

FALL 2009 PROGRAMS

– Call 924-6306 to register –

Home Visiting Program

Early Home Support and Community Connections

This is a home visiting program for pregnant and parenting young women and their families. Includes access to a dedicated home visitor, nurse, and a social worker.

Parenting Programs/Workshops

Stop Punishing and Start Problem Solving

With Bonnie Harris

Thursdays, 9:30 – 11:30 a.m.
4 weeks, starting Oct. 1

Punishing teaches children they are not good enough and parents' love is conditional on their behavior. Problem solving acknowledges and accepts them while teaching them to take responsibility for their decisions and behavior. When families problem solve, children are asked to rethink a situation, work it out so compromise and negotiation are learned, and think for themselves to find solutions that work for all.

When Your Kids Push Your Buttons

With Bonnie Harris

Wednesdays, 6:00 – 8:00 p.m.
8 weeks, starting Sept. 30

Child care available (minimum 5 children required)

A certain look, a defiant act, buttons are pushed, and parents say things they swore they never would. Blame, regret, shame—does this action/reaction cycle sound familiar? Participants will discover what their buttons are, where they come from, why their children push them and how to defuse them to regain authority, sanity, cooperation, and respect.

Additional \$10 materials fee for Buttons workbook.

Parenting the ADHD Child

With Kelli Tourgee

Tuesdays, 6:30 - 8:00 p.m.
Oct. 13, 27; Nov. 10; Dec. 8

Child care available (minimum 5 children required)

Discussion and support is offered for those with a child diagnosed or potentially diagnosed with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder. Parents can share stories of the challenges, frustrations, joys, and passion for their child, figure out ways to help them succeed, and take advantage of their gifts. Includes a guest presenter.

The Electronic Age: How to be only three steps behind your kids

With Mary Seebart of Monadnock Family Services

Mondays, 6:30 – 8:00 p.m.
3 weeks, starting Oct. 12

Are you struggling to rip your kids away from their Xbox and Playstation to join the family for dinner? Are you worried about violence in video games affecting their behavior and judgments in the real world? Would you like to understand why video games hold so much appeal for your children? Are you concerned about the internet and its safety? Would you like to create your own media plan and develop strategies for setting limits to create a balance in your family? Come join Mary Seebart for a discussion on this hot topic.

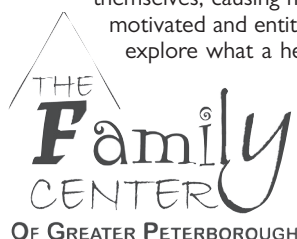
For parents interested in exploring more on the subject of teen adventures and misadventures, this group will continue on Monday evenings starting in November as a support network for parents of teens and pre-teens (optional).

Spare the Rod, Spoil the Child? Finding the Right Balance

With Wendy Hill

Thursdays, 9:30 – 11:30 a.m.
4 weeks, starting Oct. 29

Parents have come a long way from punitive discipline, but have they gone too far in the other direction? Have parents become so child-centered that their children are growing up with an unbalanced sense of themselves, causing many kids to seem unmotivated and entitled? This program will explore what a healthy relationship between parents and children looks like and what factors lead to strength of character.



OF GREATER PETERBOROUGH

Setting Limits on Video Games

BY CASEY HARRIS

Appreciating video games is the first step to setting limits on the amount and type of video games your child plays. Treating games with the same seriousness as you would books and movies will go a long way toward communicating effectively on the subject. Some of the best games present challenging puzzles, intriguing stories, and creative contexts in which the action takes place. If your child sees that you are taking his games seriously he just might listen to what you have to say.

Like TV and the Internet, games can be incredibly difficult to limit. Three simple steps can help.

1. Set up rules ahead of time
2. Know the games your child is playing and allow for occasional long sessions
3. Be the boss

Setting up rules ahead of time means that you've established your expectations early in your child's game-playing life. If you missed this opportunity, hope is not lost. Find a time to establish rules before your child sits down to play. There is nothing more frustrating to a gamer than to be three-quarters of the way through a complex mission and suddenly be called to dinner and made to turn the game off.

Knowing what games your child is playing will help you immensely in this task. You should know if the game your child is playing is a pick-up-and-play game or a more complex, story-based game. One way to tell is simply to know which system your child is using. As a rule of thumb, the Wii or DS from Nintendo offer the simplest, most childfriendly games, while Xbox and Playstation have the more complex, mature library.

Then, take a serious interest in the game. Making a big deal about it might drive him crazy, but pay attention nonetheless. Watch for a bit to get a feel for the game, and ask questions. If it's a sports game, how long does one game take? If it's an adventure or action game, how long between checkpoints? Do you have to finish a mission before saving? Such questions can create a conversation, not an argument.

Next, establish rules so your child knows when he's sitting down for fifteen minutes or a couple of hours. Some games periodically require a "session" of an hour or two. If you allow such sessions at established times, it'll be easier to control time on other days.

