



**FAMILY
RESOURCE
CENTER**
of Central Oregon

Strengthening Families through Parenting Education

Winter Newsletter



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Embracing a Growth Mindset

As we embark into the New Year, it is important to take time to reflect on last year's successes. As we reflect on our parenting successes, this is a great time to also take a moment and plan a few tangible parenting resolutions that can be practiced and implemented throughout the New Year. This can be anything from having more family meals together, exercising as a family, or putting down the phone when interacting with each other.

One resolution that has a positive impact on our children, but is often overlooked, is the use of encouraging words. Simply changing how we respond to children's actions by using encouraging words can impact children's self-esteem, increase motivation, to achieve and enhance perseverance.

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Embracing a Growth Mindset Continued

Here are a few tips to remember when effectively praising a child:

1. Use praise that acknowledges children-
"You're excited about counting today!"
2. Be Specific-
"You have used so many colors in your painting!"
3. Compare how children are doing with where they have performed in the past-
"You have drawn on so much more of your page than last time."
4. Link children's activities with the feelings of enjoyment they experience while doing them-
"You tried to catch the ball three times, you seem pleased that you did so well!"
5. Link children's success with the effort they put into the activity-
"You thought long and hard about where your friend might be hiding. Then you remembered that they like to hide in the fort outside and you found her. Good thinking!"

For praise to be most effective, it needs to be given mindfully and considerate of the child's age and ability. One way to start reframing how you encourage kids is to examine how you label certain behaviors. If your child is a picky eater, try reframing your child as a selective eater. (Loud=Enthusiastic, Anxious= Cautious, Stubborn= Assertive) Reframing behaviors is a great way to find the good in your child's behavior and is a subtle way to promote healthier attitudes toward your children and raises their confidence.

Resources

-Encouraging and praising children- Kidsmatter.edu.au and We Are Teachers

The following is a chart of ways that one can reword commonly used phrases to encourage children:

YOUR WORDS		MATTER
INSTEAD OF...	TRY	
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words. WE ARE TEACHERS

Adopting a new positive parenting resolution can be easy and small changes can have a big impact on children's development.

NEW!!! Sweet Bites and Brews

Calling all beer enthusiasts and foodies! Prepare to take your tastebuds on a rollercoaster of culinary adventure. Join us at Sweet Bites and Brews on February 5th from 7-9 PM at Worthy Brewing. Enjoy a fun evening sampling 7 local Craft beers and ciders carefully paired with mouthwatering desserts, all while supporting local parenting education programs through Family Resource Center. There will be raffle prizes (raffle tickets available for purchase at the event) and a grand prize drawing for anyone who completes their tasting passport!

EVENT DETAILS:

Date: February 5, 2019

Time: 7-9 PM

Location: Worthy Brewing Company 495 NE Bellevue Drive Bend, OR

Admission Cost:

1 Admission Ticket= \$30

2 Admission Tickets=\$50 (\$10 savings)



Tickets can be purchased at www.frconline.org

This event is sponsored by 101.7 FM and Worthy Brewing.

PLAY!

Playing with our children is important to their development and helps build stronger relationships. Winter is often a season where we don't get outside and play as often as we would in other months. Playing is also a great outlet for creativity and excess energy!



Try one of the following activities at home or come up with your own.

- Play hide and seek
- Prepare a meal together
- Painting
- Puzzles
- Have a dance party
- Play "I Spy"

Tips for Teens- Bullying

According to the 2017 Youth Risk Behavior Surveillance System, 14.9% of High School students report being electronically bullied (through texting, Instagram, Facebook, or other social media) and 1 in 5 students report being bullied on school property in the last year.

To prevent bullying, it is important to talk to teens about what bullying is and how to stand up to it in a safe way. Make sure your teens understand that bullying is unacceptable and make sure they know how to get help. It is also important to keep the lines of communication open and check in often. Research tells us that youth really do look to parents and caregivers for advice and help with tough decisions. Spending 15 minutes a day talking and listening with your children will open up a channel for them to reach out to you if they encounter problems.



Resource: Stopbullying.gov-
How to Prevent Bullying

Helping Children Learn Self-Control



Self-control is important to teach children at an early age, as these skills impact success later in life. Whether we realize it or not, many of the instructions we give our children are about self-control. By learning this skill, children can make appropriate decisions and respond to stressful situations in ways that increase positive outcomes. There are three main strategies, according to Dr. Angela Duckworth, that children can use to make self control easier to manage.

