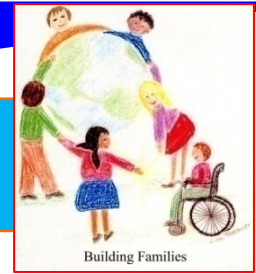


Building Families Empowerment
Every child, beginning at birth, will be healthy and successful.



Parent Pal- March

Parenting Tip

Focus on your family strengths!

- Focus on what is going well for your family.
- What does your family do well?
- What does your family like to do together?
- What does your family do for each other?
- Share or write your family story.
- Focus on what you do well as a parent?
- Focus on telling your children or other members of your family when they are doing a good job!
- What do you learn new about your family every day?

Courtesy of ISU Extension/ Partnering in the Communities



Look and listen for
parent tips and
messages in your local
newspaper and radio
station!



Playing With Your Children.

Talk about or write a story about how your child became part of your family. Talk with them about when you were happy, scared or worried about their arrival. Show them pictures!

Then talk about how you appreciate them now in your life. Kids love to hear that they are an involved part of the family! It also gives them the opportunity to hear about different emotions or feelings they are ok to have as well.



Reply to
amuller@hamiltoncountymhsb.org
with subjects or tips you
want to hear more about!

You & Me Parent Education Gatherings



Helping You and Your Child
Grow as a Family!

"You & Me!" is a monthly gathering in Hamilton, Humboldt, and Wright counties for parents and their children. These gatherings are FREE and will include activities for parents and children, snacks, books, and transportation assistance if needed. "You & Me!" gatherings are designed for parents with children ages 0-5.

TOPICS

"Quality and Child Care. What is quality child care?" We are going to talk about what you should look for in child care and where you can find quality for child to thrive!

"Be a Lifetime Dad" A good male role model is so important in a child's life. Guys come and learn from "Lifetime Dads" how important you are to a child's life and their success. Moms are welcome too!

"Money Choices: Making the most of what you have". Learn how to handle your child's expenses and pay your bills!

"Books, teachers, and kindergarten. Oh My!" Find out what you need to know to get your child ready for kindergarten or preschool and what you need to know for the big first day!

February and March "You & Me"

Webster City

Mar. 10th "Quality and Child Care"

Apr. 14th "Money Choices: Making the most of what you have"

Humboldt

Mar. 18th "Books, Teachers, and Kindergarten. Oh My!"

Apr. 15th "Money Choices: Making the most of what you have"

Eagle Grove

Mar. 17th "Quality and Child Care"

Apr. 21st "Money Choices: Making the most of what you have"

Locations

Fuller Hall

Sampson Room
625 Bank St.
Webster City

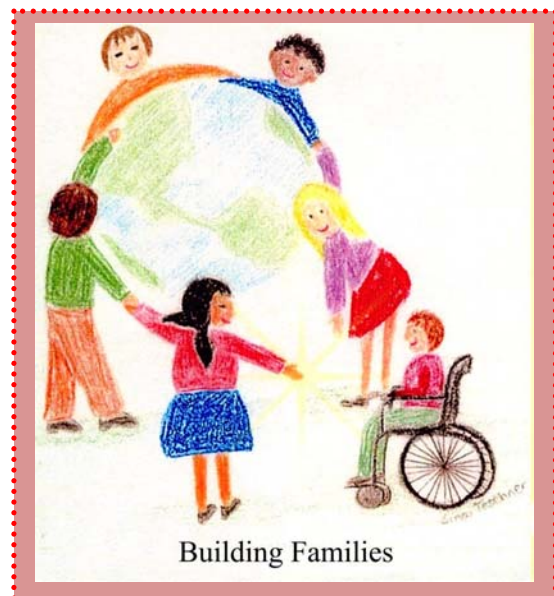
Humboldt Library

Children's Area
30 6th St. N
Humboldt

Eagle Grove

United Methodist Church
421 W. Broadway St.

Questions or Comments? Contact Amy Muller at amuller@hamiltoncountymhsb.org or call 515-832-1791



Feel free to forward this e-mail to others whom you think might enjoy it. If you would like to be added to the parent e-mail list, email Amy Muller at amuller@hamiltoncountymhsb.org

Focusing on Family Strengths

Characteristics of Strong Families:

- Adaptability: Strong families are able to cope everyday and with unexpected stressors.
- Appreciation: Because they care about other family members, individuals frequently do positive things for one another.
- Clear roles: Family members are aware of their roles and responsibilities and are able to remain flexible.
- Commitment to family: Family members are committed to the family as a system and members recognize each individual's worth and importance to the family.
- Communication: Family members are open and honest with one another, and they are willing to listen to other members' views; conflicts are managed and resolved when they arise.
- Community and family ties: Strong families are connected to the community and they are involved in community organizations.
- Encouragements of individuals: Individual development is encouraged both inside and outside of the family system.
- Shared time: Both quality and quantity time are shared.

Ways to strengthen your family:

- Ask, "How was your day?"
- Catch your family being good and tell them what you like about their good behavior. Be specific! "I really appreciate it when you pick up your toys and put them away. It helps us keep the house clean!"
- "Stick" together
- Turn to one another for help
- Be open to change
- Ask for help from each other and others from the community.

Curteously of Iowa State University Extension/ Partnering in Communities

