

WEST DAKOTA PARENT & FAMILY RESOURCE CENTER

WARM HOLIDAY WISHES FROM THE WEST DAKOTA TEAM

DECEMBER
2025

Seasons Greetings!

From all of us at the West Dakota Parent and Family Resource Center, including Stacy Kilwein, **Family Engagement Coordinator**, Rhonda Kraenzel, **Legendary Learner Parent Literacy Liaison**, and Sophia Vannett, **NDSU SW Parent Educator**, we extend our warmest wishes for peace and joy this holiday season.

This time of year, with its snow and chilly weather, can be hectic as we juggle our children's activities and holiday preparations. We hope you find moments to slow down, check items off your to-do list, and revel in the joys that bring you peace.

Our team is excited to share some new initiatives! Look out for Sophia's upcoming **Anxious Generation** series in Dunn County, and Rhonda's **Legendary Learning** series designed for our entire community. Additionally, Stacy will be hosting a new group specifically for parents to connect and share experiences, titled **Pastries, Play, and Parenting**. Remember, parenting can sometimes feel isolating, but you are not alone.

We are here to support you! In Dickinson, we'll also be discussing the **Anxious Generation** and the impact of social media and screens this December.

Wishing you a wonderful holiday season and a joyful New Year!

Warm regards,

Stacy Kilwein





HOME TO SCHOOL BOOSTS YOUR CHILD'S ACADEMIC SKILLS

Learning doesn't happen only in a school setting. You can reinforce your child's academic skills during after- school hours, too. Here's how:

- **Have conversations** with your child about everything-and listen to what she has to say. - Turn and talk with each other.
- **Ask about** specific questions and what your child is doing in her classes.
- **Have your child teach you.** Ask her to explain something she is learning to you.
- **Expose your child to new things.** Every meaningful experience your child has-from a visit to a construction site to a museum trip-has an impact on her learning.
- **Help your child** engage in critical thinking. Discuss the similarities and differences between her classes.
- **Give your child** meaningful responsibilities.
- **Respect your child's ability.** Let her use her knowledge and skills to help you.



The Parent Institute January 2022

UPCOMING SESSIONS

GETTING READY FOR SCHOOL IS EXCITING
FREE AND JUST FOR YOU -

GEARING UP FOR



PRE-SCHOOL

A BIG STEP FOR OUR 3 & 4
YEAR OLDS

- Classroom environment for parent/child interaction
- Essential academic and social skills practice

Starts February 12, 2026

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?

- Classroom environment for parent/child interaction
- Essential academic and social skills practice

Free Childcare for stress free attendance

Supper: 5:30-6:00

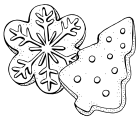
Session: 6:00-7:30

Call: (701)-456-0007

Register Now



LEGENDARY LEARNER & FAMILY EXTRAVAGANZA



- Family Mealtime
- Storytime
- Rhyming with Special Guests (DMS Students)
- Wrap and take home books to give as gifts

We will have lots of books and all the wrapping supplies along with a fun craft and tasty treat

December 11, 2025

5:30-6:00 Supper

6:00-7:00 Family Fun Time

Space is limited.

Call (701)456-0007

for more information.



West Dakota Parent and
Family Resource Center

Social Media

SCREEN AWARENESS

How Screens are Impacting Our Children

2 Part Series

- December 15th &
- December 29th

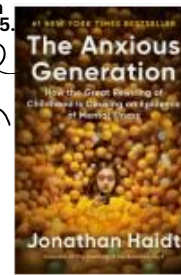
Based on the book

Childhood
was rewired
between
2010-2015.

Social media
harms.

Our kids
are
capable of
doing
more.

Play-based
childhood-
not phone-
based.



Reengage
children in
REAL LIFE!

FREE SUPPER
& CHILDCARE
(MUST!! call
to Register)

5:30-6:00 PM - Supper

6:00-7:30 PM - Book Study

West Dakota Parent & Family Resource Center
701-456-0007 to REGISTER

Pastries, Play & Parenting



- Meet other parents, make new friends
- Learn the happenings in our community
all the while kids meet other kids and
PLAY!

December 13, 2025

10:00 am- 11:30 am

West Dakota Parent &
Family Resource Center

CALL 701-456-0007

To Register!!



Parenting the Love & Logic Way



Tools so that any child from a three year
old toddler to a rebellious teenager can
learn creative cooperation and self-
discipline with no loss of dignity.

When using simple Love & Logic techniques you can:

- Reduce the nagging and complaining
- Promote thinking/decision making
- Give consequences with empathy
- Let kids discover what the real world is like
- Put a LAUGH back into parenting

Childcare provided, FREE!

Begins: December 30, 2025, January 6, 13,
20, 27, Feb. 3, 2026

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

Series is FREE but registration is required.

