

WEST DAKOTA PARENT & FAMILY RESOURCE CENTER - YOUR PARTNER IN PARENTING



PARENT & FAMILY NEWSLETTER

October
2023

A Note From Stacy's Desk

It Matters:

PARENT - TEACHER CONFERENCES

Some parents say that the parent-teacher conference is one of the most valuable things they attend all year. These one-on-one meetings are **ESSENTIAL** for learning more about your child's strengths, weaknesses, academic progress, social development, and overall performance in school, and...it builds positive relationships between families and teachers. To get the most from your meeting:

- **Talk to your child.** Ask her to tell you what she thinks are her easiest and most difficult subjects-and why. Does she have any questions she'd like you to ask the teacher?
- **Make a list** of things to tell the teacher.
- **Write down your questions.** Does my child participate in class discussions and activities? Is my child working up to her ability? How well does my child get along with others?
- **Create an action plan.** Ask the teacher what you can do at home to reinforce what your child is learning at school.

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"THE PARENT INSTITUTE"



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Parent & Family
Resource Center
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Fun facts!

October is also the name of a fruit. It is a sweet orange that originated in China. October was chosen because oranges are usually abundant in the fall.

October is known as the best harvesting month for many crops including apples, carrots, corn, grapes, onions, potatoes and squash. Oh, and obviously pumpkins too!



FIND US ON
FACEBOOK



VISIT OUR
WEBSITE

Positive Discipline

Creating Respectful Relationships in Homes and Schools

- Having temper tantrums or don't listen?
- Lack motivation or whine?
- **Use Positive Discipline to learn:**
- Kind and firm balance
- Research-based, effective tools and techniques

Date: TBA

Advance registration is necessary

Call: (701)-456-0007 OR

Email: parentresource@dpsnd.org for more info

YOUR CHANCE

Parents of 5th Graders!- Preview the Changing Program

What is the Changing Program?
What will my child learn in the classroom?
Is my child ready for puberty?

Adolescence and Puberty
Seminars for:

Parents of 5th Graders-
on the emerging adolescent

Date: Monday, October 9, 2023
Time: 6:30-8:00 p.m.
Location: Prairie Rose Elementary

Changing II Program Parent Nights

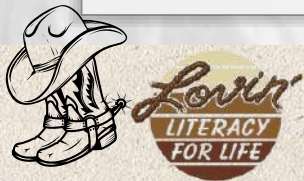
Parents and 6th Graders!- YOUR CHANCE
to preview the Changing II Program

What is the Changing Program?
What will my child learn in the classroom?
Is my child ready for puberty?

Adolescence and Puberty
Seminar for:

Parents and 6th Graders-
on the emerging adolescent

Date: Tuesday, November 14, 2023
Time: 6:30-7:30 p.m.
Location: Dickinson Middle School



LOVIN' LITERACY CORNER

Whether your child is reluctant or eager when it comes to reading, there are some simple, but effective steps parents and caregivers can take to make picking up a book an easy choice.

- **Advertise the joy of reading.** Read and talk about what you are reading. Maybe you love reading and it's natural to show it by reading and talking about books. Let your child see you reading whatever it is that interests you, read it out loud or talk about what you read with excitement!
- **Suggest reading as a free time activity and do it with your child.** Spending time together creates a positive connection that will make your child long for a book. If your child is young, talk about the pictures and what is happening in the book. With older children you can take turns reading. Don't worry about getting through the book in a hurry.
- **Mix it up and read in different places.** Read outdoors: at the park or under a tree. Create cozy reading spaces in your home: include pillows and stuffed animals. Have a small bag of books that goes with you to appointments and on trips. Surround your child with books!

Rhonda Kraenzel
Dickinson Public Schools Literacy Liaison
Email: rkraenzel@dpsnd.org
Phone: 701-456-0007

EASY
REGISTRATION

gearing up for
Kindergarten

CALL
NOW

Parents-if you have a preschooler who
will start kindergarten in 2024

THERE'S STILL TIME TO REGISTER!!

- Fun interactive activities for parent, preschooler, and teacher
- Preschoolers learn about social skills ie: sharing, taking turns, not interrupting, vocabulary, etc.
- Parents learn strategies for preparing children to learn

Family supper is provided.
Limited childcare is available.
Call to reserve your spot today

Starts: September 19, 2023

Supper: 5:30-6:00 pm

Session: 6:00-7:30 pm

Call: (701)-456-0007



Register
Now

 **Love and Logic**

Whether parenting young or not-so-young
children, recovering from a divorce or
separation, or coping with the day-to-day
struggles family life can bring.

