



**FAMILY
RESOURCE
CENTER**
of Central Oregon

Strengthening Families through Parenting Education

Spring Newsletter

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SPRING IS A TIME FOR RENEWAL AND GROWTH

FAMILY RESOURCE CENTER IS GROWING!

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WEEK OF THE YOUNG CHILD

THE FAMILY THAT PLAYS TOGETHER GROWS
TOGETHER

OREGON PARENT EDUCATION WEEK

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Spring is a time for renewal and growth

Parenting behaviors are frequently judged as good or bad, and sometimes that harsh judgement comes from our own self-talk. In reality, we all need support and encouragement to be the adult we want our children to become. Parents who attend a parenting summit, a workshop, or a parenting class find support and opportunity- opportunity to better understand their child's development, to learn how the brain functions, and how to nurture connection and compassion. Parents are in charge of their own parenting choices, Family Resource Center is here to provide encouragement and support.

"I liked being with other parents and being able to relate to one another and having the extra support." Recent class participant

We understand it's not about being a perfect parent; it's about being a good enough parent. Ultimately, we are all learning and growing together!



Family Resource Center is growing!

Home Visits

Welcome Rosa Cendejas, our new home visitor!

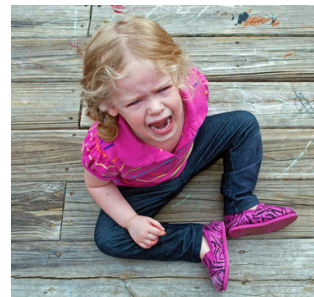


Rosa is FRC's new Bilingual Family Support Coordinator and will provide home visits for selected families through the Temporary Assistance for Needy Families program, Family Support and Connections. Rosa is passionate about helping parents throughout Central Oregon and brings a strong sense of compassion for families experiencing challenging times.

"I enjoy helping parents build stronger relationships with their children and believe that promoting education and encouraging positive changes will lead to better futures for our children." Rosa Cendejas

Toddlers 2 Tweens

Toddler meltdowns to moody middle schoolers, we all experience strong emotions. In this workshop, parents learn how brains process emotions and will take home fun games and activities to strengthen children's emotional intelligence!



Family Law Education Program



Family Resource Center provides Deschutes County's program for parents experiencing separation or divorce. Parents will learn tools for co-parenting that will help reduce the impact separation and divorce has on children. Please call FRC at 541-389-5468 for additional information.

April is Child Abuse Prevention Month

Children are more likely to thrive when their families have the support they need. By focusing on the five universal family strengths identified in the Strengthening Families Protective Factors Framework, we can better engage, support, and partner with parents in order to achieve the best outcomes for kids. Strengthening Families is a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. The five key Protective Factors are:

- Parental resilience: Managing stress and functioning well when faced with challenges, adversity, and trauma
- Social connections: Positive relationships that provide emotional, informational, instrumental, and spiritual support
- Knowledge of parenting and child development: Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development
- Concrete support in times of need: Access to concrete support and services that address a family's needs and help minimize stress caused by challenges
- Social and emotional competence of children: Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions, and establish and maintain relationships



Protective factors are attributes and conditions that help to keep all families strong and on a pathway of healthy development and well-being.

Family Resource Center
programming reduces child
abuse and strengthens families!

Week of the Young Child

This annual celebration (April 8-12, 2019) highlights the importance of early childhood and provides a chance to recognize those who support our youngest citizens. We would like to take this opportunity to recognize our dedicated childcare providers who provide a safe and fun experience for children that attend our programs with their parents. Each provider takes their role seriously and understands how their interactions can, and often does, make a difference for children. We appreciate each of our childcare providers!



FRC 's Week of the Young Child celebration got off to a great start with the Spring Parenting Summit on April 8th where Dr. Shauna Tominey presented Creating Compassionate Kids for 150 parents, caregivers, and professionals. Dr. Tominey shared her insights on how essential conversations with young children can have a dramatic impact. *"We all have moments that we feel are parenting success and others that we feel are parenting fails. It's not each of these moments that matters and defines us as parents, it's all of them together and the collective experience our children remember. If children feel loved and supported more often than not, that's what they are likely to carry forward with them in the way they approach their own relationships and the world around them."* Dr. Shauna Tominey

Maya Angelou - *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

If you missed the Spring Parenting Summit and Dr. Tominey's entertaining presentation, you can look for her new book titled *"Creating Compassionate Kids, Essential Conversations to Have with Young Children."*

Please join Family Resource Center's continued efforts to support families raising young children by making a donation today!



Thank-you to the following individuals and businesses who made this event possible!

Lonza
Rusty & Vicki Ertle
Brooks Resources Corporation
Bigfoot Beverages

Avion Water Company
Swanton Family Foundation
SunWest Builders
G5

The family that plays together grows together

Spring is a great time to dust off the winter blues and get outdoors with the family. Playing with children is a great way to build family memories that last a lifetime.

Spending time together can be spontaneous and include exploring a new park or hiking trail; it's all about connecting as a family. Some tips for successful outdoor activities:

- It's ok to be silly! Family memories are made when adults follow the child's lead and just play! Remember Duck, Duck, Goose and Freeze Tag?
- Pack a snack and take a break. A picnic on a blanket is great time to connect with kids. Try "ants on a log". <https://www.healthylittlefoodies.com/ants-log/>
- You don't need to go far. Go for a bike ride around the neighborhood or to the corner store for an ice cream.



Oregon Parent Education Week

May 20-24, 2019

During this week, professionals in the field of parent education will gather in Corvallis at Oregon State University for Oregon's Parenting Educator Conference, an opportunity for professional development and networking. Here at Family Resource Center we believe professional development and support are key elements for educators, and we will send several educators from across Central Oregon to the conference.

Conference Keynote Speaker:



Ann S. Masten, Ph.D., LP, is Regents Professor and Irving B. Harris Professor of Child Development at the University of Minnesota, Twin Cities. She studies resilience in human development, particularly in the context of poverty, homelessness, war, disaster, and migration. Dr. Masten is a past President of the Society for Research in Child Development, recipient of numerous honors, and author of more than 200 publications, including the 2014 book, *Ordinary Magic: Resilience in Development*.

To register visit <https://health.oregonstate.edu/hallie-ford/oregon-parenting-educators-conference>

Board Member Spotlight

Meet Kait Seiffert, FRC board member and Finance Officer at Black Rock Coffee. We asked Kait why she is so passionate about Parenting Education. Kait shared, *"It is so easy to feel confused, stressed, worried, and alone in this journey. FRC's parenting classes connect you with other parents who are in the same boat along with resources to help you feel more confident about the journey. Family Resource Center does a great job of constantly showing open, loving hearts full of resources and guidance."*



Photo by Smith Imagery

<https://www.smithimagery.com/about.html>

Upcoming Programs

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

Parenting Now

April 18- May 30, 2019 5:30-7:30 PM

Alyce Hatch Center

This is a great class to meet other parents with young children, discover useful tools and resources, and build your understanding of what to expect from children birth to 6. Includes a light dinner, book, and childcare.

Active Parenting Now

**April 25- May 30- Bear Creek Elementary
(presented in English and Español)**

If you have school age children, you don't want to miss this opportunity! What's going on in those brains? What parenting style do you have? Join the discussion with other parents about tips and techniques to foster cooperation and what works for other parents. Dinner, book, and childcare included. To register call Family Resource Center at 541-389-5468.



Family Resource Center

frconline.org

541-389-5468