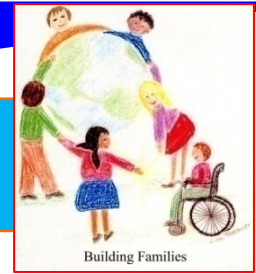


Building Families Empowerment  
Every child, beginning at birth, will be healthy and successful.



## Parenting Pal- December

### Traveling for the Holidays? Here are a few tips for the trip with the Kids!

- Try to maintain your child's routine; including nap times, feeding times, and diaper changes.
- Bring along a pacifier to avoid ear pain and motion sickness.
- Look up local hospitals in your destination for emergencies on the trip.
- Bring easily digestible foods and finger food for snacks.
- Expect the unexpected. Bring along all the necessities for your child, then bring extra! Also give yourself plenty of time to get where you are going. Whether it be flight delays or bathroom breaks or car sickness, having to rush only makes the problem worse.
- Remember that travel time IS family time - make the most of it wherever you are! Bring CDs or stories. Try putting the names of the people you are going to see in place of the main characters of the stories. Have the family retell their favorite stories about your trip on the way back.
- Keep an extra bag up front in the car or on the plane with the essentials; diapers, medicines, books, coloring books, etc. This way you are not digging in other bags and it is easy to reach. With older children, have them pack some of their own stuff.
- Take breaks! When kids start to fight in the car, stop at the next rest stop and get some of their energy out by playing tag or just running around.

FIND WEBSITES AND ARTICLES used as resources in Parent Pals on the Building Families website [buildingfamilies.net](http://buildingfamilies.net)

<http://www.jetwithkids.com/blog/traveling-with-kids-12-holiday-travel-tips>

<http://www.parenting.com/servlet/GoogleSearcher?keywordsearch=holiday+travel+with+kids+>

<http://video.about.com/childparenting/Take-A-Joy-Ride.htm>

You can find past Parent Pals, learn about our programs, and read our newsletter on our website  
<http://www.buildingfamilies.net/>

Thursday,  
Dec. 4<sup>th</sup>

Starting at  
5:30

Stratford  
Elementary  
Library

Dinner will  
be served  
at 6:45

Dinner and  
child care  
will be  
provided  
for free.

This session discusses why children do what they do. Learn how behaviors can be a way for a child to communicate, realistic expectations for children, and how to set household rules with your child's help.

There are six sessions altogether, come to all or the ones you can make!

Sponsored by Building Families, Prevent Child Abuse Iowa, and Stratford Community School District

December 4<sup>th</sup>

January 15<sup>th</sup> and 29<sup>th</sup>

February 5<sup>th</sup>

## Parent Education



Helping You and Your Child  
Grow as a Family!



Building Families is having a Prevent Child Abuse Iowa Council Meeting from noon-1:00 at the Building Families Offices on December 2<sup>nd</sup>, 2008. **The agenda can be found below!** This council

is made of parents and service providers to help Hamilton and Wright County work on how to make our communities and families safer. If you would like to attend the council meeting contact Amy Muller.

[amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org)

515-832-1791

Building Families Office is located at 500 Fair Meadow Dr. Webster City

### Additional Meeting Dates

- [February 3, 2008](#)
- [April 7, 2009](#)
- [June 2, 2009](#)
- [August 4, 2009](#)

## Parenting with Support

Building Families is holding a young parents support group at the First United Methodist Church in Clarion. It will be held from then on from 5:30-7:30 every second and fourth Thursday of the month until May.

Parents will learn effective parenting skills, get support from others, and achieve personal goals.

Free meal and child care provided.

Please contact Amy Muller to register if you would like to participate.

Dates at the First United Methodist Church:

December 11<sup>th</sup>

January 8<sup>th</sup> and 22<sup>nd</sup>

February 12<sup>th</sup> and 26<sup>th</sup>

## C.A.R.E.S.

Become involved in a program that helps you develop a community support network, develop effective parenting skills, and help you meet personal goals.

Anyone in the community can be involved! Keeping children safe is everyone's business and community members are welcomed to support families in their community.

If you have any questions call Kim Mohr at 515-890-1128.

