



NDSU EXTENSION

## West Dakota Parent & Family Resource Center

### Parenting News

### ABC's for Parents this Thanksgiving

- Always have a kind attitude and loving affirmation
- Bounce back quickly after an argument
- Create a calm environment that counts
- Decide to do good deeds with your children and for your children

November 2021

#### DICKINSON SESSIONS

- Parents of 6th Graders Changing Program Parent Night—Monday, Nov. 22 6:30-7:30pm @ DMS
- Positive Discipline—Nov. 5, 12, 19
- Love & Logic Magic—Tuesday, Jan. 8
- Nurtured Heart—Tuesday, Nov. 23

Encourage excellence in every way

Finish what you start in flying colors

Graciousness and gratitude will help reach the goal

Help in every way you can

Impress upon your children their individual importance

Jump to accept them just as they are

Know each child's likes and dislikes

Lavish on them lots of love and laughter

Model morals as you mold

Never forget the need to nurture

Own up quickly to your own mistakes

Pitch praise whenever possible

Quickly answer questions with a quiet spirit

Read and relax together

Show your children the values you hold clear



Teach your children the values you hold dear

Understand their differences

Value your children's victories

Write loving notes to your children and tuck them in unsuspected places

eXample—be a good one

Youthfully play with your youngsters as often as possible

Zestfully enjoy the fleeting moments of their childhood.

*What are your ABC's for your family?*

Stacy Kilwein, Family Engagement Coordinator

Dickinson Public Schools

West Dakota Parent & Family Resource Center

Funding provided in part by Dept. of Human Services  
Children and Family Services & United Way of Dickinson

## Ways for Parents to Help Teachers

### I. **Give your child a boost** in self-confidence and security.

- Give children a smooth takeoff each day— give a hug, encourage your child to do their best everyday.

### II. **Take 20 minutes.**

- Listen to your child talk about his/her day. Be fully present to listen.
- Check in on School to Home Communication.

### III. **Having a well-balanced diet** maximizes learning potential.

- Pack healthy snacks for your child.
- Giving a healthy breakfast makes for a great start to their day.

### IV. **Include calm, peaceful times** in the afternoons and evenings.

- If they become sick have a backup plan.
- Have schedules for sleep, rest, homework, etc.

### V. **Create a homework space.**

- Find a quiet space in your home.
- Have paper pencil and supplies they may need.
- Let them be responsible for their work.

## Home is Where the Books Are Creating a Home Library



### How to Create a family friendly home library:

•**Establish** a reading corner: This can be in your child's bedroom, the living room, or another room of the house your child likes to be. Use crates, bookshelves, baskets, or even boxes, to hold books. Boxes are handy because they can be easily labeled (Animal books, ABC books, Fiction, Nonfiction, etc.)

•**Begin** with books already in your home to stock the reading corner. If you have favorites that you've kept from your childhood those can be added to the collection as well.

•**Ask** family members or friends if they have books they are willing to give away. Look for books at garage sales or a store that sells used books.

•**Display** books on a shelf or table that go with the current season or holiday. A book cover can be more enticing than the spine of the book and will catch the eye and interest of your child.

•**Set** out other reading materials like magazines, brochures, and recipe books around the house where your child can conveniently access them such as near the bed or on a coffee table.

**For more information or if you would like some books to begin creating a home library please feel free to contact me:**

Rhonda Kraenzel

Parent Literacy Liaison, Dickinson Public Schools

Phone: 701-456-0007 EXT. 2019

Email: rkraenzel@dpsnd.org

## POSITIVE DISCIPLINE

### Positive Discipline

Creating Respectful Relationships in Homes and Schools

Tools so that any child from a three-year-old toddler to a rebellious teenager can learn creative cooperation and self-discipline with no loss of dignity

Do you have challenges with your children:

- 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
- ♥ Mistaken goals behind misbehaviors
- ♥ Experiential exercises to empower your child

(6 consecutive week class)

**Taking Registrations for Upcoming Classes to start in January 2022!!**

Register TODAY to get your spot by calling 456-0007 or email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)

## Changing II Program Adolescence and Puberty

### Social Concerns and Your 6th Grader

This session is for  
**Parents and Your 6th Grader**

Date: **Monday, November 22, 2021**

Time: 6:30-7:30pm

Location: **Dickinson Middle School**



© Chazda

## 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!**

**Taking Registrations for Upcoming Classes to start in January 2022!!**

Register TODAY to get your spot by calling 456-0007 or email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)



### Nurtured Heart Approach to Parenting

Learn a set of strategies to build richer adult/child relationships

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.

