



## A NOTE FROM STACY'S DESK



### WE HAVE A NEW NDSU EXTENSION PARTNER!!

My name is Sophia Vannett . I am the NDSU Extension Parent Educator at the WDPFRC. I am excited to start programming and classes in our rural communities outside of Dickinson. I am from Cologne, Minnesota. I grew up in a family of eight. Recently, I graduated from the University of Mary where I received bachelors in Child development with a minor in Spanish. I love talking and learning about brain science, child development, and how they relate to raising and caring for children. I am so excited to start fall programming. Call 701-456-0007 to schedule a program in your community.

### UPCOMING EVENTS

**LOVE AND LOGIC**  
SEPTEMBER 3, 6:00 PM  
**GEARING UP FOR PRE-SCHOOL**  
SEPTEMBER 18, 5:30 PM  
**NURTURED HEART**  
OCTOBER 8, 6:00 PM  
**GEARING UP FOR KINDERGARTEN**  
OCTOBER 21, 5:30 PM



# UPCOMING SESSIONS

GETTING READY FOR SCHOOL CAN BE OVERWHELMING OR EVEN AN UNKNOWN!  
THESE 2 OPPORTUNITIES ARE FREE JUST FOR YOU -



## GEARING UP FOR PRE-SCHOOL

A BIG STEP FOR OUR 3 & 4 YEAR OLDS

- Classroom environment with parent, teacher and preschooler
- Experience essential academic and social skills

### AND PARENTS

- Learn practices to guide and prepare your child for pre-school

**Starts** September 18, 2025

**Free Childcare** for stress free attendance

**Supper:** 5:30-6:00

**Session:** 6:00-7:15

**Call:** (701)-456-0007

*Register Now*



## GEARING UP FOR KINDERGARTEN

DO YOU HAVE A PRESCHOOLER WHO WILL START KINDERGARTEN IN 2026?

Join Us for These...

- Fun interactive activities for parent, preschooler, and teacher

AND

- Learn strategies for preparing children to learn

**Starts** October 21, 2025

**Free Childcare** for stress free attendance

**Supper:** 5:30-6:00

**Session:** 6:00-7:30

**Call:** (701)-456-0007

*Register Now*



**2025-2026**

## Parent/Teacher Conference Dates

### All Elementary Schools

Berg, Heart River, Jefferson, Lincoln, Prairies Rose, and Roosevelt

Monday, October 13, 2025; 3:30-6:30 p.m.

Tuesday, October 14, 2025; 3:30-6:30 p.m.

### Dickinson Middle School & K-8 Roughrider Academies

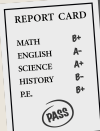
Wednesday, October 8, 2025; 3:45-6:45 p.m.

Thursday, October 9, 2025; 3:45-6:45 p.m.

### Early Childhood Program

Tuesday, November 18, 2025; 3:30-6:30 p.m.

Thursday, November 20, 2025; 3:30-6:30 p.m.



**West Dakota Parent & Family Resource Center 402 4<sup>th</sup> St West Dickinson, ND 58601**

**Contact Information  
Phone 701-456-0007**

**Stacy Kilwein-**  
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**Melissa Praus-**  
mpraus@dpsnd.org



Whether parenting young or not-so-young children, recovering from a divorce or separation, or coping with the day-to-day struggles family life can bring.

- Reduce nagging and complaining
- Reduce whining and backtalk
- Let kids discover what the real world is like
- Enhance child's positive self-concept and
- Put a LAUGH back into parenting

Childcare and supper provided

**Begins:** Sept. 3, 10, 17, 24, Oct. 1

**Time:** 6:00-7:30 p.m.

Series is FREE but registration is required.

**Call:** (701)-456-0007

**Email:** parentresource@dpsnd.org  
or visit website for easy registration



## Nurtured Heart



Help your child discover their greatness!

parents learning tools to address difficult and intense child behaviors.

**October 8, 15, 22, 29, Nov. 5, 12, 2025**

**Time:** 6:00-7:30 p.m.



**Advance registration is necessary.**

**Call:** (701)-456-0007

**Email:** parentresource@dpsnd.org

**or scan the QR code for easy registration**

*Register Now*



## Parents Influence Character As They Make Daily Choices

It's a beautiful fall afternoon. You'd love to enjoy the day. But you've made a promise to visit Aunt Jen in the nursing home. You may not know it, but you're a teacher at this moment. The choice you make will teach your child more about what it means to be kind to others than 100 lectures.

