to cover the twisted section.

**Bonus:** Spending time with children strengthens relationships and creates memories. This particular activity utilizes the pincer grasp which helps develop the muscles needed for writing and using a scissor. Enjoy!

Please share this newsletter and parent education calendar with others. The PRFC offers educational opportunities for parents and caregivers of all ages and stages of children. Most classes are free. If you have information about a program that will benefit parents and families and would like it included in this publication, please send it to the Region 2 PFRC.

“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.

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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

“Parent & Family Resource Center
Region 2
December 2018

Parenting News

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

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.
Keeping It Safe

We all want food that tastes good, but safety should be the first step. Role model proper handwashing for your kids and show them how to use a food thermometer. Be sure to check out the Extension food safety resources, such as “Cooking for Groups.”

Extension Food Safety Resources-https://tinyurl.com/NDSU585
To learn more about using a food thermometer-https://tinyurl.com/FoodThermometerVideo

Do you know the safe internal cooking temperatures for foods, as measured with a food thermometer? Try this quiz.

a. Turkey _____ F b. Ground beef _____ F

c. Casseroles _____ F d. Leftovers _____ F

The answers are on the bottom of this page.

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist, NDSU Extension
Kim Bushaw, M.S., Family Science Specialist, NDSU Extension
Carrie Johnson, Ph.D., Personal and Family Finance Specialist, NDSU Extension

Hanukkah begins December 2
Merry Christmas December 25
Happy Kwanzaa December 26

Parents Forever™
12:30pm – 4:45pm
Wednesday, December 12
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 and preregistration is required.

What: Free, 16 week parent education program that includes childcare; light meal and snack; parent sessions; child sessions; family activity time.

Who: Parents of children ages birth to 12 years (children attend too).

When: Tuesdays, 5:30-8:00 p.m. January 9-April 24, 2019

Where: Trinity Health Riverside, 1900 8th Ave SE, Minot

How: Call Karissa, 701-857-3622.

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

* indicates programs/materials funded by DHS

Quiz Answers: a. 165, b. 160, c.165, d. 165

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, please contact the PFRC | Region 2 office.
Class Descriptions & Schedule for 2018-2019 (these classes are in Minot, preregistration is required)

*Happiest Baby on the Block  Mon. evenings – 6:00-7:30 p.m. Sept. 10
Learn techniques to calm and soothe your baby while increasing baby’s sleep time (and yours).

*Signing Tue. evenings – 6:00-7:30 p.m. Sept. 11, 18, 25 Oct. 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  Mon. evenings – 6:00-8:00 p.m. Sept. 24, Oct. 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)  Thur. evenings  6:00-7:30 p.m. (childcare provided) Sept. 27 Oct. 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  Thur. evenings – 6:00-7:30 p.m. Nov. 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  Tue. evenings – 6:00-8:00 p.m. Nov. 13, 20, 27 Dec. 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  Mon. evenings – 6:00-8:00 p.m. Nov. 19, 26 Dec. 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.

*Parenting Children with Strong Emotions - Anger  Mon. evenings – 6:00-7:30 p.m. Jan. 7, 14, 28 Feb. 4, 11
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  Tue. evenings – 6:00-8:00 p.m. Jan. 8, 15, 22, 29 Feb. 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  Thur. evenings – 6:00-8:00 p.m. Jan. 10, 17, 24, 31 Feb 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  Mon. evenings – 6:00-8:00 p.m. Feb. 25 Mar. 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)  Thur. evenings – 6:00-7:30 p.m. (childcare provided) Mar. 14, 21, 28
(See previous description)

*Parenting the Love and Logic Way®  Tue. evenings – 6:00-8:00 p.m. Mar. 19, 26 Apr. 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  Mon. evenings – 6:00-8:00 p.m. Apr. 1, 8, 15, 29 May 6 (See previous description)
The ND Parent Education Network (NDPEN)
Refer friends and family to their nearest parent resource center:
www.ag.ndsu.edu/pen.

Parental Mental Health and Raising a K-3rd Grader

When someone in your family is suffering with a mental health concern, your child will benefit from open honest conversations. When children are given open honest answers to their questions about the illness, they can have less anxiety and have fewer stigmas about the illness. Children in early elementary school will ask very straightforward questions that will require you to be knowledgeable about the illness to tackle these tough questions.

Your child is beginning to understand sickness and knows when his or her classmates get the flu or a cold they can catch it too. So understandably your child may be wondering about whether they will catch this illness in your family. Be honest with your child and reassure them with facts about the illness and how it does or does not spread. Ask what your child knows about the illness. Then at your child’s pace, find ways to ease his or her concerns by teaching about the illness and acknowledging your child’s fears at a level your child can understand. Children may ask questions and not wait for the complete answer you have prepared. This is ok. Your child will only take in as much information as he or she is ready for and may need time to process the information.

Being prepared for questions your child may have about the illness in your family is a great start. Of course there will be times when you do not have an answer. Saying you don’t know or searching for the answer together will be helpful to your child. Honest and open communication http://www.pbs.org/parents/talkingwithkids/agebyage_6.html will be the best “medicine” for your child.


Source: Parents Lead; NDSU Extension

December is National Drunk and Drugged Driving Prevention Month

1. Plan Ahead
2. Designate a Driver
3. Call a Ride
4. Stay in Place
5. Be the DD
6. Prevent a Tragedy
7. Thank You!!