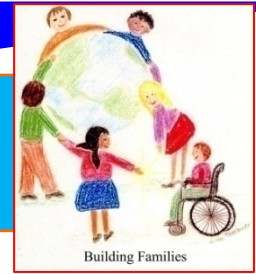


Building Families Empowerment
Every child, beginning at birth, will be healthy and successful.



Parenting Pal- February

Parenting Together, Whether you Live Together or Apart

- Focus on the child. Remember your children's needs come first.
- Have similar goals about discipline, rules, routines, and the needs of your child.
- Communication is key. Be respectful to each other and calmly talk about issues you have.
- Use "I" statements. Avoid "you" statements because they can be seen as an attack.
- Be an active listener. Make eye contact and listen to the other person. Restate what you think you they are meaning to say to make sure you are getting it right.
- Don't pull your child into disagreements. Try not to argue in front of the child, especially about parenting issues. Call a parent "time out". If you find yourself disagreeing on something about parenting, take a "time out" and go to a different room to discuss options or compromises. If your child sees or hears you arguing make sure they also see you make up. This teaches them the skills to use when they have an argument with others.
- Stay involved and active in your child's life. This shows them that you care about them even though you may not be getting along with the other parent.
- Give the other parent a chance to learn. Raising a child isn't easy and each parent has their own techniques that work best for them. Just because it isn't your way doesn't mean it is not effective. Try giving the technique a chance yourself and respect each other's way to parent. Compromise. It is ok to do it a different way sometimes.
- Learn about parenting together. Attend a class or read a book about parenting together. Talk about what you liked and disliked about what you learned.

Hamilton County's youth coalition, Power Up YOUth has a new website. Go to powerupyouth.org to find out more information, tips to talk to your children about drugs and alcohol, to find out when Power Up YOUth meetings are and what the coalition is doing for the youth in Hamilton County!



Resources used:

Prevent Child Abuse Iowa:
Co-parenting, parenting as a team
ISU Extension: Parenting on your own

Parent Education



Helping You and Your Child
Grow as a Family!



Parenting with Support

Building Families is holding a parents support group at the First United Methodist Church in Clarion. It will be held 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:

February 26th

Thursday,
Feb. 5th
& 19th

Starting
at 5:30

Stratford
Elementary
Library

Dinner
will be
served at
6:45

Dinner
and child
care will
be
provided
for free.

Positive Solutions for Families is being offered at Stratford Elementary. This series discusses building relationships, positive encouragement, making clear expectations, managing anger, routines and much more!

This is a series of six sessions. Come to all or the ones you can make!

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

The Imagination Station

All Cultures Equal is offering a 0-3 year old story time every Monday morning at 10:00 through February 12th.

Register to win books for you and your child every week!

Call Leslie at 515-832-4153

1440 E Second St.

Webster City, IA

Having trouble with
your Teen?

Look below to find out
how you can get help!

C.A.R.E.S.

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

Humboldt

February 9th and 23rd from 5:00-7:30. Meal included. Free Child Care provided.

Webster City

February 12th & 26th at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care provided.

Taking Care of Yourself Helps you Take of your

- Use the time your child is with their other parent for yourself
 - When the other parent has taken your child to the park, an appointment, a movie, or a game you can use the opportunity to take some time for yourself.
- Take time to be with friends.
 - Whether you do this as a couple or yourself, it is important to take time to do things with your friends.
- Take time each week for some fun for yourself.
 - Read a book or a magazine, attend an exercise class, or work on a hobby.
- Spend time with other parents.
 - It is important to talk to other parents about the issues you are struggling with. Other parents may have a new strategy or technique you may not have heard of yet. Other parents can also be a support network for you; giving you support and the comfort knowing you are not the only one.
- Ask for help
 - Whether you need a few minutes to yourself or you need someone to help you with your child's uncontrollable behaviors, it is important to ask for help. Ask a friend or family member to come and give you a break or ask a professional about what the right thing to do about a behavior. All parents need help every now and then. It is important to ask for help before you do something you may regret.

Parenting Teens

*School Conflicts, Truancy, Communication & Support
for PARENTS & TEENS*

Saturday, February 21, 2009 - 8:30 a.m. – 4:30 p.m.

1211 Vine St., West Des Moines, Iowa

Second building – Auditorium

*To register: Call the Child Abuse Prevention Council @ 725-
2682*

or Family Directions of Iowa 255-9490

8:30 a.m. Check-In

8:45 a.m. Introductions – *Charlene Beattie, CAPC*
Instructor

9:00 a.m. The Law on Truancy - *Cory McClure*
Polk County Attorney's Office

10:00 a.m. Break

10:15 a.m. Active Parenting of Teens - *Charlene Beattie*
Parents attend this session

10:15 a.m. Problem Solving School Avoidance – *Lynda*
O'Meara

Teens attend this session

11:45 a.m. Lunch Break – Pizza and sodas will be
provided

12:30 p.m. *Judge Odell McGhee*

12:45 p.m. How to work with your child's school - *Lynda*
O'Meara

1:45 p.m. Active Parenting of Teens – *Charlene Beattie*

1:45 p.m. Problem Solving School Avoidance – *Lynda O'Meara*

2:45 p.m. Break

3:00 p.m. Communication between parents and teens
Mike Thompson, Iowa Mediation

4:15 p.m. *Dave Dhainin, Family Directions – Follow-Up*

4:30 p.m. Dismiss - Participants will receive attendance certificates

Please Note: If you are required to attend this class as a result of your involvement in Truancy Court, you are also required to bring your teen with you to the class. Breakout sessions are provided for teens.

This class is sponsored by the Child Abuse prevention Council and Family Directions of Iowa with funding provided by Community Based Child Abuse Prevention.