The final point is perhaps the hardest. Be the boss and don't worry about upsetting your child. Although it can hurt to have your child angry with you, firmness can go a long way toward gaining respect. As a high school teacher, I see this battle frequently. During a recent parent conference, I was told: "Joel is constantly playing video games. He's got an Xbox, a Wii, and a Playstation, and all he does is play them." My first thought was: "Why did you buy all three systems?" Take charge of the situation and remember that understanding your child's video games helps make you a fair boss.

Please join us for *The Electronic Age: How to be only three steps behind your kids* Mondays, October 12, 19 and 26.



Family Support Programs

Ongoing weekly parent and family support programs. Participants may join at any time, provided there is space.

Parent-Child Connections Program

For parents of 1-5 year olds (includes children's enrichment program) and 6-12 year olds

Discussion topics, largely dictated by group interests, focus on appreciating children for who they are, setting limits, communication, and ways to discipline positively while still having fun parenting.

9:30 - 11:30 a.m.

Mondays – Carol Lunan, starts Sept. 14

Tuesdays – Bonnie Harris for parents of 6-12 year olds (no children's program), starts Sept. 15

Wednesdays – Wendy Hill, starts Sept. 16

Off-Site Program

With Kelli Tourgee and Erika Alusic-Bingham in partnership with Southern N.H. Services

Thursdays – Riverview Apartments, starts Oct. 1

For Single Parents

With Carol Lunan

Thursdays, 5:30 - 7:00 p.m., starts Oct. 8

Join other parents for information and an opportunity to talk to adults having similar experiences. Includes pizza supper and children's program.

Parent-Child Playtime

At Peterborough Unitarian Universalist Church

Wednesdays, 6:00-7:00 p.m., starts Sept. 16

Playtime after the Community Supper.

Stepfamily Support Group

With thanks to Maureen O'Brien of Peterborough Clinical Assoc.

1st Thursday of the month 7:00 - 8:30 p.m., starts Sept. 10

Mark Your Calendars for Saturday, November 14 for our Fall Conference

RISKY BEHAVIOR What, Where, and Why At The Family Center

Saturday, Nov. 14 9:00 a.m. - 1:00 p.m.

Join a keynote speaker and choose from a variety of focus groups to explore the topic of risky behavior. Risk taking can involve thoughtful planning and moving into a new life challenge or can happen in an impulsive way that can lead to physical or emotional harm. Our culture influences the risks our children can take on and families can offer the skills needed for thoughtful decision making.

Watch for more details!

Friday Playgroup

Fridays, 9:30 – 11:30 a.m. Starts Sept. 18

Callie's Room, the wonderful children's space within The River Center, has been reserved every Friday morning for families to come with their children to play and meet other families.

Receive this newsletter via email!

Send us an email: info@thefamilycenter.us & we'll add you to the list.

Special Child Care Opportunities!

Pre-registration requested; minimum 5 children required. Snacks provided; please pack a lunch.

FIRST FRIDAYS IN PETERBOROUGH

6:00 to 9:00 p.m.

Sept. 4; Oct. 2; Nov. 6 and Dec. 4

\$10/child; additional children \$6

An opportunity for parents to enjoy First Friday Celebrations in Peterborough without their children... make it a date!

Kids should come fed and in pajamas. Bedtime snack provided.

NO SCHOOL DAYS

9:00 a.m. to 5:00 p.m.

\$25/child; additional children \$15

October 9: Join staff for a fall hike for leaf peeping and collecting plus other fall activities.

November 23, 24 and 25: Kids can join in pre-holiday activities such as gift and ornament creations; cookies, special cards and more.

BLACK FRIDAY – STOP, DROP AND SHOP

8:00 a.m. to 5:00 p.m.

Friday, Nov. 27

\$25/child; additional children \$15

An opportunity for parents to get a jump start on holiday shopping!

SafeSitter® Babysitting Course

With Liz Broderick, Kelli Tourgee and Lara Scheinblum, M.D.,

Wed., Nov. 11 (Veteran's Day) 9:00 a.m. – 4:00 p.m.

Cost: \$45 per person.

Limited scholarships available.

This babysitting course is offered in collaboration with Monadnock Pediatrics. Students ages 11 to 13 learn basic first aid, positive discipline techniques and professional business skills. Space is limited.

Call The Family Center at 924-6306 to register for any of our programs

UNLESS OTHERWISE NOTED...

- All programs are free or offered on a sliding-fee scale, ranging from \$1 to \$20 per week.
- Children's program available for weekly morning programs.
- All programs are held at The Family Center.



- 46 Concord Street
- Peterborough, NH 03458
- 603.924.6306
- www.thefamilycenter.us

To request a topic

If you have a group interested in a one-night parenting lecture or series, call us to request a topic and we'll provide a facilitator.