I hope you are having a wonderful summer with many opportunities to create some amazing memories with those you love.

As I write this note, an incredible NDSU Extension colleague is preparing to retire on August 2. I dedicate this newsletter to her, Dr. Deb Gebeke.

For more than 12 years Deb has been an Extension Program Leader/Assistant Director which has included leadership and oversight for the ND Parent Education Network. Without her vision, direction, and fight, the regional parent and family resource centers may not exist, or at least not to the level they do.

I will miss Deb’s mentoring, sense of humor, common sense, sparkle, gutsiness, strong voice, wisdom, and cartwheels (yes, she can do a pretty awesome cartwheel).

Deb distributed this quote at a training and I have had it posted in my office since: “If your actions inspire others to dream more, learn more, do more and become more you are a leader.” (John Quincy Adams) Deb is a leader and so much more!

Thank you Deb for all you did for Extension and the NDPEN. Enjoy your retirement. May it be filled with all things wonderful.

—— Holly

United States Air Force Family Advocacy Program
This is an invitation to Air Force personnel and their families to utilize the Family Advocacy Program at Minot Air Force Base. There are numerous strength based programs for individuals, couples and families to assist and support you with all aspects of military life. There is no fee. For more information call: 701-723-5096.

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.

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.
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 a.m.-7 p.m. (Pacific Standard Time)

Parenting the Love and Logic Way® (Parenting Made Fun!)
Here is a late summer opportunity for parents and caregivers of children of all ages:

Thu. Aug. 2
Thu. Aug. 9
Wed. Aug. 15
Thu. Aug. 23
Thu. Aug. 30
Thu. Sep. 6
6:30-8:30 p.m.
Our Savior Lutheran Church
3705 11th St. SW, Minot
The class is FREE, preregistration is required: 701.857.6450
ND Growing Futures (Childcare Credits) approval is pending

August is National Family Fun Month
For some reason when August arrives and back to school advertising begins there is the sense that summer is over. Great news—it isn’t! The long, summer days persist and offer opportunities for family fun.

This is a great time to make a summer family fun bucket list. Encourage everyone to generate ideas (NDtourism.com is a great place for inspiration). Spend a few afternoons visiting local attractions or plan a day or weekend trip. Small towns are overlooked gems and are often loaded with surprises: cafes, coffee shops, museums, parks, and rural landscapes. Ghost towns are interesting too.

My bucket list includes:
* throwing a dart at the map to determine a destination.
* going for a drive and toss a die at each intersection to decide whether I turn right or left. Will I find my way back?

Summer Food Program
Monday-Friday
June 4-August 10
Roosevelt Elementary, Perkett Elementary, Washington Elementary
Breakfast 8-9:00 a.m.
Lunch 11:30 a.m. - 12:30 p.m.
Complimentary meal for children aged 0-18 years
Nurturing Parenting Program

What is the Nurturing Parenting Program?
It is a 16-week parenting program open to families of children Birth to Children 12 and under are welcome to attend. Families will learn how to: identify and handle feelings, communicate needs, be empathetic, replace spanking and yelling with more effective discipline techniques, take charge of their behavior, engage in warm interactions and family fun, establish nurturing routines for daily activities such as bed and mealtimes, handle stress and anger, gain a sense of personal power and positive self-esteem, and give and receive healthy touch. Parents will have an opportunity to interact with other parents.

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

When: September 4, 2018 to December 18, 2018

Time: 5:30PM – 8:00 PM
**A light supper is provided from 5:30 PM – 6:00. Please arrive between 5:30 and 6:00 PM with enough time for your family to eat. Classes will start promptly at 6:00 PM

Childcare is provided. Free To Attend.
Call to Karissa to Pre-register at (701) 857-5998

Funded by:

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.
Parental Mental Health and Parenting a Toddler

Having a mental health issue and a toddler in your family can be challenging. Your toddler will not be able to understand what is happening but will be aware of your moods and attitudes and notice if a special person is missing or not available. One of the best things you can do for your toddler when experiencing an illness in the family is take care of yourself. Your toddler will benefit from a parent that can provide emotional support by being held, maintaining a routine schedule, being in familiar surroundings and having available that “lovey” special blanket or toy. When you are using coping skills that help you navigate through this time, you will be able to provide these things for your child and both you and your child will be healthier and happier.

What about if you are the one suffering from the illness? You and your child can still be well through this experience. First acknowledge the illness to yourself and then be honest about what your needs are. Ask for help from family, friends and professionals. Be diligent about taking medications prescribed, follow the warnings regarding driving and make sure your toddler is safe and taken care of if the medications make you unable to do so. Accept that you may have physical or emotional limitations to meet your toddler’s needs and ask for help if needed.

This may be a time filled with much stress, and stress can distract us. Keep this in mind as you buckle your child into your vehicle. Use ND’s Department of Transportation handout (www.dot.nd.gov/divisions/safety/docsepslawfactsheet.pdf) to double check to make sure your child is in the right size car seat, you are not distracted or impaired from medications while driving and always double check to see if you have taken your child out of the car.


Source: ParentsLead; NDSU Extension

Next newsletter: Parental Mental Health and Parenting a Preschooler