



# The Family Times



Fall 2007 Newsletter

Encourage, Strengthen and Support Families

## Just for Dads

With a generous grant from Circle of Parents and the U.S. Dept. of Health and Human Services, Administration for Children and Families, Parent Connection is pleased to offer several new programs just for dads:

- ♦ Classes for new and expectant dads will be offered on newborn baby care by trained facilitators in the 'Conscious Fathering Program,' held at various locations in the Fox Cities.
- ♦ On-going groups for dads and their kids, ages 0-5, will be held at the Family Resource Center, providing dads with access to parenting information, networking opportunities, and quality time with their children in a safe, fun environment.

We will also continue our annual "Dads and Kids Luau", Parents as Teachers home visiting to first time dads, and a variety of parenting workshops on topics such as parenting your toddler, family finances, healthy relationships, anger management, communication, raising responsible children, and more. Most programs are free with child care provided and are open to dads with kids ages infant to teen. For more information, call Parent Connection at 739-4226, ext. 108.

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**If you are a dad and would be interested in facilitating a monthly Dads and Kids group, please contact Andrea at 739-4226, ext. 108.**

## Reward Vs. Bribe


What's the difference between a reward and a bribe? A reward is offered ahead of time, before a child is asked to do something. For example, a child may be promised a reward if she helps her parent bag leaves. For the child, the reward reinforces her good behavior. A bribe, on the other hand, is used to encourage a child to do something she has already refused to do. A parent might offer a candy bar to the child who has refused to clean up her room, for example.

Bribes tend to teach a child that she can get what she wants by refusing to cooperate. Fortunately for many young children, the best reward for a job well done is an adult's praise. And the more attention and praise you dispense for good behavior, the more good behavior you'll see.

## Encourage Writing for Lifelong Pleasure

A parent's positive approach to writing as a pleasurable activity can have rewarding results. Build on children's natural curiosity and encourage them to explore the world of writing. Tots marvel at the magic they can make with markers, chalk or crayons. Your reinforcement of such play will plant the seeds for writing to be an enjoyable activity.

At first you may need to provide much direction and supervision - reminding your child to write only at her special place, not on walls - and correcting bad habits: "No, we don't pound the chalk into little bits." Sometimes you'll also have to fight an overwhelming sense that your child is just not getting the hang of this: "Oh honey, you have scribbled on every page in this tablet in just five minutes."

As the writing activities become habitual and comfortable to your child, it will become a natural recreation throughout his childhood years. At three, a child will be content with her crayon and tablet as she sits in the grocery cart imitating you crossing off a list. At four, the child who has been offered writing play as a toddler will insist on a pencil and paper to scribble on while in her stroller as you hike through the mall. At five, the preschool youngster can't wait to begin her "writing work" in the car on a lap desk as you travel on your vacation.  *Growing Child, Inc.*

## AUTUMN ADVENTURE

*(for parents and children 10 years & younger)*

**Join us for an evening of family fun...  
Dress for messy play! Games & Activities for all ages!**

**Monday, September 24, 2007**

**5:00 - 7:00 pm**

**Pierce Park, Appleton**



Hot dogs, PB&J, side dishes, and serviceware. Please bring beverages for your family.

Cost: \$2.00/person or \$8.00/family *(includes meal)*

Register in advance at [www.thedacare.org/classes](http://www.thedacare.org/classes) or by calling (920) 830-6877.

**Fun for the whole family!**

## Parent Connection Receives National Honor

The Parent Connection program recently received a Program of Merit award for its implementation of the "Parents as Teachers" Born to Learn model, a national program designed to optimize development in children from birth to age three.

To receive this commendation, Parent Connection completed a detailed self-assessment and evaluation of program services using 180 quality indicators such as personal visits, group meetings, screenings, resource networking, recruitment and retention of families, program management, and professional development. Expert consultants from the "Parents as Teachers" national center then visited the program to validate the self-study. This process highlighted many of the program's existing strengths, while also aiding in continuous quality improvement.

In 2006, the Parent Connection program served more than 1,000 families in the Fox Cities and Oshkosh areas, providing parenting information and support to local families through home visitation, parenting classes, mentoring programs, and family fun events. Parent Educators also conduct health, hearing, vision and developmental screenings and work with a number of community resources to make sure families have access to assistance when it's needed.