Call: (701)-456-0007

Email: parentresource@dpsnd.org

LEGENDARY FAMILY LEARNING



Coming Soon Legendary Extravaganza



CHRISTMAS AT LEGACY SQUARE

December 6, 2025

Photo with Santa and Mrs. Claus



- 1:00pm - 3:00pm
- Letters to Santa drop-off
- Bring your family down to Dickinson City Hall (38 1st St W) for photo with Santa and Mrs. Claus!
- Dickinson City Hall

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Lighting Of Legacy Square

- 5pm-6pm MDT
- Dickinson Legacy Square
- Arrival of Santa and Mrs. Claus
- LIVE Music, hot chocolate
- Christmas Tree Lighting Ceremony



“

**May your walls know
joy, may every room
hold laughter, and
every window open to
great possibility.**

-Mary Anne Radmacher

”

**“FAMILIES ARE THE FIRST AND MOST INFLUENTIAL
TEACHERS OF THEIR CHILDREN.”**

On Thursday, November 20, 2025, was the National Family Engagement Day, a day to celebrate and promote family-school partnerships and the important role families play in a child's education and success.



LITERACY CORNER

Howdy Friends,

Reader  cannot hold his horses any longer! He has another great literacy habit for you to practice.

LETTER E OF LITERACY IS FOR "EXPAND VOCABULARY"

A reader's  vocabulary is essential to language comprehension and school success. The more your child grows or expands her vocabulary, the greater understanding she will have while listening to or reading new information, as well as being able to speak and write with better accuracy and expression.

Fun and Easy Ways to Expand Vocabulary Every Day

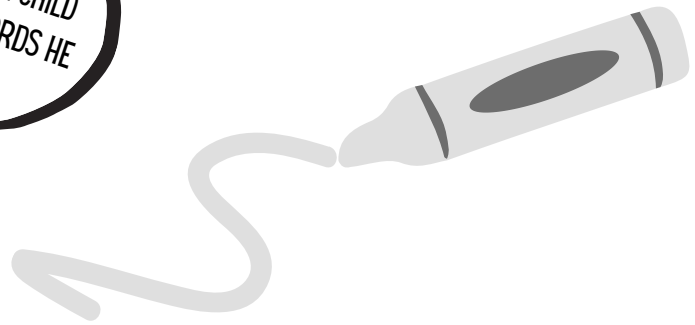
- Engage in conversations
 - Talk while on outings or at sporting and community events and use new words to describe what you are seeing or doing.
- Read non-fiction books
 - Read books about animals, places, science and a variety of other topics to build new knowledge and related words.
- Play word games
 - Examples: Scrabble, Boggle, and Scattegories. You can also make up your own word games like crossword puzzles and word finds.

Join  Reader for a Literacy Adventure with your child.

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

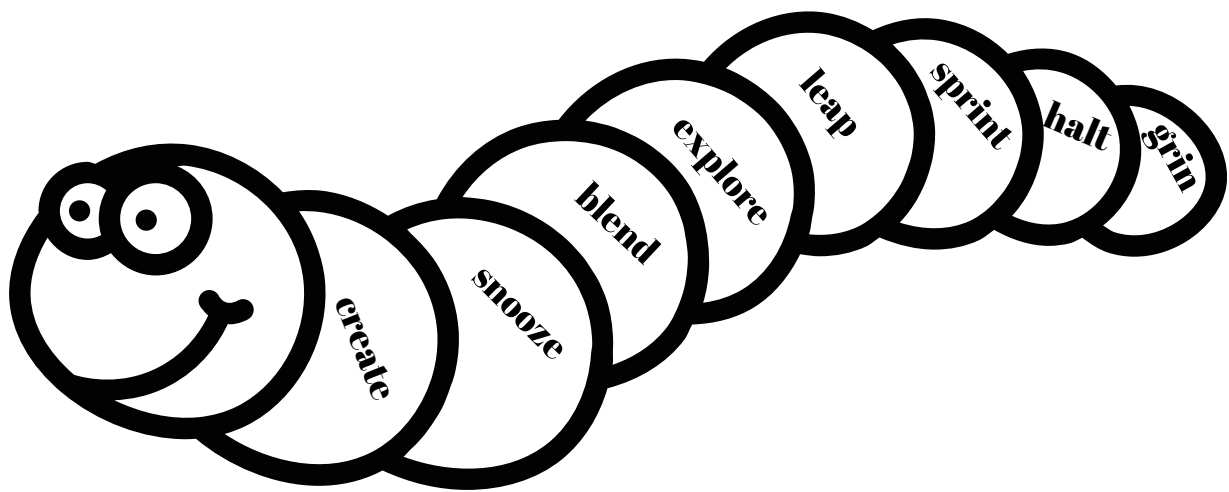
LITERACY HABIT #4

E IS FOR: EXPAND VOCABULARY



COLOR WORDY, THE CATERPILLAR

Read each word below the caterpillar. See the color listed in parenthesis, and color in the piece of the caterpillar that means the same as the word below. Example: halt means the same as stop, so color that piece of the caterpillar red.



stop(red)	make(blue)	find(purple)	jump(green)
sleep(orange)	run (brown)	smile (yellow)	mix(black)