



The Family Times

Winter/Spring 2012 Newsletter

Encourage, Strengthen and Support Families

SPORTS SPECTACULAR

(for Dads & Kids 0-6 years)

Join us for indoor winter fun!
(Sports for everyone, Shave Your Dad)



Monday, March 19, 2012

5:30 - 7:00 p.m. at the YMCA, Appleton
\$1.00/person (Parking Ramp: \$2.00)

OR

Saturday, March 24, 2012

10:00am—12 noon at the
Boys & Girls Club, Oshkosh
\$1.00/person

Register in advance by calling (920) 830-6877
or at [www1.thedacare.org/ThedaCareWeb/events/
EventSearchForm.aspx](http://www1.thedacare.org/ThedaCareWeb/events/EventSearchForm.aspx)

A Success Story:

When I was 17, I found out I was pregnant. This was also the same day that my mom and step-dad moved to Mississippi. The plan was that I would stay with my cousin for the summer then spend the next couple of years living on campus in Green Bay. Obviously, that plan wasn't going to work. To be blunt, I was on my own, no job, and a baby on the way with only a bedroom at my cousin's house to live in. I had a lot of time to think about things while I was pregnant. At first, I was angry and resentful. I wanted to blame everyone else for my actions. Then I realized that I had gotten to where I was through my own actions and it was my own actions that were going to define me. I am well aware of the stereotype for girls who end up in my position, and frankly I found the standards there to be considerably too low for me. I had to redefine myself in terms of where I wanted to be rather than where I had come from. I used to believe that my past made my present and determines my future. I now believe that my future is what I make it and the present is just a stepping stone to it while the past is something waiting to remind me of the things I need to know.

(continued on page 4)

DEVELOPMENTAL: Constructive Feedback

Whether your child has done a good job at something or has failed, try to focus on what it is he's done rather than on him. For example, if he remembers to wipe his feet before coming in, thank him for doing so rather than simply telling him he's a "good boy."

That kind of praise—telling him he's a "good boy" - takes the responsibility away from him and sets you up as a judge and jury. It doesn't help build his self-confidence because it makes him too dependent on your judgment. The other side of the example is that if he were to forget to wipe his feet before coming into the house, tell him you're upset when he does that because then you have to clean it up. Don't tell him he's a thoughtless, sloppy person. Such generalized blame and criticism only causes generalized feelings of guilt and destroys self-confidence. It doesn't teach better behavior.

If you learn to say what you mean and mean what you say, you'll help your child learn from his mistakes and feel good about himself rather than feeling he's a bad person for making mistakes.

Parent Connection-Fox Cities

Registration: Unless otherwise noted, register by calling ThedaCare at (920)830-6877
or register on-line at www1.thedacare.org/ThedaCareWeb/events/EventSearchForm.aspx

PARENTING WORKSHOPS

Two Homes, No Battles

Successful co-parenting skills for divorced or separated couples. Discover practical ideas and skills to create a more nurturing environment.

Date: February 23 (Thursday)

Time: 6:00-8:00 pm

Location: First English Church,
326 E North Street, Appleton

Cost: \$5.00/person

Childcare: Available with pre-registration

Love and Logic (6-13 years)

Join us for this interactive three week series that puts parents in control, teaches children to be responsible and prepares them for the real world.

Date: Feb. 27, March 5 & 12 (Mondays)

Time: 6:00-8:00 pm

Location: Janssen Elementary School,
420 Wallace Street, Combined Locks

Cost: \$15.00/person (includes book)

Childcare: Available with pre-registration

Raising Boys (0-10 years)

Explore gender differences in brain development, ways to connect with your son, learning styles, school issues, and what boys need to thrive.

Date: April 12 (Thursday)

Time: 6:00-8:00 pm (Thur)

Location: St. Tim's Church,
473 7th Street, Menasha

Cost: \$5.00/person

Childcare: Unavailable

Love and Logic (0-6 years)

Learn practical techniques for raising responsible kids! Learn to discipline your children without losing their love and respect.

Dates: April 12, 19, 26, May 3 (Thursdays)

Time: 6:00-8:00 pm

Location: Prince of Peace Church,
2330 E. Calumet, Appleton

Cost: \$15.00/person (includes book)

Childcare: Available with pre-registration

Step-Parenting 101

Explore realistic expectations, styles of parenting, effective communication, problem-solving and differences in values.

