



# BEING BRAVE!!

OCTOBER  
2025

## ASKING FOR HELP ...

As many of you may know I love the West Dakota Parent and Family Resource Center and the difference it has made in my life and for the hundreds of parents and caregivers in our community. I want to share these incredible parenting tools with more parents and help create ease and joy in parenting!

This year I have a goal of organizing and facilitating 15 parenting classes and I need your help -- Would you:



- Refer a community business or organization that would want to partner and bring in a parenting series for employees?
- **BE BRAVE** and sign up yourself or share information with a friend so they can sign up for a class.
- Keep newsletters in your lobby area for awareness of the Parent Center.
- Call for more information. **ASKING FOR HELP** is OK and it is good. We are always here for you!

## UPCOMING EVENTS

### 2025-26 PARENT TEACHER CONFERENCES

NURTURED HEART  
OCTOBER 8, 6:00 PM

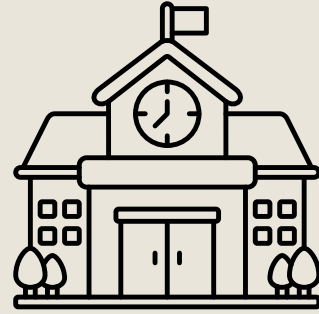
GEARING UP FOR KINDERGARTEN  
OCTOBER 21, 5:30 PM

GEARING UP FOR PRE-SCHOOL  
NOVEMBER 6, 5:30 PM



# UPCOMING SESSIONS

GETTING READY FOR SCHOOL CAN  
BE UNCERTAIN, BUT EXCITING  
TAKE ADVANTAGE OF 2  
OPPORTUNITIES  
THEY ARE FREE AND 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** November 6, 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

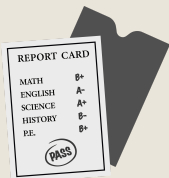
Wednesday, October 8, 2025; 3:45-6:45 p.m.

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.





## LET'S SWAP

Prairie Hills Mall-

Old Thrifty White Drug Location

Friday, October 17<sup>th</sup> and Saturday, October 18<sup>th</sup>

*No Clothing Donations Accepted The Day of The Event*

Reserved for Swappers

10/17 4:00 pm - 5:00 pm

10/18 9:00 am - 10:00 am

Shoppers and Swappers

10/17 5:00 - 8:00 pm

10/18 10:00 am - 3:00 pm

Didn't donate ahead of time? That's okay!

Shop the swap and give a free will offering.

Shop and Swap Clothes | Onsite Lunch Available

Shop Local Vendors | Watch While You Swap

CLOTHING SWAP & VENDOR SHOP



**Positive Discipline**  
Creating Respectful Relationships in Homes and Schools



Learn step-by-step tools and skills to create a cooperative, peaceful, respectful and fun family environment we are all hoping for.

- How to parent using Kindness and Firmness at the same time
- Reduce power struggles
- How to deal with anger; your child's and your own
- Encouraging a growth mindset
- You'll find connection, support and fun here too!

**Date:** TBD

Advance registration is necessary

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

**Email:** [parentresource@dpsnd.org](mailto:parentresource@dpsnd.org) for more info

or **Scan** QR code for easy registration

SCAN HERE



## COATS FOR KIDS 2025

**Project Connect**

**October 23, 2025**

**3-6PM**

Come to the:

Southwestern District Health Unit

528 21st St. W.

Dickinson, ND

Enter Door #4



Southwestern District  
Health Unit



**Public Health**  
Prevent. Promote. Protect.

**West Dakota Parent &  
Family Resource Center**

**Hagen Building**

**402 4<sup>th</sup> St West**

**701-456-0007**

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**Dickinson Public Schools**

**Administrative Assistant**



# West Dakota Parent & Family Resource Center

## Build A Winning Team

Research shows that when families and schools form a strong team, kids are the real winners. They learn more and do better in school.

School has been underway for a couple months, so it's time to make sure you are doing all you can to build a home-school team. Answer yes or no to the questions below:

- \_\_\_ 1. **Have you met** with your child's teacher at least once this year?
- \_\_\_ 2. **Do you talk** with your child about school each day and review all of the information she brings home?
- \_\_\_ 3. **Do you monitor** your child's homework? If she struggles with an assignment, do you ask the teacher how you can help at home?
- \_\_\_ 4. **Do you make sure** your child gets to school on time each day?
- \_\_\_ 5. **Have you reviewed** the school handbook with your child? Do you expect her to follow the school rules?

If you answered yes to most of the questions, you are building a strong home-school team. For each no answer, try that idea from the quiz.



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📍 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!



### Brain Teaser

Forrest left home running. He ran for a while and turned left, ran the same distance and turned left again, and then ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

**Answer:** The catcher and the umpire.



## The Basics of Title I Schools

This program, which is now the pillar of the Elementary and Secondary Education Act (ESEA), is the oldest and largest federally funded education program, according to the U.S. Department of Education. It dates from 1965 and its main purpose has been to help children meet challenging state academic standards


### The purpose:

- Provide students with **extra instructional support** beyond the regular classroom to help children meet state standards in core academic subjects.
- **Coordinate and integrate resources** and services from federal, state, and local sources. To be considered for title I school funds, at least 40% of the students must be considered low-income.
- **Students do NOT** have to be from low-income families.
- **Measure student progress** to determine the success of the Title I program.



# LITERACY CORNER

Howdy Friends,

Last month, Reader  reminded us to look for books and reminded us of the importance of having books in our home library.

I am excited to share another great literacy habit.