Love and Logic may help.

When using simple Love & Logic techniques you
can:

- Reduce the nagging and complaining
- Promote thinking/decision making
- Design steps toward responsibility
- Give consequences with empathy
- Let kids discover what the real world is like
- Enhance child's positive self-concept and
- Put a LAUGH back into parenting

Childcare and supper provided, FREE!

Begins: TBA

Time: 6:00-7:30 p.m.

Series is FREE but registration is required.

Call: (701)-456-0007

Email: parentresource@dpsnd.org

or visit website for easy registration

YOUR ATTENDANCE REQUESTED

PARENT-TEACHER CONFERENCES MATTER

2023 Parent/Teacher Conference Dates

Early Childhood Program

Monday, November 6, 2023; 3:30-6:30 p.m.

Tuesday, November 7, 2023; 3:30-6:30 p.m.

All Elementary Schools

Monday, October 16, 2023; 3:30-6:30 p.m.

Tuesday, October 17, 2023; 3:30-6:30 p.m.

Dickinson Middle School & K-8 Roughrider Academies

Tuesday, October 24, 2023; 3:30-6:30 p.m.

Wednesday, October 25, 2023; 3:30-6:30 p.m.

Pumpkin
Spice
AND EVERYTHING
nice



Bond with Your Baby



If you have a child age birth-18
months, this is for you!

**Come learn more about early literacy
practices. Using board books and beyond!**

Parents, Grandparents, and Caregivers are
invited to learn and practice early
literacy tips.

Bring your child for a fun, interactive
time or attend yourself.

Each participant will receive resources
and a book for your child.

Date: October 21, 2023

Time: 9:00-10:00 a.m.

Series is FREE but registration
is required.

Call: (701)-456-0007

Email: rkraenzel@dpsnd.org

FOR YOU AND YOUR FAMILY

I SPY FUN NIGHT



Story Time, Scavenger Hunt and Crafts

Monday October 30, 2023

INTERACTIVE TIME FOR YOUR FAMILY

FREE BOOKS FROM THE BOOK CORRAL



Free Supper

5:30-6:00PM

Family Fun

6:00-7:00PM

The Hagen Building

402 4th St. W

For more information call

701-456-0007



SCAN

SCAN HERE TO
REGISTER AND
SECURE YOUR
SPOT!



402 4TH STREET WEST DICKINSON (701)456-0007

Your Partner in Parenting

1. BECAUSE YOUR CHILDREN ARE SPECIAL
2. ENCOURAGING EFFORTS OF PARENTS AND FAMILIES
3. RAISING SELF-RELIANT KIDS IN A SELF INDULGENT WORLD
4. PUT FUN BACK INTO PARENTING



VISIT US ON
OUR WEBSITE!



NDSU EXTENSION

Newsletter funded in part by:



Let's Swap A kids clothing exchange



Clothing Swap & Vendor Shop
Women's and Children's Clothing

When: Saturday, October 7, 2023

Where: Hillside Baptist Church

1123 10th St. E

Time: 9:00 a.m.-3:00 p.m.

Organized by: Moe Events

WWW.LETSSWAPND.COM

Virtual Session via Zoom:

Call or email Deb for Details
456-0007

debra.theurer@ndsu.edu



Parents Forever

Parents Forever is a program that puts parents on the path to minimizing stress for themselves and their children. Participants learn how to make informed, child-supportive decisions. As a result, children will come through separation or divorce having a positive relationship with both parents vs. feeling caught in the middle of parental conflict. Please register one week prior to class. Spots are limited.

Contact Stark/Billings Extension 701-456-7665

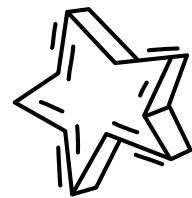
Classes: In Person Class:

Saturday, November 18, 2023 9am-1pm



SOUTHWEST SESSIONS

WEST DAKOTA PARENT & FAMILY RESOURCE CENTER



NDSU EXTENSION



Parenthood:
a constant battle
between wanting them
to stay little and
the love of watching
them grow. It is wishing
to rewind time, while
begging for more
it can be a struggle
it can be confusing
but what a beautiful mess it is

-UNKNOWN

LOVE & LOGIC ADULTS SUPPORTING YOUTH WITH CHALLENGING PASTS

Are you a parent, foster parent, grandparent, teacher, youth leader, childcare provider? Join us.

