



FAMILY RESOURCE CENTER
of Central Oregon

Connections

Fall 2022

Inside: Toddler or Teen

Additional location opening

What's coming up

Raising a teen takes patience and a sense of humor



*"Freedom is not worth having if it doesn't include the
freedom to make mistakes." - Mahatma Gandhi*

Toddler or Teen

"Teens take a lot of patience, a sense of humor, and a lot of love, even when they're not being very lovable." - Kathy, mom of three. If you're a parent, you've probably heard another parent say, **"Just wait until they're a teen!"** Yes, raising teenagers can be stressful, frustrating, and exhausting - and it can leave you questioning everything you thought you knew about parenting! **It can also be rewarding, exciting, and fun, yes, fun!**

They are dramatic, irrational, do stupid things, and they have a need for both independence and loving care - this is true for both toddlers and teens!

Kids brains have a massive growth spurt at a very young age and again during adolescence. The upside of all the chaos - it's easier for them to learn which allows new talents and skills to develop.

"This group helped me step back and not take everything my son did so personally - to see his mistakes as his way to understand life and not just a way to irritate me." - Jay, father of one. The hard part - remembering that connections between the emotional and the decision



This comparison activity completed by a parent group

making part of the brain are still developing—and may not develop at the same rate or sometimes they don't think as much as they feel.

"My favorite take away is to ask, do you want my advice or do you need me to just listen?" - Ruby, mom of four girls



"One way to think about it is that the brain has two sides – an impulsive side, and a cautious side – and they balance one another. Before we reach adulthood, the impulsive side of the brain is charging ahead, while the cautious side of the brain is still playing catchup. The result is a teenager."

"The Evolutionary Advantage of the Teenage Brain," by the University of California



FAMILY RESOURCE CENTER

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Family Resource Center is excited to share
we will have a home in Madras soon!



Look for additional announcements soon!

PADRES ACTIVOS

de Adolescentes

Talleres para familias con
jóvenes de 10-17 años

¡Bienvenidas!
Únete a nosotras



Reunase con otros padres para
actualizar o aprender nuevas
herramientas para padres y
aprender como apoyar a sus hijos
adolescentes.

Incluye: Bono de trabajo

Cuando: Lunes 8 de Octubre del
2023 de 10:00-12:00 Noon

se reunirá 6 veces - saltando el 17
de octubre

Dónde: via Zoom

Código: 604135

Para registrarse llame a:
Rosa al 541-604-2031



CENTRO DE RECURSOS FAMILIARES
del Centro de Oregon



Door Prizes!

MAKE PARENTING A PLEASURE

Even though little ones are adorable - we know
their families deserve a community of
support. Join other parents and -

- Discover effective ways to manage stress
 - Learn the latest in child development
 - Build your toolkit for positive parenting
- 10-weekly sessions for parents with children
ages newborn through age 8.

When: Wednesday's

November 2nd - Jan 18, 2023 5:30-7:30 PM

Where: Zoom

FREE!

To Register:

Call 541-389-5468 # 2



FAMILY RESOURCE CENTER
of Central Oregon



OREGON
PARENTING
EDUCATION
COLLABORATIVE

STRENGTHENING Families PROGRAM

FOR PARENTS AND YOUTH 10-14

Families Wanted!

Fun
interactive
games &
activities!

- Strengthen family communication
- Learn how to resist peer pressure
- Create positive relationships
- Parents build a network of support

Reserve & childcare for siblings included!

And it's FREE!

**COMING
SOON**

Call to get on
the list &
reserve a spot
for your family
today!
541-389-5468

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**OREGON
PARENTING
EDUCATION
COLLABORATIVE**

We're here to support YOU!

KEEP foster parent support groups provide foster parents a
welcome place to share experiences, get tips and strategies, and
most importantly, support!

Keep Standard

For foster/resource
parents with
children 4-12 years

Join us on Zoom!

Call Rosa at
541-604-2031 or
541-389-5468
to reserve your spot
today!

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of Central Oregon

"I loved KEEP! I would definitely
recommend this to others and
plan to incorporate some of the
things I've learned."

"The most important thing we can do — the best predictor for how a kid turns out is if they are securely attached to at least one person," explains Bryson. The kind of relationship you provide for your children changes how their brain develops over time.
-Tina Payne Bryson, PhD

Check out FRC's website to see Quick Tips & Helpful Resources

Parenting Resources

Parent Blog

Quick Tips for Parents

Parent Heart, Body, &
Mind Activities

Family Activities

Family Read Aloud
Stories

Vroom

Parent Newsletters



Finding Parenting Peace & Calm



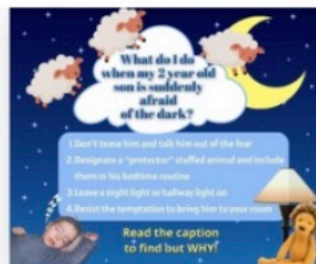
Diversity of Dinners!

Dinner doesn't have to
look just one way



Grocery Store Drama

Kids pestering you at the
grocery store?



Afraid of the Dark?

Tips to help your child
overcome night fears

Family Activities for All Ages



Family Chores Idea!

A fun idea from a local
parent!



The Move Jar!

2-12 year old
Indoor/ Outdoor



Gratitude Letter

8 Years Old - Adult
Indoor