

Hood River County Family Activity Guide

Parenting Resources at Hood River County Library

www.hoodriver.plinkit.org

Children's Room : (downstairs)

Toys and puzzles
Parenting books and videos

Adult Collections: (main floor)

Magazines: "Working Mother"
"Brain Child"-articles on child
development
"Mothering"



Upcoming opportunities
and events for parents and children
Winter/Spring 2009

****New 2009 Parenting Classes****

Be sure to check the Hood River County
Schools Community Education Program
Catalog for other classes and
Parent-child opportunities.

**For more information on these events contact:
Nancy Johanson Paul (541)308-2236**





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!

MONDAY

10:00-12:00

Newborn to age 5, Hood River, Riverside Church (4th & State)

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

Opportunities for new parents

Breastfeeding Basics

This one-night class offers practical tips on breastfeeding your newborn. Topics covered include: benefits and mechanics of breastfeeding, how to tell if your baby is getting enough milk, how to avoid sore nipples and much more.

Fee: Free

Your Baby-0 to 6 Months

Parents come together to learn and share practical tips for positive parenting experiences. The class covers information on sleep, comfort measures, food and nutrition, developmental milestones and ways to enjoy your parenting while returning to daily routines. Parents are welcome to bring their babies if they wish.

Fee: Free

Sibling Celebration

Siblings ages 2-8, along with their parents, prepare for their role as big brother or sister. Siblings learn what to expect when they come to the hospital, what it's like to have a new baby at home, how to hold a newborn and safe behavior around the new baby. The class is held quarterly.

Fee: \$10 per family

So You're Going to Be a Daddy

Taught by a veteran dad, this class will give you practical insights about what to expect during the first few weeks at home with your new baby-from a dad's perspective.

Fee: \$10



“Children in the Middle”

A court connected, interactive, skills-based program for parents in a **transitional relationship** (usually divorce or separation). Parents can discover new insights that will help themselves and their children cope with the difficulties of a divorce or separation.

The class focus is on healthy ways to deal with the most common and stressful scenarios that cause children to have loyalty conflicts.

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

Classes are \$10 unless arrangements have been made to waive the fee.

Hood River classes are the 2nd Tuesday of each month

The Dalles classes are the 4th Tuesday of each month

Spanish classes are every other month on the 3rd Tuesday



For more information or registration please call:

*Family Law Coordinator Chris Walls in
Hood River at 541-387-6908*

*Family Law Coordinator Kathy McLoughlin in
The Dalles at 541-506-2707*

Other parenting education opportunities available at:

Hood River County Elementary Schools

“Parenting Wisely” (K-5th grade)

Interactive CD-Rom computer program
-contact Elementary School Counselors

Hood River County Libraries

“Parenting Wisely” (6th-12th grade)

Interactive CD-Rom computer program



Providence Hood River Memorial Hospital Education Center
For more information or registration call Susan Stone at (541) 387-6340



Hood River County Parenting Education Opportunities Winter/Spring 2009

...for parents, caregivers, and childcare providers



"Positive Discipline for Toddlers and Preschoolers"

Learn skills for gently and firmly guiding your child. Explore ways to set boundaries, provide guidance, be consistent, and learn how to use discipline parenting techniques that make parenting much easier and more enjoyable. Find out about the developmental stages of your children and see how this relates to what discipline techniques are the most effective. Also find out the most effective ways to use time out. The classes are for parents and child caregivers of children ages 1 to 5 years.

Facilitator: DeeAnn Bohn

Place: Bambinos 220 Clearwater (West of Safeway HR)

Dates: Feb 19&26 March 5 & 12

Time: 6:00-7:30pm.

Sessions: 4 weeks

Childcare: Free child care 6mo.-9 years (Must register !)

Limit: 20 adults (minimum 10 to start class)

Register: Pre-registration is due by February 17th

Fee: \$10 per family for entire series

For more information call
Nancy Johanson Paul
New Parent Services at
541-308-2236

To register: call Tami Ogden
(541) 386-2005

ogden.tami@gmail.com



Bambinos International Learning Center

"Strengthening Families Program"

(for parents and their youth 9-14 years)

Together the 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.

