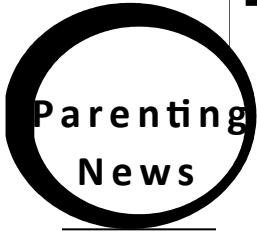


# Parent & Family



## Happy October!



## October

October is a busy month as we settle into daily routines. As we work on homework routines keep in mind the best formula for a child's success in school is...

*PARENTS + TEACHERS = GREATER SUCCESS FOR OUR STUDENTS*

A parent can strengthen this partnership by:

1. **Getting to know your child's teacher**
2. **Becoming involved but not intrusive**
3. **Knowing and supporting classroom rules and guidelines**
4. **Speaking respectfully of the teacher in front of your child.**

Have a safe and Happy Halloween!

### DICKINSON SESSIONS

- ✓ Positive Discipline  
October 18th, 2021
- ✓ Parent Teacher Conferences  
October 18 & 19, 2021
- ✓ Gearing Up For Kindergarten  
Still taking Registrations
- Love and Logic  
Dates to be announced

Stacy Kilwein



## Be In School to Succeed in School

Your child's most fundamental school-related responsibility is to get to school on time every day.

When kids miss school or arrive late unnecessarily, *everyone* suffers. Teachers spend time collecting makeup work and re-teaching. Meanwhile, other students—who are ready to learn—must wait.

Research shows chronic absence (missing 10% or more of school days) hurts success in school.

To prevent it, families can:

- **Stick to a schedule.** Help your child develop habits that prepare her for school each day.
- **Schedule carefully.** Make medical and other appointments during non-school hours when possible. School should be a priority when planning family trips, too. If your child must be absent, work with her teacher to help your child complete makeup work.
- **Seek help when needed.** Many problems contribute to missing school. If your family struggles with health, transportation, work, child care or other issues, talk with school staff. Our shared goal is to help kids get to school and do their best.

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"The Parent Institute"

## Chores Build Responsibility & Confidence

How do your child's chores compare to ones you had at her age? According to a survey, kids aren't required to do as much today as kids did in the past. That means today's kids may lack chances to develop traits that could help them in school and throughout life. When adding chores to your fall schedule:

- ▶ **Choose carefully.** Pick jobs that are challenging, but manageable. Remember that everyday responsibilities, such as putting away toys, studying and clearing dishes after dinner, aren't "chores."
- ▶ **Limit rewards.** If you give your child an allowance, separate it from chores. Everyone should be expected to pitch in, and feel great about doing so! Make comments like, "It helps so much when you set the table! Thanks!"
- ▶ **Make work fun.** Chores should not be intolerable or feel like punishments. Turn cleaning into a game by setting a timer to "beat the clock." Or listen to an audio book or music.
- ▶ **Consider advantages.** Age appropriate chores have countless benefits for your child. Among them are confidence, responsibility, pride, exercise, consideration for others, and more time for family fun!

Reprinted with permission from *The Parent Institute*



## Read and Relax

Parents: Did you know that reading a book for just SIX MINUTES A DAY can significantly reduce stress levels? With busy schedules and the demands of parent and family life there is no better time than now to implement a regular reading time with your children.



How to become a Read Aloud Family:

1. Begin with yourself. You are the primary role model and influence in your child's life. When your child sees you frequently reading a book, a recipe, an article, or anything else of interest the result will have a much more positive impact than telling him to read.
2. Read aloud to your child. She is never too young or too old. Her comprehension level can be years above her reading level which means books that she can't yet read independently can be enjoyable and understood when read aloud to her. It's okay if your child asks you to read the same book over and over again.
3. Make reading a part of your regular routine. Read before or after mealtimes, while folding laundry, or at bedtime. Routines provide comfort and consistency to your child's life, help develop family bonds, and reduce many power struggles.

May the cool crisp air of autumn remind you and your family to cozy up with a good book and take time everyday to read and relax.

By Rhonda Kraenzel

Parent Literacy Liaison, Dickinson Public Schools

Email: [rkraenzel@dpsnd.org](mailto:rkraenzel@dpsnd.org)

## Coming October 18th & 19th

Parents— Don't forget about  
Parent Teacher Conferences!

**October 18th & 19th**

**3:30-6:00 pm**

- Heart River Elementary—
- Jefferson Elementary—
- Lincoln Elementary—
- Roosevelt Elementary—
- Prairie Rose Elementary—
- Berg Elementary—

Love And Logic

Add Love and Logic  
to Your Bucket List



## Love and Logic may help.

When using simple Love & Logic techniques you can:

- Reduce the nagging and complaining
- Promote thinking/decision making
- Give consequences with empathy
- Let kids discover what the real world is like
- Put a **LAUGH** back into parenting.
- Childcare and supper provided. **FREE!**

**Date: To be Announced**

**Time: 6:00—7:30 p.m.**

**Location: West Dakota Parent & Family  
Resource Center**

Call West Dakota Parent & Family Resource Center @456-0007 to get on our registration list!!!.