- Change the situation
- Change their thinking
- Change their response

To read more about self-control and how to instill that in our children, visit fronline.org/resources to read the latest edition of Parenting Together.

Parenting Together VOLUME 6, ISSUE 1 January 2019

Helping Children to Learn Self-Control

Teaching self-control is one of the most important things that parents can do for their children because these skills are some of the most important for success later in life.

**"Wait your turn."
"Keep your hands to yourself."
"Ask nicely."**

Whether we realize it or not, many of the instructions we give our children are about self-control. Self-control means being able to resist immediate temptations and avoid acting on impulse in order to achieve more important goals, such as learning or being kind. When children have stronger self-control, they do better in school and get along better with others. By learning self-control, children can make appropriate decisions and respond to stressful situations in ways that result in more positive outcomes. Self-control doesn't have to mean effortful, teeth-gritting willpower. In fact, that kind of self-restraint is hard to keep up for long—even for adults.



What often works best is helping children learn and use effective strategies for boosting self-control.

1. Change the Situation
One of the simplest and often most effective strategies for self-control is changing the situation to reduce temptation. This is a very powerful self-control strategy because it involves minimal effort. For example, if you are trying to avoid sweets, not having sweets in the house makes it easier to eat healthy foods.

Teaching children this strategy involves helping them think about and choose circumstances that encourage good behavior.

For young children, this could mean sitting on the opposite end of the couch so they won't be tempted to poke a sibling, or having fewer toys out so clean-up feels more manageable.

For school-age children, this could mean putting away electronic distractions during homework time, setting a timer to get a task done quickly, or figuring out whether they do their homework most efficiently in their bedroom or at the kitchen table.



Upcoming Events And Programs

To register for a class please call 541-389-5468

Make Parenting a Pleasure

January 15-March 19- Redmond Early Learning Center (presented in English and Español)

January 15-March 19- Oregon Child Development Coalition, Madras

This 10-week parenting class is for parents, grandparents, and caregivers of children 0-8 years old. Explore the latest parenting techniques, find positive approaches to discipline, and help your child prepare for school success. \$35 per person. Dinner and child care provided.

Active Parenting of Teens

January 31-March 7- Redmond Proficiency Academy

Being a parent of teens doesn't have to be a stressful part of your life. This program will give parents and caregivers the tools and confidence to meet the challenges and enjoy raising teens. The 6 week class for parents of youth ages 10-17 covers how to effectively communicate with teens, understand a teen's goals so you can avoid power struggles, give your teen tools needed in today's world, and reduce the risks of the teen years. \$35 per person. Dinner provided.

Incredible Years

January 28- April 29- Deschutes Children's Foundation Eastside Campus, Bend

In 12 weekly sessions, parents and caregivers of children 0-6 years old, learn how to have more fun and less stress while parenting. Attendees will explore positive ways to gain cooperation, positive discipline techniques, and build self-worth in your children. \$35 per person. Dinner and child care provided.



Active Parenting Now

February 4- March 18- Silver Rails Elementary (presented in Español)

This 6-week class for parents of children 5-12 focuses on parenting styles, brain development, cooperation, and communication techniques. During this parenting series, parents will explore seven things parents can do to help children succeed in school. Dinner, workbook, and child care provided. This class is FREE!



Sweet Bites and Brews



February 5, 2019 7-9 PM

-Worthy Brewing

Tickets \$30 per person.

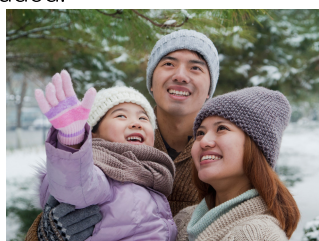
You are invited to help celebrate Worthy Brewing's 6th birthday! 100% of the proceeds from ticket sales and \$1 from every Worthy pint sold will be donated to Family Resource Center. Delight your taste buds, as seven local craft beers and ciders are paired with delicious desserts!

To purchase tickets, visit frconline.org.

Parenting Today

March 4-March 20- Head Start Building, Prineville

Parents, grandparents, and caregivers with children 0-8 will learn about family routine, child development, and discipline. This class is FREE! Dinner and child care included.



Creating Compassionate Kids

April 8, 2019 6-8 PM FREE!
Seven Peaks School, Bend

In this workshop lead by Shauna Tominey Ph.d, you will learn tools and strategies to promote emotional intelligence to create compassionate kids. This event is FREE!

This summit is for any parent, caregiver, childcare provider, and professional. For more information, visit frconline.org.



Family Resource Center

frconline.org

541-389-5468