[Christmas Party!](#)

### Humboldt

Dec 8<sup>th</sup> and 15<sup>th</sup> from 5:00-7:30. Meal included. Free Child Care provided.

### Webster City

December 11<sup>th</sup> at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care provided.

In-home learning visits are available for parents. Please call Amy Muller at 515-832-1791 to schedule in-home visits to help parents with discipline, support, and to find out what other services are available to help!

## A Parents Night Before Christmas

Twas the night before Christmas when all through the house  
I searched for the tools to hand to my spouse.  
Instructions were studied and we were inspired  
In hopes we could manage "Some Assembly Required."

The children were quiet (not asleep) in their beds  
While Dad and I faced the evening with dread:  
A kitchen, two bikes, Barbie's town house to boot!  
And, thanks to Grandpa, a train with a toot!

We opened the boxes, my heart skipped a beat....  
Let no parts be missing or parts incomplete!  
Too late for last-minute returns or replacement;  
If we can't get it right, it goes in the basement!

When what to my worrying eyes should appear,  
But 50 sheets of directions, concise, but not clear,  
With each part numbered and every slot named,  
So if we failed, only we could be blamed.

More rapid than eagles the parts then fell out,  
All over the carpet they were scattered about.  
"Now bolt it! Now twist it! Attach it right there!  
Slide on the seats, and staple the stair!  
Hammer the shelves, and nail to the stand."  
"Honey," said hubby, "you just glued my hand."

And then in a twinkling, I knew for a fact  
That all the toy dealers had indeed made a pact  
To keep parents busy all Christmas Eve night  
With "assembly required" till morning's first light.

We spoke not a word, but kept bent at our work,  
Till our eyes, they went bleary; our fingers all hurt.  
The coffee went cold and the night, it wore thin  
Before we attached the last rod and last pin.

Then laying the tools away in the chest,  
We fell into bed for a well-deserved rest.  
But I said to my husband just before I passed out,  
"This will be the best Christmas, without any doubt.

Tomorrow we'll cheer, let the holiday ring,  
And not have to run to the store for a thing!  
We did it! We did it! The toys are all set  
For the perfect, most perfect, Christmas, I bet!"

Then off to dreamland and sweet repose I gratefully went,  
Though I suppose there's something to say for those self-deluded...  
I'd forgotten that BATTERIES are never included!

**Prevent Child Abuse Iowa Council Agenda  
Hamilton and Wright County**

December 2<sup>nd</sup>, 2008

12:00-1:00 at Building Families Offices

**Introductions**

**An Update on the council**

- Sent out parent surveys for Hamilton and Wright County
  - How many were returned
  - Results and how we will use them
- Hamilton County Public Health received a mini grant for a safety fair.
  - What are some good ideas to handout at the fair- focusing on safety and prevention

**An update on the PCAI Grants with Building Families**

- Hamilton County
  - Amy Muller will be doing a six session series of *Positive Solutions for Families* with the Stratford schools. Amy had 6 parents at the first session held on October 30<sup>th</sup> and 7 parents, including some dads, at the second session November 20<sup>th</sup>.
- Wright County
  - The Young Parent Support Group started September 25<sup>th</sup>. It is held every 2<sup>nd</sup> and 4<sup>th</sup> Thursday. We have two families who come on a regular basis as well as parents who can make it when they can. It is held at the First United Methodist Church in Clarion.

**Stork's Nest**

- What is it?
- How would we do it
- Where would it be housed
- How would we determine points for getting things
- Who would be eligible
- How would it be staffed
- How would we fund it

**Community Involvement**

- Hamilton County Foundation Grant
  - Timeline:
    - Dec. 1<sup>st</sup>: Application Available
    - Feb. 2<sup>nd</sup>: Application Deadline
    - Notification: March 31<sup>st</sup>
- Wright County Community Foundation Grant
  - Will have another round in the Spring- Dates are unavailable at this time.
- What would we like to write for?

## Next Meeting

- February 3<sup>rd</sup>, 2008
- Child Congress Feb. 10-11<sup>th</sup>
- Early Childhood Day on the Hill 12<sup>th</sup>