

Hood River County Family Activity Guide

Parenting Resources
New Parent Services Library
212 2nd St. Hood River

DVDs- “Supporting Children in Resolving
Conflicts-Preschool/Kindergarten”
“It’s Mine Responding to Problems and
Conflicts”-Infant-Toddler
“The Happiest Baby on the Block”
By Dr. Harvey Karp
“The Happiest Toddler on the Block”
By Dr. Harvey Karp
“Kid Cooperation” by Elizabeth Prantley
“Understanding and Managing Anger”
by Elizabeth Prantley



Upcoming opportunities
and events for parents and children
Fall 2010

NEW PARENTING EDUCATION CLASSES!

Be sure to check the Hood River County
Schools Community Education Program
Catalog for other classes and Parent-child
opportunities. (541) 386 - 2055
www.hrcommunityed.org

For more information on these events contact:
Nancy Johanson Paul (541) 308 - 2236
nancyp@nextdoorinc.org



**Hood River County
Commission on
Children & Families**



Playgroups



Please join a growing group of moms and dads watching their children play and grow!
Make friendships that will last a lifetime...share the joys and challenges of raising kids!
Free! All newcomers welcome!

TUESDAY
10:30-12:30

Newborn to age 5, Cascade Locks, City Hall Gym

FRIDAY
10:00-12:00

Newborn to age 5, Parkdale, Mt. Hood Town Hall (6575 Hwy 35)

For more information call Tami Russell at (541) 308 - 2237

Free Welcome Baby Packet

New Parent Services offers all first-time parents a free Welcome Baby Packet to provide information about parenting, bonding with your baby, healthy infant growth and brain development, child care and other resources available in Hood River County. Your Welcome Baby Packet may also include:

- A darling hand-knit cap or baby booties
 - Free Sample of baby products
- A “Caring for your Baby” Handbook
 - Your baby’s first book
- A packet of newborn care information
 - A local Resource Directory

Call Elisa Cartwright for more information (541) 308 - 2234

INVEST IN YOUR CHILD’S FUTURE!

—TAKE A PARENTING CLASS—

Learn parenting tools that produce a cooperative child!



“Children in the Middle”

~ Helping families raise children between two homes ~

A court connected, interactive, skills-based program for parents in a **transitional relationship** (usually divorce or separation). Parents discover new insights that will help themselves and their children cope with the difficulties of divorce or separation. The class focuses on healthy ways to deal with the most common and stressful scenarios that cause children to have loyalty conflicts.

Find out how to: reduce stress, reduce conflict, problem-solve ways to deal with feelings, and communicate more effectively

Class cost: \$20 (Pre-registration Required)

Time: 6:00 - 8:00 p.m.

The Dalles classes are the 2nd Tuesday of each month
at The Next Door, 1005 W. 6th St., The Dalles

Hood River classes are the 4th Tuesday of each month
at The Next Door, 212 2nd St., Hood River

Spanish classes are available in Hood River as needed.
Pre-registration through Circuit Court is required.

The Dalles: Kathy McLoughlin Family Law Coordinator
(541) 506 - 2707

Hood River: Chris Walls, Family Law Coordinator
(541) 387 - 6908



Other parenting education opportunities available online at:

Parenting Wisely Online Course - \$30

www.familyworksinc.com

National Center for Fathering -

www.fathers.com

www.bornlearning.org (also in Spanish)

www.projectabcla.org

www.about.com (about preschoolers)

www.thegotomom.com

New Parent Services lending library (see back page for list of resources)





Hood River County Parenting Education Opportunities Fall 2010

...for parents, grandparents, and child caregivers



“Make Parenting a Pleasure”

(for parents of children 0 - 8 years)

Parents, grandparents, and child caregivers will enjoy learning to motivate their children, set limits, reduce stress, learn positive approaches to discipline, and improve family relationships. They also will have the opportunity to share the joys and challenges they are experiencing, as well as learn the most current information about parenting. The group meetings are for parents, grandparents, and child caregivers of children ages 0 - 8 years.

Place: Westside Elementary School

Dates: Tuesdays, October 12, 2010 - December 14, 2010

Time: 5:45 - 8:00p.m.

Session: 10 weeks

Dinner: Light dinner for family

Child care: Children 6 mo. - 9 years at no charge (Must pre - register)

Limit: 20 adults (minimum of 10 adults)

Register: Before October 9th - limited spaces

Fee: \$25 per family (scholarships are available)

Gift Certificate: \$20 for each adult who attends a minimum of 7 out of 10 sessions

For more information/register call:

Jennifer Cassella

(541) 354 - 1871

nancyp@nextdoorinc.org

Class info: www.nextdoorinc.org

Search Family Activity Guide (pg.3)



“Haga de la Paternidad un Placer”

“Make Parenting a Pleasure”
(para padres de hijos de 0 - 8 años)

Las mamás y los papás disfrutarán aprendiendo como motivar a sus niños, fijar límites, reducir el estrés, aprender acercamientos positivos a la disciplina, y mejorar sus relaciones familiares. También tendrán la oportunidad de compartir los desafíos y alegrías que están experimentando.

Facilitador: Maria Ledesma

Lugar: May St. Elementary School

Fechas: Los miércoles, 13 de Octubre del 2010 - 15 de Diciembre del 2010

Horario: 5:45 - 8:00p.m.