Major funding partners for the program include Outagamie and Winnebago Counties, Mercy Health Foundation, United Way Fox Cities, Oshkosh Area United Way, The Community Foundation of the Fox Cities, Parents Plus, Inc., and the City of Appleton - CDBG.



## Family Classes

- ♦ **Active Parenting** - 6-week video-based sessions address appropriate discipline and punishment alternatives as well as building responsibility, courage, and self-esteem. Starts November 7, runs every Wednesday through December 5 from 6:00-8:00 pm in Oshkosh, \$40 material fee. Adults only.
- ♦ **Active Parenting of Teens** - 6-week video based program that helps parents and their teens learn healthier, more nurturing ways to live together. Starts October 1, runs every Monday through November 5 from 6:00-8:00 pm in Oshkosh, \$20 material fee. Adults only.
- ♦ **Nurturing (Birth to 12 years)** - 12-week session teaches families how to communicate better to strengthen their relationship. Starts September 18, runs every Tuesday through December 4 from 5:30 - 8:30 pm, \$20 book fee.

Call Parent Connection at 920-233-1926 for more information. Pre-registration is required to attend these classes.

## Parent Connection Parenting Workshops Fall 2007

### GETTING A GOOD START IN SCHOOL

*(For parents of children ages 4-6 years).* Topics on developing good habits, providing an atmosphere that encourages learning, the importance of routines, and communicating with the school.

**Date/Time:** Thursday, August 23, 6:00 - 8:00 pm

**Host Site:** Prince of Peace Lutheran Church  
2330 E Calumet St, Appleton

**Cost:** Free; child care is unavailable for this session

### HEALTHY RELATIONSHIPS: WITHIN MY REACH

Provides the tools to build healthy relationships and develop strengths in communication techniques, parenting styles, positive relationships, money management, and conflict resolution. Designed to help individuals achieve their goals.

**Date/Time:** Wednesdays, Sept 5, 12, 19, and 26, 6:00-8:00 pm

**Host Site:** Family Resource Ctr, 1165 Appleton Rd, Menasha

**Cost:** Free; child care is available with prior registration

*We will also be offering a relationship class for couples, "Within Our Reach," at a later date. Funded by Parents Plus, Inc.*

### TWO HOMES, NO BATTLES *(Successful Co-Parenting)*

Don't let your children become casualties during and after a divorce! This series is designed for divorcing, separating, and custodial/non-custodial parents who are co-parenting their children.

**Date/Time:** Tuesdays, September 11 and 18, 6:30-8:30 pm

**Host Site:** Appleton Medical Ctr, 1818 N Meade St, Appleton

**Cost:** \$5/person; child care is unavailable for this session

### STRENGTHENING FAMILIES

An interactive parent/youth class for kids, ages 10-14, and their

parents. Youths learn to prepare for their teen years, discussing how to strengthen family communication and avoid problems with drugs and alcohol. Parents learn what to expect from youth at various ages, rule making and consequences, problem-solving, and ways to show love and support. Families then come together for an hour of activities and games, discussing their family strengths.

**Date/Time:** Thursdays, Sept 27, Oct 4, 11, and 18, 5:45-8:00 pm

**Host Site:** Boys & Girls Club, 117 S Locust St, Appleton

**Cost:** \$10/family

*Register for this class by calling the Boys & Girls Club of the Fox Valley at (920) 731-0555 ext. 236.*

### RAISING YOUR SPIRITED CHILD

*(Parents of children 3-12 years).* Offers parents a more positive and rewarding approach to raising their children that have "more." Discover how to nurture your child's strengths and learn strategies to deal with their temperament.

**Date/Time:** Mondays, October 1, 8 and 15, 6:00-8:00 pm

**Host Site:** Highlands Elementary School, Appleton

**Cost:** \$10/person; child care is available with prior registration



**SPACE IS LIMITED - REGISTER EARLY**  
**(920) 830-6877 or [www.thedacare.org/classes](http://www.thedacare.org/classes)**

*For more information, contact Megan McLachlan at (920) 739-4226 ext. 127.*

# Family Resource Center Fox Cities

A Place to Grow  A Place to Gather

1165 Appleton Road, Suite A, Menasha WI 54952

Phone: (920) 886-0123 Fax: (920) 886-1331

## **Play Groups** (groups with an FRC Facilitator)

Families with children 18 mos and under: Weds, 9:30 - 11:00 am  
Families with children 4 years and under: Thurs, 10 am - Noon  
Bilingual for families with children 5 years and under: Fri, 10 am - Noon  
Parent-led group for children 5 years and under: Tues, 9 - 11 am at Faith Lutheran Church, 601 E Glendale, Appleton

Pre-register for these groups by calling 886-0123 or emailing [jyeager.ccr@tds.net](mailto:jyeager.ccr@tds.net).



