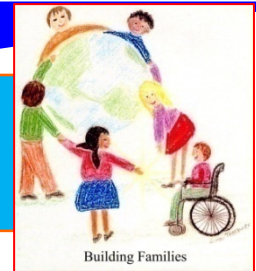


Building Families Empowerment  
 Every child, beginning at birth, will be healthy and successful.



## Parenting Pal- March 2009

Tell Your child **what** to do instead of **what not** to do.

Clearly and simply state what you expect your child to do.

Have age appropriate expectations

Use language your child can understand. Young children often have difficulty understanding contractions (two words that are combined to form one such as don't and can't)

Don't...	Do...
Don't run!	Please walk.
Don't hit your sister!	Keep your hands to yourself.
No yelling!	Please use inside voices.
Stop whining.	Use your words to tell me what you need.
No coloring on the wall.	We have to use paper when we color.
Don't throw your truck.	Trucks drive on the ground, like this. ( <b>Show</b> your child what to do)
Don't be rude.	Say "Thank you"! It is the nice thing to do.
Good Job.	Good job. You put your toys away all by yourself. Give me "five"! (Be specific about what they did well)
NO! Naughty!	We do not bite because it hurts other people. (Be specific about what you don't want them to do and why)

You can find past Parent Pals, find websites used in Parent Pal, learn about our programs, and read our newsletter on our website

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

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

Humboldt

March 9<sup>th</sup> and 23<sup>rd</sup> from 5:00-7:30. Meal included. Free Child Care provided.

Webster City

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

Need help with finding resources to help you in your community. Check out the last page of this issue of Parent Pal to find a resource page!

## Parent Education



Helping You and Your Child  
Grow as a Family!



### Parenting with Support

Building Families is holding a parent's support group at the United Church of Christ Congregational 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 United Church of Christ Congregational:

121 Third Ave NW

Clarion

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

April 9<sup>th</sup> and 23<sup>rd</sup>

May 14<sup>th</sup> and 28<sup>th</sup>

## New Parent Group In Humboldt

A new parent group will be starting in March in Humboldt. It will be held from 5:30-6:30 at the Taft Elementary Media Center. The parent group will be discussing Positive Behavior Supports. Below are the list of dates and what will be discussed at each group. Please Register with Amy Muller if you would like to attend or look for sign up sheets at school!

### **March 19th**

Session 1: *Making a Connection!* Meet each other and learn about our families. Identify the importance of building positive relationships with children. Discuss the "power" of using positive comments and encouragement with children.

### **April 4th**

Session 2: *Making it Happen!* Understand how play can be a powerful parenting practice. Learn ways to help children develop friendship skills. Link building relationships, using positive comments/encouragement, and play to children's behavior.

### **April 16th**

Session 3: *Why do Children do What they do?* Examine why children do what they do. Practice ways to determine the meaning of behavior. Understand how to make expectations clear for children. Understand effective ways to develop and teach household rules.

### **April 30th**

Session 4: *Teach me What to Do.* Identify feeling words and identify effective ways to teach feeling vocabulary. Demonstrate the use of books to support emotional literacy and social emotional development. Identify ways to cope with feelings of anger and disappointment. Learn how to teach problem solving skills.

### **May 7th**

Session: 5 *Facing the Challenge: Part 1* Examine nine specific strategies that can be used to promote positive adult and child behavior in home and community settings.

### **May 21st**

Session 6: *Facing the Challenge Part 2* Identify that problem behavior has meaning. Identify the meaning of behavior by examining what happens before and after the problem behavior. Identify the three parts of a behavior plan: preventions, new skills to teach, and new responses. Learn to use the *Family Routine Guide* to identify supports for use with children during daily routines.

# Teach Your Household Rules

1. Make a rules chart (pictures may be helpful) with your child.
2. *Discuss* and *demonstrate* the rules until you are sure that your child understands the rules.
3. Review the rules every day! You can even make up songs about the rules!
4. Remind your child of the rules before challenging behavior can occur.
5. Praise your child for following the rules.