Sesiones: 10 semanas

Comida: Cena ligera gratis para su familia

Cuidado de niños: Disponible para niños de 6 meses a 9 años (necesita registrarse)

Límite: 20 adultos

Registración: Antes del 7 de Octubre

Cuota: \$25 por familia (becas disponibles)

Certificado de regalo: Certificado de \$20 será regalado a cada adulto que atienda a 7 de las 10 sesiones

Para más información/para

registrarse llame a:

Griselda Garcia

(541) 490 - 4987

Información sobre la clase:

www.nextdoorinc.org

Busque el Family Activity Guide en la pagina 3

Strengthening Families

(English and Spanish classes)
(for parents and their youth 10 - 14 years)

Together parents and the youth learn to understand each other better and to appreciate each others' viewpoints and concerns. In the first hour, the parents and youth meet in separate groups with trained facilitators. In the second hour, the parents and youth meet together. For the parents, the focus is using love and limits, improving family communication, encouraging good behavior, making house rules, and protecting against substance abuse. For the youth, the focus is having goals and dreams, appreciating parents, dealing with stress, handling peer pressure, following house rules, and reaching out to others.

Instructor: Trained SF facilitators

Place: Hood River Middle School

Dates: Thursdays, October 14th - December 9th, 2010

Time: 6:00 - 8:30p.m.

Session: 7 weeks

Dinner: Free light dinner for the family

Child care: Free child care for children 6 mos. - 9 years (must register!)

Limit: 20 (minimum of 10 to start class)

Register: Register early - limited spaces

Fee: \$25 per family (scholarships are available)

Gift Card: \$20 gift card for each adult who attends a minimum of 5 out of 7 sessions

For more Information/register

call: Sky Vaday

(541) 490 - 1351

skyv@nextdoorinc.org

Fortaleciendo Familias

(para padres de hijos de 10 - 14 años)

Juntos los padres y hijos tienen oportunidad de comprenderse uno al otro mejor, apreciar puntos de vista, y preocupaciones del uno al otro participando en estas clases. En la primera hora, los padres y hijos se reúnen en grupos separados con facilitadores entrenados y en la segunda hora se juntan. Para los padres, el enfoque es de usar amor y límites, animar el buen comportamiento, construir puentes, hacer reglas de casa, y proteger contra el abuso de sustancias. El enfoque para los adolescentes es de tener más sueños y metas, apreciar a los padres, como manejar el estrés, manejar la presión de compañeros, seguir las reglas de la casa, y tender la mano a otros.

Facilitador: Facilitadores entrenados

Lugar: Wy'east Middle School

Fechas: Los martes, 19 de Octubre del 2010 - 30 de Noviembre del 2010

Horario: 6:00 - 8:30p.m.

Sesiones: 7 semanas

Comida: Cena ligera gratis para su familia

Cuidado de niños: Disponible para niños de 6 meses a 9 años (necesita registrarse)

Límite: 20 adultos (mínimo de 10 para empezar clase)

Registración: Antes del 17 de Octubre

Cuota: \$25 por familia (becas disponibles)

Certificado de regalo: Certificado de \$20 será regalado a cada adulto que atienda a 7 de las 10 sesiones


Para más información/para registrarse

llame a:

Vicky Solis

(541) 352 - 7242



<p>Hood River County</p> 	<p>Nancy Johanson Paul Parenting Education Coordinator (ages 0-14 years) New Parent Services (541) 308 - 2236 nancyp@nextdoorinc.org www.nextdoorinc.org</p>
<p>Wasco County</p>	<p>Wasco County Commission on Children & Families Parenting Education Classes (ages 0-14 years) (541) 506 - 2670</p>
<p>Skamania and Klickitat Counties Washington</p>	<p>Johanna Roe Parent Education Coordinator</p> <p>Parenting Classes, Support Groups, Play Groups, and After School Programs</p> <p>Toll free local information line 1-866-631-1997</p> <p>www.community.gorge.net/skcnparentsupport</p>

Other Activities, Education & Support Groups

- ♥ **Gorge Parents of Multiples: Meets 2nd Monday of the Month**
(call for times and location)
Gayle Huwe, (541) 399 - 2719, gaylehuwe@hotmail.com
- ♥ **Oregon Family Support Network**
The Collaborative Problem Solving Book Club, **The Explosive Child**, is a book club designed for parents and other caregivers of children with challenging behaviors. Contact Shannon Billings at (541) 490 - 3900 or (541) 340 - 0678 or email: Shannon.billings@ofsn.org
- ♥ **More activities and services**
www.GorgeKids.com
www.GorgeBirthNetwork.com
www.nextdoorinc.org - go to FamilyActivityGuide
(Parenting classes on page 3)
www.zerotothree.org
http://blog.oregonlive.com/themombeat/index.html
www.columbiagorgecommunityresources.com

Open - Enrollment Parenting Classes

These ongoing classes are open to anyone who wants to strengthen their parenting skills and learn more about their children's needs and development. The parenting skills taught are useful for all children including preteens. **This 15 week series may be joined at anytime, after registering.**

Cost: \$40 per individual or \$60 per couple (Scholarships available)

*Childcare and food are not provided, but you may bring food.

Hood River

Location: The Next Door, 212 2nd St.

Time: Every Wednesday from 10:00a.m. - 12:00noon

The Dalles

Location: The Next Door, 1005 W. 6th St.

Time: Every Wednesday from 5:30 - 7:30p.m.

**To register contact
Nancy Johanson Paul
At The Next Door
(541) 308 - 2236 or
nancyp@nextdoorinc.or**

