

WEST DAKOTA PARENT & FAMILY RESOURCE CENTER

JANUARY
2026

HAPPY NEW YEAR!

As we step into a new year, we're filled with excitement, possibility, and renewed purpose. The start of a new year invites reflection on where we've been and inspiration for where we're headed--and we're grateful to have you with us on this journey.

At the Parent Center, we use a strength-based approach to support and empower families, and we're dedicated to promoting positive parent-child relationships, strong family connections, greater school to home connections, family engagement and healthy family life.

This year, we look forward to deepening our connections, sharing meaningful resources, and continuing to support one another in growth, learning, and community. Whether you're setting new goals, refreshing old habits, or simply embracing the opportunity to begin again, we're here to support you every step of the way.

Thank you for being apart of our community. Here's to a year of resilience, joy, and positive change.

Welcome to 2026--

Let's make it a remarkable one together!

YOUR WEST DAKOTA PARENT AND FAMILY RESOURCE CENTER TEAM!



EXTENSION



“TOGETHER, WE HELP THEM SHINE”

Learning doesn't stop when the school day ends—it continues at home. When families and schools work together, children grow in confidence, develop stronger academic skills, and enjoy learning more.

When parents stay involved—by talking about school, reading together, or helping with homework—children do better in reading, math, and overall school performance. Even small moments, like asking about their day or creating a quiet study space, can make a big difference.

Good communication between home and school helps too. When parents and teachers share updates and celebrate progress, children feel supported and motivated.

By showing interest in your child's learning and staying connected with their teachers, you're helping build a strong foundation for success—today and in the future.



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

**5 Week opportunity for you and your child
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

**8 Week opportunity starting
January 13th!**

*Register
Now*



Parenting the Love & Logic Way

- **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

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.

Childcare provided, FREE!

6 week workshop

Begins: January 7, 2026

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

Registration is required.

Call: (701)-456-0007

Email: parentresource@dpsnd.org

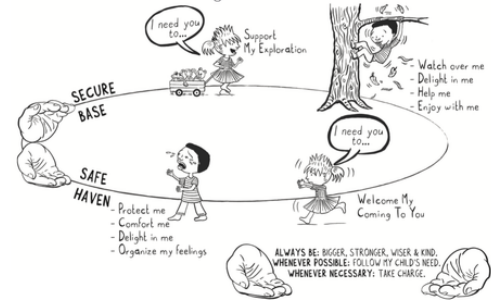


Circle of Security
INTERNATIONAL™

Early Intervention Program for Parents & Children

Circle of Security®

Parent Attending To The Child's Needs



- Filling Your Child's Emotional Cup through the Circle of Security
- Use the COS to see a need - see through the behavior

6 Week workshop starting...

Date: Jan. 5, 2026

Registration is necessary

Call: (701)-456-0007 OR

Email: parentresource@dpsnd.org

for more info or scan the QR code for
easy registration



West Dakota Parent & Family Resource Center is collaborating with Tummy Time and Postpartum Together



**A STRONG START FOR BABIES,
CONNECTIONS FOR MOM**

A STRONG START
FOR BABIES
**Connections
for Mom**



An interactive class
providing a strong start for
babies and connections for
moms.

Tummy Time

January 8, 2026

10:00-11:00AM



A connection-driven class designed to help new parents build a strong support system, deepen relationships, improve communication, and grow together through the postpartum journey.

Postpartum Together

January 22, 2026

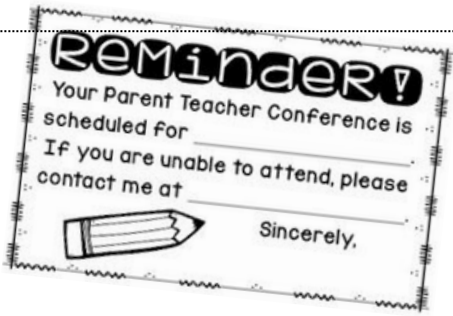
10:00-11:00AM



A program for maternal mental health
REACH OUT, STAY STRONG, ESSENTIAL

For upcoming classes, visit

www.facebook.com/tummytimepostpartumtogether



Parent/Teacher Conference Dates

All Elementary Schools

(Berg, Heart River, Jefferson, Lincoln, Prairie Rose, and Roosevelt)

Tuesday, February 10, 2026; 3:30-6:30 p.m.

Thursday, February 12, 2026; 3:30-6:30 p.m.

Dickinson Middle School

Wednesday, February 11, 2026; 3:45-6:45 p.m.

Thursday, February 12, 2026; 3:45-6:45 p.m.

Early Childhood Program

Tuesday, February 24, 2026; 3:30-6:30 p.m.

Thursday, February 26, 2026; 3:30-6:30 p.m.

NORTH DAKOTA

FOSTER OR ADOPT



'Tis the Season!

Consider opening your heart
and home today!

833.378.4663



NORTH
Dakota | Health & Human Services
Be Legendary.



gearing up for
Middle School

COMING
SOON! 

Parents -
Curious What 6th Grade is Like?
This Is For YOU and Your 5th Grader!

Peer Connections:

Students will meet teachers and other students and participate in activities to assist them with their interests and preparation for middle school.

Parent Discussion:

New topics pertaining to middle school


Tools 4 Tomorrow:

Parent/Student learning together

LITERACY CORNER

LETTER R OF LITERACY IS FOR READ EVERY DAY

Howdy Friends,


Reader  Is head over heels to share one of his favorite literacy habits, especially since he is named after this one: Read Every Day. Your child is never too young or too old to spend time reading together with you. While your child is learning new information, new words, and many important reading skills, the two of you are building a bond that will last a lifetime.

Whether your child enjoys reading or not, there are some great ways to help make picking up a book a daily choice.

- **Model the joy of reading:** Read daily yourself. Talk about what you are reading with excitement.
- **Surround your child with books:** Keep books in different places, including the vehicle. Create cozy reading spaces in your home with pillows and stuffed animals.
- **Read with your child:** If your child is young, talk about the pictures and what is happening in the book. With older children, you can take turns reading. Don't worry about getting through the book in a hurry. Stop and talk along the way.



Join Reader for a Literacy “BINGO” Adventure with your child.

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

LITERACY HABIT #5

R IS FOR READ EVERY DAY

B I N G O

Read a book in the car.	Read a book in your pjs.	Act out a favorite story.	Make a fort and read inside it.	Have a snack while you read.
Read a book in the morning.	Read a book outdoors.	Read a book while you are waiting.	Read a book with someone younger than you.	Read a book with someone older than you.
Read a book after supper.	Find the letters of your name in a book.	FREE	Curl up with a cozy blanket and read.	Share a good book with a friend.
Read a book that makes you laugh.	Read a book about something real.	Read to your favorite stuffed animal or to a pet.	Draw one of your favorite book characters.	Read in the smallest room of your home.
Read in the largest room of your home.	Read a book on the floor.	Tell someone about your favorite book,	Read a book by yourself. You can look at the pictures too.	Ask someone to tell you about their favorite book.

As you guide your child through the activities, color in the spaces to get a Reading BINGO. Have fun!

DID YOU KNOW A CHILD WHO READS AT LEAST 20 MINUTES A DAY WILL HEAR OR SEE ABOUT 1800,000 WORDS IN A YEAR?