Date: April 17 (Tuesday)

Time: 6:15-7:45 pm

Location: First United Methodist Church,
325 E. Franklin Street, Appleton

Cost: \$5.00/person

Childcare: Available with pre-registration

1-2-3 Magic (3-12 years)

Learn how to STOP the behavior you don't want and START the behavior you do want.

Dates: May 3 & 10 (Thursdays)

Time: 6:00-8:00 pm

Location: Johnston Elementary School,
2725 E. Forest Street, Appleton

Cost: \$5.00/person

Childcare: Available with pre-registration

Toilet Learning

Learn the signs for toilet readiness and stress-free toilet learning techniques. It is important to teach them to listen to their bodies and to feel good about learning something new. The goal is to empower your child to use the potty and feel proud of his/her accomplishment.

Date: May 10 (Thursday)

Time: 6:00-7:30 pm

Location: St. Timothy Lutheran Church,
473 7th Street, Menasha

Cost: \$5.00/person

Childcare: Unavailable

TEEN PARENT PROGRAMS

Just for You-Young Parent Group

(15-21 years)

Enjoy a FREE evening for yourself.

Dinner will be provided followed by childcare and an activity "just for you."

Dates: Jan. 20, Feb. 17, March 16, April 20

Time: 5:00-7:00 pm (Fridays)

Location: Zion Lutheran Church
912 N. Oneida Street, Appleton

Register by calling Kalyn at
(920) 739-4226 x111.



FATHERHOOD PROGRAMS

Baby Basics

(for New and Expectant Dads)

This FREE class will teach you what to expect in upcoming new baby months.

Dates: Jan. 16, March 19 (Mondays)

Time: 6:00-9:00 pm

Location: Family Services, 1810 Appleton
Road, Menasha

Dads and Kids Group (Thursdays)

These FREE interactive social times are offered to dads, by dads, and their children birth to 5 years.

Dates: Jan. 12, Feb. 9, March 8, April 12

Time: 5:30-7:00 pm

Location: Head Start, 1213 S. Matthias
Street, Appleton

Register by calling Andrea at
(920) 739-4226 x108

Single Dads Group (4th Tuesdays)

This FREE group will provide single dads a chance to meet other dads who may be experiencing some of the same parenting challenges. Topics will include: Ways to Keep Communication Lines Open, Ins and Outs of Child Support, and Benefits of Maintaining the Same Schedule.

Dates: Jan 24, Feb 28, March 27, April 24

Time: 6:00-8:00 pm

Location: Family Church, 2318 American
Drive, Neenah

Register by calling Kelly Fredrick at
(920) 233-6630 x107

Parents as Teachers Home Visitation

A Parent Connection home visitor will meet with you at your home or another location during a time that works for you. Home visitors will bring activities for your child and answer any questions. Register by calling (920) 739-4226 x108.

Teen Parent Mentoring Program

The Teen Parent Mentoring Program matches any pregnant or parenting teen, ages 13-21, with an adult, female mentor. We help you with health care, educational and employment goals, child development, parenting, community services, and family planning. Register by calling (920) 739-4226 x153.

Scholarships are available—For more information, call (920) 739-4226 x108

Topics to Increase Parenting Skills

(The TIPS series is offered for parents with children ages 2-12 years)
Join other parents for an overview on a variety of parenting topics.

Dates/Topics:	Feb. 28	Anger Management
Tuesdays	March 6	Positive Discipline
	March 13	Your Child's Temperament
	March 20	Is My Child Normal!?!?
	March 27	Ways to Decrease Financial Stress
	April 10	Preventing Power Struggles



Time:	6:15-7:45 pm
Location:	First United Methodist Church, 325 E. Franklin Street, Appleton
Cost:	Free when registered in advance
Child Care:	Available for children ages infant to 9 years with minimum four-day advance notice
Registration:	Call the TIPS Hotline at 920-540-7380. Come to one or all!

The TIPS series is brought to you by: Family Services, Affinity Health System, UW-Extension Outagamie County, FISC, Head Start, First United Methodist Church of Appleton, St. Elizabeth Hospital Foundation and United Way Fox Cities.

