

# Family Matters

A newsletter from The Family Center ... A Partner at The River Center: community resources and connections

## WINTER 2010 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

#### Love is Setting Limits

With Wendy Hill

**Thursdays, 9:30 - 11:30 a.m.**  
**3 weeks, starting Jan. 28**

**Sliding-fee scale. Childcare available.**

Setting limits is an essential part of a child's growing sense of security, but can be challenging for the parent who has a hard time saying no because they worry it jeopardizes their child's happiness. Setting limits and being consistent gets lost. Parents will improve strategies to accomplish limit setting in a way that strengthens a child's confidence, discuss expectations for behavior that are developmentally appropriate, and develop plans to say "no" when they are tugged by a desire to say yes.

#### From Power Struggles to Problem Solving: Transforming Conflict into Cooperation

With Bonnie Harris, M.S.Ed. and Judy Orme, Guest Presenter, MSW, LICSW

**Saturday, March 13**  
**9:30 a.m. - 3:00 p.m.**

**\$50/\$85 couple**

**Limited scholarships available.**

How do parents give children the power they need and maintain appropriate discipline? How can power struggles be avoided when children are

demanding or defiant? And how can balance and cooperation be maintained? The answer to these and other questions lies in a process of problem solving that engages both children and parents. Children learn how to make smart decisions and work through difficult dilemmas, while parents support and encourage their child's own thought processes to teach the collaboration skills that end in win/win solutions. Through active learning, children engage in finding solutions that work when parents respect their capabilities and personal power. By switching from director to guide, parents ask children to think through a situation so new behavior can be decided on. Problem solving teaches children to think for themselves, holds them accountable, builds conscience and creates balance in the family. In this interactive, experiential workshop, Bonnie and Judy will demonstrate through story and role-play the steps of connective communication and many applications of problem solving in everyday parenting. This workshop is for parents of any aged child as well as professionals who work with parents and families.

#### The Gap: Explore it, Understand it, Narrow it

With Bonnie Harris

**Thursdays, 9:30 - 11:30 a.m.**  
**4 weeks, starting March 4**

**Sliding-fee scale. Childcare available.**

Have parents ever intended to teach their child a lesson only to have it fall on parent-deaf ears? That's because their intention got lost in the Gap—that gulf that distances parents from their children when communication breaks down. From toddlerhood through the turbulence of the teens, parents, with all best intentions to teach a lesson, send their children messages they LEAST intend. Based on her book, *When Your Kids Push Your Buttons*, Bonnie will lead parents through an exploration of how and why parents unknowingly create this gap and how to narrow it so parents never lose the critical connection their children need. Focus will include understanding agendas, expectations, and the assumptions parents instantly make about themselves and their children in those button-pushing moments that dig the gap deeper and wider. This workshop is perfect for both parents who have learned the "Buttons" approach and those new to it.

### 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

**Tuesdays** – Bonnie Harris for parents of 6-12 year olds (no children's program)

**Wednesdays** – Wendy Hill

#### Off-Site Program

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

**Thursdays** – Riverview Apartments

#### For Single Parents

With Carol Lunan

**Thursdays, 5:30 - 7:00 p.m.**

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.**

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.**

*Thanks to our*

**Family Center funders... making it possible to serve 400 families per year!**

A. Erland and Hazel N. Goyette Memorial Fund  
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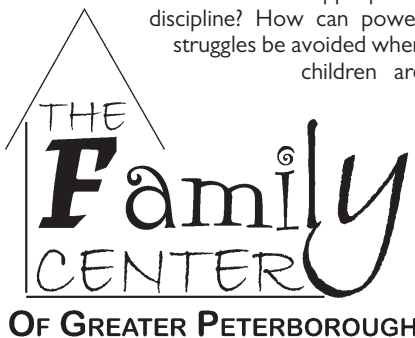
#### Receive this newsletter via email!



Send us an email:

[info@thefamilycenter.us](mailto:info@thefamilycenter.us)

& we'll add you to the list.



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](http://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.