## 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)

Begins **Monday October 18th, 2021**

Session: 6:00—7:30 pm

Limited Childcare Available

*Session format may change as needed*

Series is **FREE** but registration is required by calling 456-0007



*Parents— if you have  
a preschooler  
who will start*

## kindergarten in 2022

*Join us  
for these fun-filled sessions.  
Begins September 28, 2021.*

- 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
- Understand why you are important for your child's success in school.

**Hurry!!**

**Classrooms are filling up fast!  
Call to reserve your spot today!**

West Dakota Parent & Family Resource Center 456-0007.

**FREE** supper

POSITIVE

# Business Tagline or Motto



**What can we do for you??!!**

We offer 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.

## Dickinson Public Schools

402 4th St WestPrimary  
Business Address

Phone: 555-555-5555

Fax: 555-555-5555

Email: someone@example.com-  
Extension Agent

We are on the web!  
[www.dickinson.k12.nd.us/westdakota](http://www.dickinson.k12.nd.us/westdakota)

Editor: Stacy Kilwein

Newsletter Design: BreeAnn Kilwein



**Zoom Classes: November 4th and 5th, 2021 6 to 8 pm MT**

(must be registered one week in advance)

**In Person: Saturday, October 2nd, 2021 9 am to 1 pm**

**Saturday, December 4th, 2021 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– 456-7665.**



# West Dakota Parent & Family Resource Center

## Southwest Sessions



### Bowman



#### 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: Tot Lot Childcare

Date: October 11, 18, 25, November 1, 8, 15

When: 6:00-7:30 pm

Limited Childcare available

Registration required by emailing

debra.theurer@ndsu.org or calling 701-456-0007 or toll  
free 1-877-284-1142

### Beach



#### 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: Lincoln Elementary Beach

Date: October 6, 13, 20, 27, November 3, 10

When: 6:00-7:30 pm

Limited Childcare available

Registration required by emailing

debra.theurer@ndsu.org or calling 701-456-0007 or toll  
free 1-877-284-1142

### Hettinger



#### 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: 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.org or calling 701-456-0007 or toll free 1-877-284-1142



It is important to understand that participation in in-person activities pose an unknown level of risk to covid-19. Participation is voluntary. NDSU Extension will take all reasonable measures, but cannot at any level, assure protection from exposure.



# Teach an Attitude of Gratitude

Here are some ideas on how to model gratitude from Zero to Three, an online resource for people who love and care for children ages zero to 3:

- **Show appreciation to your children.** Appreciation can be an even more powerful motivator than praise.
- **Show appreciation for others.** Never underestimate the power of your words and actions. You set a great example when you model kindness, generosity and gratefulness in your own everyday interactions.
- **Use the word “grateful.”** Children need to learn what this new word means.
- **Share “roses and thorns.”** Even young children can talk about what went well (roses) and what was hard about each day (thorns). It gives them, and you, too, a chance to vent a frustration and focus on what is good in life.
- **Emphasize presence over presents.** You can make giving the gift of time and activities, such as a birthday picnic and trip to a local park, a habit, as opposed to giving “stuff.”

**Talk openly about donations and other “good deeds.”** You don’t have

Chicken soup is tasty and also good for you, especially when it is chock-full of colorful, nutrient-rich vegetables. See [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for more recipes.

## Homemade Chicken Dumpling Soup

1 medium chopped onion  
1 c. chopped fresh celery, including leaves  
2 Tbsp. olive oil or other oil  
2 c. sliced, fresh, whole, peeled carrots  
½ tsp. peppercorns (or ¼ tsp. white pepper)  
2 bay leaves  
2 c. cooked, diced or chunked chicken  
1 tsp. dried thyme  
2 c. fresh spinach, large stems removed, chopped

Heat olive oil in 3 quart or larger kettle or Dutch oven. Add onion & celery and sauté on medium-high until onion starts to get translucent. Add carrots, peppercorns, bay leaves, chicken and broth and bring to a very low boil (simmer). Cook for 20 minutes, covered. Add thyme and spinach- continue to cook, covered. Meanwhile, beat egg in bowl; add flour and liquid and mix until just moistened. Let sit to rest while soup starts to simmer. Simmer for 20 minutes. Drop dumplings into broth using one tablespoon to scoop and another to “drop” off the spoon. Be careful of hot liquid splashing (slide the dumplings into the liquid). Continue to slowly add dumplings, allowing each to cook. Cover kettle and simmer another 20 minutes. Remove bay leaves. Makes six (main-dish) servings. Each serving has about 330 calories, 8 grams (g) fat, 26 g protein, 38 g carbohydrate, 3 g fiber and 860 milligrams sodium.

**Menu idea:** Homemade Chicken Dumpling Soup, whole-grain rolls, baked apples, low-fat or fat-free milk.

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