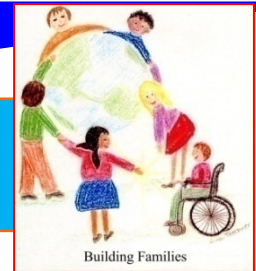


Building Families Empowerment

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



Parenting Pal- October

HANDING OUT SOMETHING DIFFERENT

Kids get a TON of candy around Halloween; school, friends, and of course Trick-or-Treating! Even though most of you will be taking your kids out to Trick-or-Treat, some may be staying home and handing out the treats. Here are some goodies to hand out that won't have the kids bouncing off the walls for the rest of November.

Unpopped microwave popcorn bags

Halloween stickers & temporary tattoos

Halloween jewelry, like spider rings

Halloween-themed pencils

Store bought snack-size bags of goodies

Individually wrapped fruit snacks or raisins

Granola Bars

Bandages with fun themes and pictures

Glow in the dark trinkets

Here are some websites with some other alternatives to candy!

<http://www.greenhalloween.org/content.php?page=treats>

http://kids-holiday-activities.suite101.com/article.cfm/healthy_and_safe_halloween_ideas

<http://family.go.com/parenting/article-sk-245393-halloween-treat-alternatives-t/>

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



Parent Education



Helping You and Your Child
Grow as a Family!



Building Families is creating a Prevent Child Abuse Iowa Council. Meetings will be held from noon-1:00 at the Building Families Offices. This council will be 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 or join the council contact Amy Muller.

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

Meeting Dates

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

Parenting with Support

Building Families is holding a young parents support group at the Presbyterian Church in Clarion. It will start September 25th and will be held from then on from 5:30-7:30 every second and fourth Thursday of the month from September to 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 Presbyterian Church:

September 25th

October 9th and 23rd

November 13th

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.

Humboldt

October 13th and 27th from 5:00-7:30. Meal included.

Free Child Care provided.

Webster City

October 9th and 23rd 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!

I Had the Meanest Mother in the WORLD!!

"I had the meanest mother in the World! While other kids had candy for breakfast, I had to eat cereal, eggs, and toast. While other kids had cake and candy for lunch, I had a sandwich. As you can guess, my dinner was different from others kid's dinners too. My mother insisted on knowing where we were at all times! She had to know who our friends were and what we were doing.

I was ashamed to admit it, but she actually had the nerve to break the child labor law. She made us work! We had to wash dishes, make the beds, and learn how to cook. That woman must have stayed awake at night thinking up things for us kids to do! And she insisted we tell the truth, the whole truth, and nothing but the truth.

By the time we became teenagers; she was much wiser and our life became more unbearable. None of this tooting the car horn for us to come running. She embarrassed us to no end by insisting that our friends come to the door to get us! She wanted to meet them and talk with them!

I forgot to mention that most of our friends were allowed to date at the mature age of 12 or 13, but our old fashioned mother refused to let us date until we were 15! She really raised a bunch of squares. None of us were ever arrested for shoplifting or busted for dope. And who do we have to thank for this? You're right, our mean mother.

I am trying to raise my children to stand a little straighter and taller and I am secretly tickled to pieces when my children call me mean. I thank God for giving the meanest mother in the world. The world needs more mean mothers like mine!"

Author Unknown



Community Champion Nomination Form

Do you know someone in the community who does great things for youth?

Do you feel they should be recognized for their hard work?

Nominate them for a



Community Champion Award.

+++++

School District (Circle): Northeast Hamilton, South Hamilton, Webster City/Stratford

Person you are nominating: _____

Why are you nominating this person: _____

_____ (Use the back of the form for additional space)

How can we contact them? _____

(Please include phone number, address, place of employment, and any other information you feel might be useful).

You may drop this form off at the local school office or Hy-Vee, or mail it to Power Up YOUth, 509 Division St., Webster City, IA 50595 when you are finished. Nominations are due by 10-10