



Family Matters

A Newsletter for Family Development Credential Graduates!

Parent Education Programs: Here are four parent education programs:

- **Positive Parenting from the University of MN Extension.** It includes short video clips that have examples of parents using the concepts that are being taught. It works great for home visits or groups.
- **Love and Logic** (www.loveandlogic.com) It is being used in one school district. Testimonials from parents who used it were positive and the programs saw results.
- **Nurturing Parenting, Active Parenting and Step Program.**
- **What to Expect and When to Seek Help--New Bright Futures Resources Available**
<http://www.brightfutures.org/tools>

What to Expect and When to Seek Help is a set of Bright Futures tools designed to help families and service providers support the healthy social and emotional development of children and adolescents. Four of the tools, each of which is designed to address a specific developmental stage (infancy, early childhood, middle childhood, and adolescence), provide information about healthy child development and parenting and offer guidance on when, where, and how to seek help from local, state, or national resources. A tool to help service providers locate community-based services for families and create a referral network is also included. The tools are based on Bright Futures in Practice: Mental Health and were developed through a partnership between Bright Futures at Georgetown University and the National Technical Assistance Center for Children's Mental Health, with support from the Child, Adolescent and Family Branch, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.

If you have used any of these programs or another program that you like, let me know. Send a message to be printed in "Networking news", an added section to the newsletter. The newsletter needs state information. If you have anything you would like to share send it to anne.blackburn@stginternational.com.

Community Partnerships: Family Advocates, are you looking for additional community information? Well, look at this website! <http://zipskinny.com/> This site has a wealth of information from real estate to average incomes. This site would be beneficial to all working on Community Assessments.

Parent Activity: How about a teacher appreciation car wash? Coordinate a car wash and invite the school staff and teachers to get their vehicles washed for free. Hang a banner outside the school entranceway to let the community know that "We love our teachers."

Resources to Share With Families: No parent wants to see their child be the target of bullying. However, few know how to successfully address the problem. The efforts of some parents may make the situation worse. Successful bullying prevention includes education, preparation, and teamwork. Here is a toolkit filled with resources that you can download and share with parents. The "***Eyes on Bullying***" Toolkit provides specific insights, strategies, activities, and resources to address bullying. It is designed especially for caregivers and parents of preschool and school-age children and youth to use in child care programs, afterschool and youth programs, and camps.
<http://www.evesonbullying.org/toolkit.html>

"The art of being wise is knowing what to overlook". - William James