Parent Connection-Oshkosh

Registration: Unless otherwise noted, register by calling ThedaCare at (920)830-6877
or register on-line at www1.thedacare.org/ThedaCareWeb/events/EventSearchForm.aspx

PARENTING WORKSHOPS

Nurturing (Birth to 12 years)

This 12-week group-based program teaches families how to communicate better and strengthen their relationships.

Dates:	February 21-May 8 (Tuesdays)
Time:	5:30-8:00 pm
Location:	First United Methodist Church, 700 Linwood, Oshkosh
Cost:	\$20.00/person (includes book)

Love and Logic (0-6 years)

Learn practical techniques for raising responsible kids! Learn to discipline your children without losing their love and respect.

Dates:	March 5, 12, 19 (Mondays)
Time:	6:00-8:00 pm
Location:	Hooper Community Building, 36 Broad Street, Oshkosh
Cost:	\$15.00/person

Active Parenting Program

This 6 week video-based parenting program provides concrete steps for effectively handling family problems through clear, honest communication and respectful discipline.

Dates:	March 8—April 12 (Thursdays)
Time:	6:00-8:00 pm
Location:	Hooper Community Building, 36 Broad Street, Oshkosh
Cost:	\$20.00/person (includes book)

FATHERHOOD PROGRAMS

Baby Basics (for New & Expectant Dads)

This FREE class will teach you what to expect in upcoming new baby months.

Dates:	Feb. 20, April 16 (Mondays)
Time:	6:00-9:00 pm
Location:	Hooper Community Building, 36 Broad Street, Oshkosh



A Success Story (continued)

One of my goals was to only use state assistance programs for five years. My daughter turns 5 this January, and effective 9/1/11 I no longer have any state assistance. I work full time and am still going to school. I will be getting married on 6/2/12 and am so ridiculously happy that I spend a lot of time staring into space and smiling. The **Parent Connection** program has helped me get there through the teen mentoring program. My home visitor gave me information about my daughter's development and helped me to be a better parent for her. Most importantly though, she believed in me even when I doubted my ability to do the things I needed to. I think this, more than the information, is what Parent Connection is about. I would love to be able to let my home visitor know that I have met and surpassed my goals and wish to thank her for the help she gave me.

Home Visitor Response: *Working with this parent was an absolute pleasure. Her dedication and perseverance served as an inspiration to me! When working with other young parents who were attempting single parenting and continuing education. I was able to say "I've seen it done! I know you can do it!" She is a high energy, hard working mother. I am so happy to hear that her success has continued and her hard work is paying off.*

THANK YOU!

We have just partnered with Zion Lutheran Church in Appleton, Head Start at their St. Bernadette location in Appleton and Family Church in Neenah to host our monthly support groups: Just for You, Dads and Kids Group and Single Dads Group. We are excited to have these new locations and are thankful for their generosity to us and the community!

Find us on Facebook

Parent Connection is now on Facebook-Visit our website for a direct link to our fan page.
www.familyservicesnew.org/parent-connection

DISCIPLINE: A Few Basic Rules

Some basic rules for discipline bear repeating.

Punishment should be given at the time of the offense and in proportion to the severity of the offense. The timing is important because otherwise the child may honestly not remember later why he is being punished.

The type of punishment is also important. Continual yelling may force a child to "tune out" a parent or caregiver. Hitting is not acceptable and makes a child feel inferior and helpless without solving the problem.

Good discipline focuses on the problem, not on the child. It helps to explain, "This is not acceptable behavior because ... (name the reason—you might hurt yourself, you might hurt someone else, for example). I like you, but I do not like what you're doing."

It's better for the child to be given the chance to discuss the behavior and come to an understanding of why it was wrong and how to remedy it.

Such discussions might also include ideas for how the situation could have been handled in a positive manner.

Parent Connection receives a portion of its funding from: United Way, Parents Plus, Parents as Teachers, Child Abuse Prevention Fund, Outagamie & Winnebago counties, and Children's Trust Fund

Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.
Visit us at www.familyservicesnew.org/parent-connection for excellent parenting links!

NON-PROFIT ORG.
U.S. POSTAGE
PAID
GREEN BAY, WI
PERMIT NO. 92

1810 Appleton Road, Menasha, WI 54952
Family Services of Northeast Wisconsin, Inc.