## **Drop-In Playtimes**

An interactive social time for parents, caregivers and children, ages 0-4 years. Stop in when your schedule allows during the following times, no registration required:

- Tuesdays, 1:30 - 3:30 pm
- Mondays (2nd, 3rd & 4th of month) 9:30 - 11:30 am
- Mondays (4th of month) 5:30 - 7:30 pm

## **Workshops and Activities**

**Growing Together: Developmental Milestones** (for first-time parents and children, ages 0-2) You are your child's first and most important teacher. Join Parent Connection's certified Family Support Specialists in a group setting to learn about stimulating your baby's brain, developmental activities, and your child's developmental milestones based on his or her age. Adults attend with their children, ages 0-2.

**Fall Sessions:** Mondays, Sept 17, Oct 15, Nov 19, and Dec 17

**Time:** 6:00 - 7:30 pm

Attend any or all nights - pre-registration is not required.

## **Parenting Questions??**

Are you dealing with parenting issues such as discipline, sleepless nights, and tantrums with your young child? If you need to talk to someone regarding these or other concerns, call the Family Resource Center at 920-886-0123.

**NOTE:** Pre-registration is required for all of the following activities by calling 920-886-0123 or emailing [jyeager.ccr@tds.net](mailto:jyeager.ccr@tds.net). SPACE IS LIMITED – REGISTER EARLY. All classes are held at the Family Resource Center, 1165 Appleton Rd, Menasha.

## **Anything Can be a Paintbrush** (for adults and children ages 2-1/2 - 4)

Enjoy a story with your child, then join him/her while they experience painting with objects found in your home.

**Date/Time:** Tuesday, September 25, 9:30 - 10:15 am OR  
Wednesday, October 24, 6:30 - 7:15 pm

**Child Care:** Not available for this session

## **Young Children Test... Have a Plan** (for parents of children ages 0-3)

Young children explore their world and this can try any parent's patience. Come and discuss normal development of young children and how to create a plan to deal and cope with their behaviors.

**Date/Time:** Monday, Oct 1 OR Wednesday, Dec 5, 6:00 - 7:30 pm

**Child Care:** Available with pre-registration

## **Scrap N' Rap** (for parents of children ages 0-3)

Create an Alphabet Book for your child and also ask questions about your child's development. This group is led by a Parent

Connection Family Support Specialist. No previous scrapbooking experience is necessary. \$5.00 fee for supplies.

**Date/Time:** Friday, October 5, 6:00 - 8:00 pm

**Child Care:** Not available for this session

## **Terrific Twos** (for parents of children ages 18 months - 3 years)

This free one-night workshop will address topics such as typical behavior of a two year old, stages of development, creating a safe learning environment, and the importance of routines.

**Date/Time:** Wednesday, October 10, 6:00 - 8:00 pm

**Child Care:** Available with pre-registration

## **Music in the Morning**

A time for adults and children to sing, listen, move to music and play instruments together.

**Dates:** Tuesdays, October 16, 23 and 30, and November 6

**Times:** 9:30 - 10:00 am – for children 0-2 years and an adult;  
10:15 - 10:45 am – for children 2-4 years and an adult

**Child Care:** Available for siblings

## **Bright Beginnings** (for parents of children ages 0-5)

Discusses brain development, attachment, and the physical, social and emotional well-being of your child.

**Date/Time:** Tuesdays, Oct 30, Nov 6, 13, and 20, 6:00 - 8:00 pm

**Host Site:** Foster Elementary School, Appleton

**Child Care:** Available with pre-registration

## **The Common Ground: Parenting Together**

Includes styles of parenting, exploring your individual parenting style, working together as parents, conflict resolution techniques, and more.