Each day, your children watch as you make choices. If your words match your actions, you have taught a powerful lesson. Think about the other times during a day when you are teaching moral values. You spy a parking place, but can see that another car has waited for it. Still, you could probably get there first. What do you do? You hear about a family who has lost everything in a fire.

What do you do? What do you ask your family to do?

You promise your children you will come to their football game. When the time comes, you have some extra work to do at the office. What choice do you make?

Each of these everyday choices teaches your child something about values. You can't always control what your children see and do outside your home. But you can control what goes on inside.

When you must make a choice, ask yourself, "How would I like my child to behave in this case?" Then act in the way you hope your child would behave.

(reprinted with permission from the Parent Institute.  
Source: Steven Carr Reuben, *Children of Character*, 1997)

## Core Good Habits for Academic Success

1. Establish a dedicated study zone
  - A quiet, well-lit area reserved for schoolwork boosts focus and helps your brain associate that pace with learning
  - Keep supplies organized and minimize distractions: phones, games, etc.
2. Set a consistent study schedule
  - Pick specific daily time blocks-even short ones like 25-30 minutes
    - a. Stick to routines-before school, after school, in the evening, and weekends-with room for flexibility
3. Break tasks into smaller goals
  - Divide large projects or chapters into manageable chunks and reward progress to stay motivated
4. Use active learning and retrieval practices
  - Engage by summarizing lessons, teaching someone else, using flashcards or quizzes-techniques proven to enhance retention via the testing effect
  - Mix it up: visually annotate, record yourself, apply theory with practice





# West Dakota Parent & Family Resource Center

## Five things families can do to help students thrive in school

Every family-and every child- is different, but there are ways all families can set children up for success. Studies show that students are more likely to achieve in elementary school and beyond when their families provide a supportive environment.

### To set your child up for a great school year:

1. **Set the bar high.** Insist on your child's personal best. Praise effort and progress.
2. **Assign chores.** Children with household responsibilities learn how to be responsible.
3. **Teach social skills.** Promote cooperation and courtesy.
4. **Nurture your relationship.** Make time to have fun together. Express your love by being attentive and supportive.
5. **Take care of yourself.** Carve out time to relax, exercise or curl up with a good book. A calm peaceful home starts with you.

Source: R. Gillett and R. Premack, "Science says parents of successful kids have these 11 things in common," Business Insider.



📍 402 4TH STREET WEST DICKINSON 📞 (701)456-0007 📱

### Your Partner in Parenting

1. BECAUSE YOUR CHILDREN ARE SPECIAL
2. ENCOURAGING EFFORTS OF PARENTS AND FAMILIES
3. RAISING SELF-RELIANT KIDS IN A SELF INDULGENT WORLD
4. PUT FUN BACK INTO PARENTING



Dickinson  
PUBLIC SCHOOLS

NDSU | EXTENSION



VISIT US ON  
OUR WEBSITE!



### HOBBIES

PHOTOGRAPHY  
SKATEBOARDING  
VOLUNTEERING  
MARTIALARTS  
TRAVELING  
GARDENING  
SWIMMING  
PAINTING  
COOKING  
FISHING  
PUZZLES  
DRAWING

M	N	P	V	G	I	N	X	S	C	U	G	H	X
D	A	X	B	T	N	N	B	T	Q	J	Q	G	O
S	E	R	A	K	Q	I	R	B	G	D	Y	N	F
W	G	O	T	T	H	A	W	N	V	H	B	I	J
I	A	T	Q	I	V	T	I	A	P	H	Q	D	W
M	R	Y	L	E	A	K	N	A	R	F	N	R	M
M	D	H	L	V	O	L	R	W	S	D	W	A	H
I	E	I	Z	O	U	G	A	E	Q	T	M	O	B
N	N	I	C	W	O	D	L	R	K	F	R	B	L
G	I	Z	M	T	O	Z	H	H	T	Q	Z	E	C
D	N	M	O	Z	Z	B	D	N	B	S	F	T	D
Z	G	H	B	U	Q	G	N	I	T	N	I	A	P
O	P	K	P	G	F	I	S	H	I	N	G	K	W
G	N	I	R	E	E	T	N	U	L	O	V	S	F



## Right track

A FREE DEVELOPMENTAL SCREENING AND FOLLOW-UP FOR YOU AND YOUR CHILD, BIRTH TO THREE YEARS OF AGE

### Fun Facts:

- Your child does not have to be delayed to be referred to Right Tracks
- Our consultants will come into your home and can provide:
  - Developmental screenings
  - Information on child growth and development
  - Ideas on supporting your child's development
  - Info on various childhood concerns such as sleep, nutrition, toileting and challenging behaviors
  - Info on referrals to local state and national organizations

### How to refer?

- Anyone can refer! Parents, guardian, physicians, childcare providers, etc.
- Contact Info. email or call
  - [cbinstock@hitinc.org](mailto:cbinstock@hitinc.org)
  - 701-483-4394

## Early Intervention

DO YOU HAVE CONCERNS ABOUT YOUR CHILD'S DEVELOPMENT

North Dakota Early Intervention services can help!