Gain Insight into:

- How trauma affects the brain
- Why intense and upsetting behaviors represent attempts to self-protect and survive
- The science behind healthy attachment relationships
- How to apply Love & Logic Strategies while addressing root causes – not just symptoms
- Establishing healthy boundaries, avoiding destructive power struggles, overcoming defiance, and guiding children toward success.
- Connect even through difficulty
- Hope for kids who have been hurt

*Register
Now*

Call 701-456-0007
debra.theurer@ndsu.edu
see below for registration

BEACH

Wednesdays, October 4, 11, 18

November 1, 8, 15

Supper: 5:30 -6:00PM

Sessions: 6-7:30PM

Location: Lincoln Elementary - Beach
Limited Childcare Provided

Register:

<https://forms.gle/1YwZo1c6FXb5Xo8v5>



BOWMAN

Mondays, October 9, 16, 23, 30,

November 6, 13

Supper: 5:30 -6:00PM

Sessions: 6-7:30PM

Location: Tot Lot Childcare - Bowman
Limited Childcare Provided

Register:

<https://forms.gle/d9NjuHcuG4BEV2KR6>



RICHARDTON

SAVE THE DATE

LOVE & LOGIC

WHY REGISTER:

- PARENTING ISN'T ALWAYS FUN.
- YOUR CHILDREN ARE SPECIAL.
- IT WORKS

IMAGINE KIDS WHO:

- ARE FUN TO BE AROUND
- LISTEN THE FIRST TIME
- DON'T ARGUE AND COMPLAIN

DATE: NOVEMBER 28, 30,

DECEMBER 5, 7, 2023

SESSION: 6:00-7:30 P.M.

WHERE: RICHARDTON-TAYLOR PUBLIC SCHOOL



Healthy and Happy Mealtimes For Kids

Getting kids to eat balanced meals can be one of parenting's most difficult challenges! Many parents struggle with a picky eater and as a result, family mealtimes can turn into a stressful battle. However, parents can help kids learn about good nutrition while also learning to trust their bodies. These principles apply to children of any age, but are especially helpful to introduce early on in life. Here are some best practices from child nutrition experts:

THE PARENT PROVIDES, THE CHILD DECIDES:

Parents get to decide what food is included, or not included, in a meal. It is the child's job to decide if and how much of that meal they will eat.

NO PRESSURE:

Avoid rules such as "just take one bite". Avoid positive pressure to eat, such as congratulating a child for eating a vegetable. Instead, try to serve foods in a neutral way. It can take 20+ exposures before a child accepts a new food. This means that even placing a piece of broccoli on the plate is a win. No pressure gives the child time to warm up to the food and the freedom to try it without the pressure to finish it.

FOOD IS FOOD:

Don't place foods on a pedestal. For example, when we overly restrict foods like desserts, children learn that it is "off-limits", which can cause an obsession with that type of food. Instead, try to expose children regularly to a variety of foods, sweets included. When doing so, remember to stay neutral and simply add it to the balanced meal plate.

HETTINGER

BABY SIGN LANGUAGE

GIVE HEARING BABIES AND TODDLERS
A WAY TO COMMUNICATE BEFORE
THEY CAN TALK

- USE BABY SIGN LANGUAGE IN DAILY ROUTINES
- PROMOTE VERBAL SKILLS BY CONNECTING SIGNS WITH WORDS
- REDUCE FRUSTRATION FOR YOU AND YOUR CHILD
- LEARN 32 SIGNS YOU CAN USE RIGHT AWAY
- EXPLORE WAYS TO KNOW YOUR CHILD IS READY
- BASED ON AMERICAN SIGN LANGUAGE WITH "BABY FRIENDLY" MODIFICATIONS
- ENHANCE THE FUN OF COMMUNICATION

DATE: THURSDAYS, OCTOBER 26
& NOVEMBER 2, 2023

SESSION: 6:00-7:30 P.M.

WHERE: HETTINGER LUTHERAN CHURCH

LIMITED CHILDCARE AVAILABLE

REGISTER:

✉ DEBRA.THEURER@NDSUEDU

☎ 701-456-0007

<https://forms.gle/YnLq9vifryqbPPmdA>