**Date/Time:** Wednesdays, November 7 and 14, 6:00 - 8:00 pm

**Child Care:** Available with pre-registration

## **Holiday Art for Pre-schoolers** (for adults and children ages 2-1/2 - 4)

Create art with your child for the upcoming holiday season.

**Date/Time:** Monday, Nov 26, 6:30 - 7:15 pm OR  
Tuesday, Nov 27, 9:30 - 10:15 am

**Child Care:** Not available for this session

## **FRC Lending Library**

Come and browse through our library! We have a wide variety of children's books, literacy bags, toys, children's music, parenting books, and more! New items on the shelves include toddler theme boxes on topics such as "Things that Go," "Ocean Animals," and "Nursery Rhymes." Available parenting books include "Kids Are Worth It!!!" by Barbara Coloroso; "Kids, Parents, and Power Struggles: Winning for a Lifetime" by Mary Sheedy Kurchinka; "Super Baby Food" by Ruth Yaron; "1-2-3 Magic" by Thomas Phelan; and "The Toddlers Busy Book" by Trish Kuffner.



Stop by anytime Monday – Friday, 8:00 am to 4:30 pm. We're also open until 7:30 pm the fourth Monday of each month.

*The Family Resource Center Fox Cities is made possible through a partnership between the Parent Connection program of Family Services, Child Care Resource & Referral, Inc., and the Appleton Area School District. Funded by a grant from the Children's Trust Fund, Madison.*

## T.I.P.S. (Topics to Increase Parenting Skills)

T.I.P.S. is a FREE 8-week series designed for parents of children ages 2-12. Participants will discuss a variety of parenting topics ranging from behavior management and communication to health, nutrition, and child development. Topics for the Fall 2007 session include:

- September 18 - Raising Financially Responsible Children
- September 25 - Rules, Rituals & Routines
- October 2 - Building Your Child's Self-Esteem
- October 9 - Positive Discipline
- October 16 - Positive Communication
- October 23 - Raising Healthy Kids
- October 30 - Raising Resilient Children
- November 6 - What to do with the mad you feel?

**Dates:** Tuesdays (as listed above)

**Time:** 6:15 - 7:45 pm

**Location:** First United Methodist Church  
325 E Franklin St, Appleton

**Sponsors:** Childcare Resource and Referral, Outagamie County, UW Extension, Affinity Health Care, Children's Health Education Center, and Family Services of Northeast Wisconsin; funded by the Community Foundation

Attend as many or as few sessions as you wish. All sessions are free! Contact Megan McLachlan with questions at (920) 739-4226 ext. 127 or [mmclachlan@familyservicesnew.org](mailto:mmclachlan@familyservicesnew.org).

## Help Prevent Child Sexual Abuse

National estimates are that as many as one in five girls and one in ten boys will be sexually abused before they turn 18. 85% of childhood sexual abuse occurs between a child and someone they know, and this includes another child or a trusted adult.



Recent research emphasizes that adults need to proactively recognize and address risk factors. Mobilizing adults in this effort is a critical but often neglected strategy for prevention of child sexual abuse, with instead too much emphasis on trying to teach children to protect themselves. Call the "Stop It Now!" Helpline at 1-888-PREVENT (773-8368), a confidential toll-free resource for adults who have questions or concerns about child sexual abuse, such as identifying:

- Sexually abusive behaviors
- Victim risk factors
- Perpetrator risk factors
- Effective prevention strategies
- Effective treatment approaches
- How to communicate your concerns to adults and children
- How to create a "family safety plan"

The "Stop It Now!" Helpline offers options, resources, and guidance to keep children safe. For more information, call 1-888-PREVENT or visit <http://stopitnow.wi.gov>.

## Mentors for Teen Parents Needed

We are searching for caring adult women who would like to donate two hours per week to work with a pregnant or parenting teen. Mentors work with teens on a variety of goals including education, employment, parenting, and relationships. Matches meet weekly for 2 hours per week for one year. If you are interested in working with this worthwhile cause, please contact Mandi Dornfeld at 739-4226 x153 or [mdornfeld@familyservicesnew.org](mailto:mdornfeld@familyservicesnew.org).

The Parent Connection program receives a portion of its funding from:



PARENTS PLUS

Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.

You can now receive this newsletter via email!  
Contact Andrea at [abusss@familyservicesnew.org](mailto:abusss@familyservicesnew.org) to be added to our email distribution list.

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