Where: West Dakota Parent And Family Resource Center

Date: November 23, 30 & December 7, 14, 21

When: 6:00-7:30 pm

Limited Childcare

Series is **FREE** but registration is required by calling 456-0007 or email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)

Nurtured Heart

# Strong Families Today and Tomorrow



NDSU EXTENSION

## West Dakota Parent & Family Resource Center

444 4th St. West

Phone: 701-456-0007

Toll Free: 1-877-264-1142

Contact information:

Stacy Kilwein- Dickinson Public Schools

Deb Theurer-NDSU Extension Agent

BreeAnn Sellers- Administrative Assistant

## West Dakota Parent and Family Resource Center

Offering

Practical information and educational opportunities for families and family professionals.

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, our programs and resources are here to help.

- Parental self-confidence
- Effective tools for difficult behavior
- Communication skills between school and home
- Tools for child's social and academic success
- Meet other parents
- Learn more about parenting from each other.

Facebook:

West Dakota Parent and  
Family Resource Center



We are on the web!

[www.westdakotaparent.org](http://www.westdakotaparent.org)



## Kids Fit



### Designed to :

- Get our kids active in a healthy manner

Children must be accompanied by a parent/guardian. Walk-ins or register online @[www.dickinsonparks.org](http://www.dickinsonparks.org) or call 456-2074.

**Dates:** Wednesdays

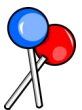
**Time:** 9:15-10 am

**Location:** West River Community gym 1

## Dickinson's Local Library

Hosting monthly events:

1. **50th Anniversary Willy Wonka and the Chocolate Factory Movie Showing:** Join us to celebrate this classic film turning 50 and National Candy Day! Bring your own drink, we will provide popcorn and a candy bar! Find the Golden Ticket and win a special Willy Wonka Prize! For ALL ages! No Unattended children under 10 please.
2. **S.T.E.A.M: Science-Technology-Engineering-Art-Math:** Projects for all ages 6-9. Activity is 45 minutes in length.  
\*sign up required.



For **MANY** more Family Fun Library events call:

701-456-7700 or go to <http://dickinsonlibrary.org/>



### Virtual session via Zoom Classes:

**November 4 & 5—6pm to 8pm**

**(Must attend both classes)**

### In Person Class:

**Saturday, December 2—9am to 1pm**

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.

# West Dakota Parent & Family Resource Center

## Southwest Sessions



NDSU EXTENSION

Hettinger



### Nurtured Heart Approach

Learn a set of strategies  
to build richer adult/child relationships

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.

Where: Hettinger Lutheran Church

Date: November 9, 16, 23, 30, December 7, 14

When: 6:00-7:30 pm

Limited Childcare available

Registration required by emailing [debra.theurer@ndsu.edu](mailto:debra.theurer@ndsu.edu)  
or calling 701-456-0007



**We see lots of colorful pumpkin decorations in the fall.**

**Besides enjoying their appearance, consider eating more pumpkin  
and reading fun stories about them.**

Pumpkins are packed with nutrients, especially beta-carotene and fiber. Our bodies use beta-carotene to produce vitamin A, which is good for our skin and eyes.

### Savor the Savings

Pumpkin seeds are a crunchy, inexpensive snack especially if you flavor them yourself. What kind of pumpkin works best? Pumpkins for Jack-O-Lanterns usually are larger, with stringier pulp. Sugar pumpkins generally are smaller, less stringy and work well with recipes. Seeds from either type are edible and rich in protein—healthful fats, vitamins and minerals.

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

The Family Table Issue 46 Get More of The Family Table—newsletter in your email every month.

## *Nourishing Mind and Body*

Depending on their age and experience, children can help rinse, chop and measure ingredients for this tasty soup, and sort and rinse seeds for the pumpkin seed snack.



### **Creamy and Savory Pumpkin Soup**

2c. Finely chopped onions (or adjust to preferences)

2 green onions, sliced thinly, tops included

1/2 c. finely chopped celery

1 green chili pepper, chopped

1/2 c. canola oil (or your favorite cooking oil)

3 (14.5oz) cans chicken or vegetable broth, reduced sodium or 6c. Homemade stock.,

1 (16oz) can pumpkin puree

1 bay leaf

1 1/2 tsp. ground cumin

Read or listen to the book *How Many Seeds in a Pumpkin?* By Margaret McNamara (author), G. Brian Karas (illustrator). This book, for those children 3-7 years old, uses math concepts such as counting by twos, fives and tens, and estimating. It also contains pumpkin facts. If you are purchasing pumpkins, estimate how many seeds you will find in your pumpkin.



Individually, starting with the biggest child, run try on sessions and take inventory of fall and winter clothing. Let your children pass their out-grown clothing to their little siblings or cousins. Kids grow so quickly! Make lists of needed items and watch for sales. Donate gently used coats, boots and

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