## How to TEACH rules:

- **Step by Step** – focus on teaching your child the new skills and expectations
  - Children will need to have tasks broken down for them. Often we have to help them learn how to do the skill before we can expect them to do it independently. That might involve showing them how, doing part of a task and having them finish it, or asking them to only do one part of the task.
- **Review, Review, Review!** – review the new rules many, many times!
  - It may take repeated review of the new information before your child really understands it. If you show your child the rules chart only 1 time and then forget to review it again, and again, and again, he/she is going to forget what is on it.
- **Practice, Practice, Practice** – give your child many opportunities to follow the rules
  - Children need lots of practice to learn new skills.
- **Support, Not Criticism** – while your child is practicing the rule, help him/her or tell him/her how great it is that he/she is trying
  - When we learn something new, we need people to encourage us and cheer us on.
- **Celebrate Your Success!**
  - Give your child encouragement. Let your child know how proud you are!

*Positive Solutions for Families: Session 3 Activity 12.*

Below is a resource guide for you. Feel Free to contact these agencies if you need help or guidance.

Parent Coordinator Hamilton, Humboldt, and Wright Co.	Offers one-on-one in-home visits with parents, Parent Pal newsletter by email, parenting support groups and parent education.	Amy Muller  515-832-1791 ext. 202
Building Families Hamilton, Humboldt, and Wright Co.	Offers preschool scholarships. Prevent Child Abuse Iowa Council.	Ann Stewart  515-832-1791 ext. 201
Public Health Hamilton, Humboldt, and Wright Co.	HOPES Program, WIC, In-home visits with children 0-3.	Wright: 515-532-3461 Hamilton: 515-832-9565 Humboldt: 515-332-2492
C.A.R.E.S. Hamilton and Humboldt	Offers the opportunity for families and the community to help build a social support for families.	Kim Mohr 515-890-1128
UDMO Hamilton Humboldt, and Wright	Offers FaDDS, food bank, provides Heat Assistance, Home Weatherization Chore Service, Head Start applications, clothing, housing, crisis programs, blankets, budget counseling, and Parent Partners.	Hamilton: 515-832-6451  Humboldt: 515-332-3631  Wright: 515-448-3704
All Cultures Equal INC. Hamilton County	Offers opportunities to all cultures including fun activities for families and opportunities for families to get involved in the community. Free Clinic open Tuesdays 6-8pm.	Leslie Kauffman  515-832-4153
Power Up Youth Hamilton County	Gives teens the opportunity to make a difference in the community. Also offers information to parents and teens.	Kathy Getting  515-832- 5432
Father Advocate	Offers parent education for fathers!	Mike Simcho  515-576-7886

Youth and Shelter Services Hamilton, Humboldt, Wright and Hardin Co.	Youth and Family counseling services as well as in-home family counseling services.	515-832-1061
Coleman Counseling	Family Counseling, behavior and skill development, and foster and adoption parent services.	<a href="mailto:rcoleman@trunet.net">rcoleman@trunet.net</a> (515) 379-2101
Prairie Lakes Area Education Agency	Help students meet educational and developmental challenges.	(800)352-2533
Department of Human Services	State assistance for food, child care, health care, child welfare, and  Report Child Abuse  1-800-362-2178	Wright: 515-532-6645  <b>Hamilton: 515-832-9555</b>  Humboldt: 515-955-6353
Child Care Resource and Referral	Helps parents find child care.  Provides training for child care providers.	1-800-999-5101
Iowa State University Extension	Resources in family finances, tax preparation, 4-H, health and nutrition, parenting, care giving, materials available in Spanish	Hamilton: (515) 832-9597 Humboldt: (515) 332-2201 Wright: (515) 532-3453
Community Adolescent Pregnancy Prevention Coordinator	Provides sex education and information to parents and teens.	Tiffany Larson 515-832-1791 ext.204

If you would like to be placed on the mailing list for the Building Families Newsletter or Parent Pal parenting email newsletter please contact Amy Muller at [amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org) or 515-832-1791.

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