Place: Cascade Locks School
300 SW Wa-Na-Pa (downtown)

Dates: Tuesdays, March 3-April 21, 2009

Time: 5:30-8:00pm.

Food: Free light dinner for the family

Childcare: Free child care 6 mos.— 8 years (must register!)

Limit: 20 (minimum 10 to start class)

Register: Pre-registration is due by February 27th

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

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

For more information or to register call:
Kimberly Berry

at 541-387-6890

Hood River County
Commission on
Children & Families



"Programa Fortaleciendo Familias"

(para padres y adolescentes de 9-14 años)

Juntos, los padres y los jóvenes aprenden a entender el uno al otro mejor y apreciar los puntos de vista de cada quien. En la primera hora, los padres y los jóvenes se juntan en grupos separados con facilitadores entrenados y luego, en la segunda hora de la sesión, los padres y los jóvenes se juntan. Para los padres el enfoque es usar el amor y los límites, mejorando la comunicación de familia, animando la buena conducta, haciendo reglas de casa, y protegiendo contra el abuso de sustancias. En la sesión de los jóvenes el enfoque es tener objetivos y sueños, apreciar a los padres, aprender a lidiar con la tensión, manejar la presión de compañeros, seguir las reglas de la casa y tender la mano a otros.

Lugar: Iglesia Católica Santa Maria
1501 Belmont Dr. Hood River

Fechas: Los martes 4 de Marzo al 22 de Abril del 2009

Horario: 6:00-8:30pm. Padres y adolescentes en grupo, luego familias juntas

Comida: Cena ligera para la familia

Cuidado de niños: Para niños de 6 meses a 8 años (necesita registrarse)

Límite: 20 adultos
(10 para empezar la clase)

Registración: Antes del 2 de Marzo

Cuota: \$25 por familia (becas disponibles)

Tarjetas De regalo: de \$20 para cada adulto que asista a por lo menos 5 de las 7 clases.

Para inscribirse: llame a
Lupita Enriquez al 541-380-1974

"Haga de la Paternidad un Placer"

(para padres con niños menores de 9 años)

Las mamas y los papas disfrutarán aprendiendo como motivar a sus niños, fijar limites, 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: Mid-Valley Elementary School

Fechas: Martes 24 de Febrero—5 de Mayo

Horario: 5:30-8pm

Comida: Cena gratis para su familia

Cuidado de niños: De niños de 6 meses a 8 años (necesita registrarse)

Límite: 20 adultos

Registración: El 20 de Febrero

Cuota: \$25 por familia

(becas disponibles)

Tarjetas De regalo: de \$30 para cada adulto que asista a por lo menos 7 de 10 sesiones.

Para mas información:
Mid-Valley Elementary School
Gabi Henage al 541-399-3135

Parenting education opportunities are made possible through the "Enchancing the Skill of Parents II" grant from The Ford Family Foundation. Additional support is provided by the Hood River County Commission on Children and Families

<p>Hood River County</p> 	<p>Nancy Johanson Paul Parenting Education Coordinator (ages 1-14 years) New Parent Services 541-308-2236 nancyp@nextdoorinc.org</p>
<p>Wasco County</p> 	<p>Darcy Long-Curtiss Parent Education Coordinator (birth to 14 years) 541-506-2676 darcyl@co.wasco.or.us</p> <p><i>*Incredible Infants (birth-1yr) starts 10/08/08</i> <i>*Parenting Now! (0-8 yrs) starts 10/13/08</i></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 www.community.gorge.net/skcnparentsupport</p>

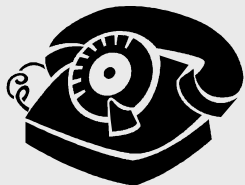
Other Activities, Education & Support Groups

- ♥ **Story Time at the Hood River County Library**
(502 State St, 387-7072)
Wednesdays & Thursdays
Toddler Story Time (newborn to age 3) 10:30am.
Preschool Story & Craft Time (ages 3-6) 11:00am.
Pajama Storytime Tuesdays 6:30 pm

- ♥ **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



Parents who feel overwhelmed and fear losing their temper can call, 24 hours a day, the toll-free Hotline at 1-800-4-A-CHILD (www.childhelpusa.org)