**Letter I of LITERACY is for "Interact".**

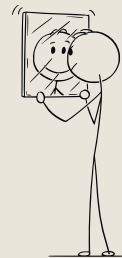
From the ages of 0 to 5, children naturally start interacting with adults through babbling, gesturing, and facial expressions. This develops vital language, cognitive, and social skills.

Interactions between a child and an adult can be like playing a game of tennis in which one player serves the ball and the other returns. In tennis, the players become better with more practice. You are helping your child grow and develop the more you practice providing positive responses to his "serve".


When adults do not respond to a child or if a child spends too much time watching tv shows or videos, this can interrupt literacy and language development. Children need frequent face-to-face interactions with you.

## **More Fun Ways to Interact through Serve and Return:**

- Read a book: Stop and Talk about the story
- Board Games like Candy Land or Chutes and Ladders
- Knock Knock Jokes or Riddles
- Tic-Tac-Toe or "taking turns" games



Join Reader for a Literacy Adventure with your child.

Rhonda Kraenzel,  aka Rhinestone Rhonda  
Parent Literacy Liaison  
Dickinson Public Schools



# LITERACY HABIT #2

## I IS FOR: INTERACT



Toss or roll a ball back and forth while saying ABC's or counting.

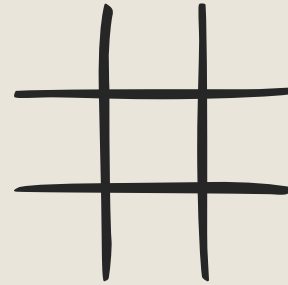


DID YOU KNOW  
REGULAR BACK AND FORTH  
CONVERSATIONS OR ACTIVITIES WITH A  
TRUSTED ADULT BOOSTS A CHILD'S  
LANGUAGE AND LITERACY SKILLS THAT  
ARE LONG LASTING.  
INTERACT WITH YOUR CHILD OFTEN!

Knock, Knock  
Who's There?  
Candy  
Candy Who?

Candy Cow Jump Over the Moon.

## TIC-TAC-TOE



## PLAY PEEK-A-BOO WITH YOUR BABY

Hide behind a blanket, book or other item. Peek out from different places: the sides, the bottom, or the top. Say "peek-a boo" or different words/phrases like your child's name or "I see you."

### Conversation Starters

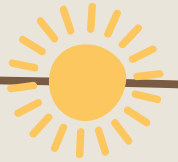
Ask a question below and then keep responding with excitement and more questions to keep the conversation going. Invite your child to ask you a question too.

1. What superpower would you like to have?
2. Where would you like to visit someday?
3. What is your favorite color?

# NDSU Extension-Parent Education

Hello all!

I am the new NDSU Extension Parent Educator here at WDPFRC. I am so excited to meet and start working with you all. On the back of this sheet you will find information on different classes and programs that I would love to offer. It would be so helpful if you took a second and read up on these programs. After you read about them, please take the interest survey! This will help me learn what programs are needed and wanted within our communities and within your family. Thank you for your time and I hope to see you at our next class!



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## Family Table Conversation Starters-

**Here are some conversation starters that you can use to foster healthy and fun family discussion. This helps parents and families bond through discussion and conversation.**

- 1.What would you do with \$100k?
- 2.If you could be a superhero who would you be? What superpowers would you have?
- 3.What are some songs you like to sing?
- 4.Name one thing you are super good at doing.
- 5.What kinds of things do you do with your friends?
- 6.What is your favorite book?
- 7.What is your favorite thing to do in the summer? Favorite thing to do in the winter?

**NDSU**

EXTENSION

# NDSU Extension-Parent Education

## Baby Signs: Sign Language for hearing babies and toddlers

Give Hearing Babies and toddlers a way to communicate before they can talk. Learn sings to use with your child in daily routines to help you child express needs, thoughts, and feelings. Strengthen your parent-child bond. Reduce frustration for you and your child. Increase your child's verbal skills by connecting sings with words. Baby sings is based on American Sign Language with 'baby friendly' modifications. This program is backed by two decades of research.

## Book Studies:

We offer various book studies by esteemed authors. Some of the books are *The Anxious Generation*, *What Happened to you*, *It's their world*, *teens*, *screens*, and *the science of adolescence*, *The Whole-Brain Child*, *Positive Discipline*, and more. Each book offers an insight into parenting and child-rearing.

## Parents Forever:

Whether you are married and seeking a divorce or never married and separating, the impact on your child(ren) can be significant. Parents want to do their best to minimize the negative impact and keep their children from conflict between adults. This class covers three main topics; taking care of yourself, taking care of your children, and being successful with co-parenting. Parents will discover how all three work together to strengthen family well-being.

## Basic Beginnings:

Are you a new or expecting parent? This class will provide activities, demonstrations, discussions, and instruction on the basics of baby care. Topics include loving and nurturing your baby, safety and health, play, reading, sleeping and feeding, and calming and comforting your child. In addition, learn about managing stress and building a support system for parents and babies.

## Love and Logic:

Love and logic offers three different classes. Parenting the love and logic, Adults supporting youth with challenging pasts (trauma informed-care), and supporting youth with special needs. Each offers a way of parenting that uses nurture, care, and logical consequences.

## Positive Discipline:

This interactive class offers discussion and practical activities that will help you discover what children are really thinking, feeling, and deciding based on your parenting methods. Discover how using firmness and kindness increases mutual respect. Learn how effective communication, problem solving skills, and a focus on solutions over consequences can build self-esteem and empower families.

**Please fill out  
this interest  
survey, using  
the QR Code!**