### How to refer?

- Anyone can refer! Parents, guardians, physicians, childcare providers, etc.
- Call your local human service center (see QR code).
- Contact the State Part C team at
  - [jadusumilli@nd.gov](mailto:jadusumilli@nd.gov) or
  - [joaanderson@nd.gov](mailto:joaanderson@nd.gov)

### Fun Facts:

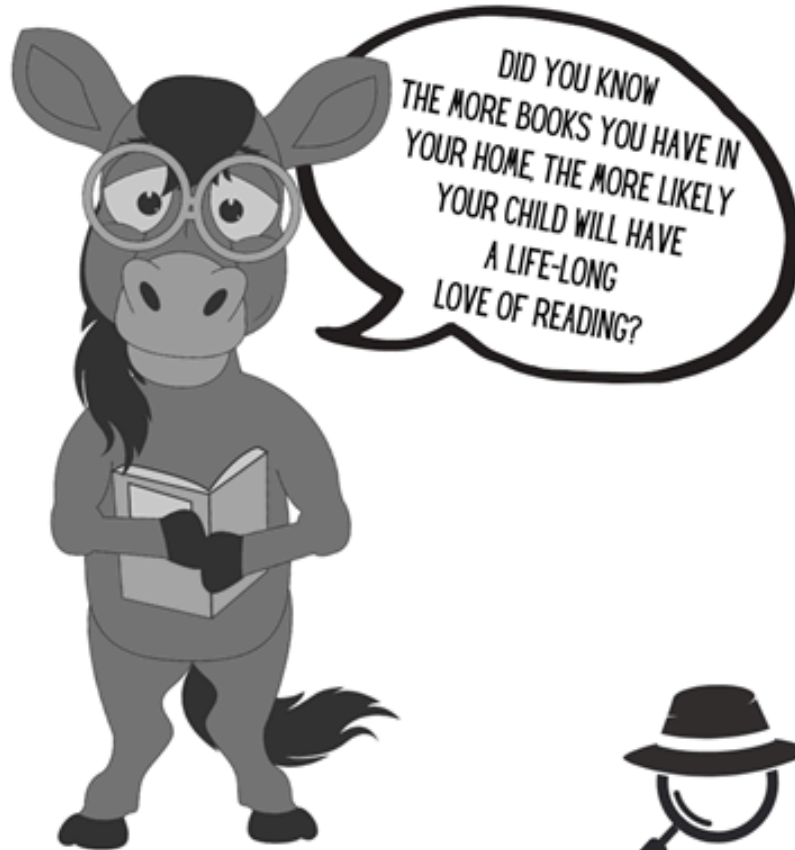
- Early Intervention Services can identify infants and young children (from birth until their third birthday) who have developmental delays.
- Early intervention is at no cost to the family or child! It is free!



NORTH  
Dakota | Health & Human Services  
Be Legendary.

# LITERACY HABIT #1

## L IS FOR: LOOK FOR BOOKS



### BOOK SEARCH



**Search around your home to find these books. Check them off when you find them!**

☐

HAS A HARD COVER

☐

A BOOK YOU COULD READ  
OVER AND OVER

☐

HAS MADE UP  
CHARACTERS

☐

HAS COLORFUL  
PICTURES

☐

RECIPE BOOK

☐

BOOK WITH REAL  
PHOTOGRAPHS

Did you know that your home is the perfect place to develop and practice good literacy habits? Whether you have a new-born child or a student in middle school, it's not too early or too late to instill the love of literacy in your children.

Reader, the Horse is excited to share a “bit” of information and introduce your family to one new habit each month as he gallops through the letters of LITERACY. To join Reader on His Literacy Adventure, check out the backside of this paper.

Parent Literacy Liaison  
Dickinson Public Schools



### Parents and Daycare Providers-Do you need

Even while The Book Corral is parked during the colder months, you can always get free children's books to add to your home or daycare library. Reach out to Rhinestone Rhonda by calling The West Dakota Parent and Family Resource Center at 701-456-0007 or by sending her a message to Lovin' Literacy For Life on Facebook.

