



FAMILIES FIRST

September 2023



This publication is not a Pella Community School District publication, nor is it in any way endorsed or sponsored by the district. This publication is being provided only to inform the viewer of other available community activities and opportunities.

Calendar of Events:

-Meet and Eat Parenting Class: Tuesdays, 12-1pm, Sept. 12-Nov. 28

-Evening Parenting Class: Thursdays, 5:30-7:45pm, Sept. 14, 21, 28 -OR- Oct. 5, 12, 19

-Fall Book Bash: Nov. 4

-Family Gingerbread House Making Event: December 2

-Father Daughter Dance 2024 (K-5): Date TBD

-Mother Son Fun Night 2024 (K-5): Date TBD

- Thursday in Pella 2024: June 6 (tentative)

For more information and to register, go to www.familiesfirstofpella.org

Facebook: @FamiliesFirstofPella
Instagram: @familiesfirstpella

LOVE AND LOGIC[®] PARENTING CLASSES

I recently read the book, "Good Inside" by Dr. Becky Kennedy. So many of the concepts in the parenting book line up with the Love and Logic Curriculum we use in parenting classes. For example, Dr. Becky shares about the importance of the parent-child relationship. We learn the same thing in the Love and Logic Parenting Classes! In fact, when I attended the L&L Facilitator Training in Colorado years ago, Jim Fay (co-founder of Love and Logic) said that when parents come to him, exasperated, and they say they've tried everything with their child and nothing works, the first things he asks is..."How is your relationship with your child?"

Join me for a parenting class to learn more about how to strengthen your relationship with your child, and many other topics including...arguing, getting our kids to listen, chores, timeouts, and more.

Scan the QR code on this newsletter and it will take you to our website, where you'll find all of the details about our classes, which start in September. We have a lunch class or an evening class. Thanks to our generous donors, all meals and childcare are offered at no cost!



Go to www.familiesfirstofpella.org to register.

SAVE THE DATES!

Our two biggest events, the **Father Daughter Dance** and **Mother Son Fun Night**, will be scheduled in the next few weeks! Watch for a Save the Date Flyer that will be shared through PCSD Digital Backpack, the PC Weekly Newsletter and Homeschool E-mail.



Fall Book Bash:



Saturday, **Nov. 4**, 10-11:30am
Pella Public Library
*Free book for the first 80 families!
Geared toward ages 0-5
Come and go; story time, craft, activities
Book: Goodnight Construction Site:
Cement Mixer's ABC's

AFTER SCHOOL LOW DOWN

From @biglifejournal on Instagram, some different ways to find out more about your child's day:

"High, low, what do you know?"

-What was the highlight of your day?

-What was the low point?

-What did you learn?

"What was the coolest thing you learned today?"

-It gives your child an opportunity to teach you something (a great confidence-booster!)

Can you think of something kind you noticed today?

"What is one thing you wish you could differently?"

This helps your child practice reflecting on their behavior and mentally rehearsing a different response.

"What made you laugh today?"

-This helps wire your child's brain for positivity.

"Angry people need three things: empathy, space, and time to cool down. The only person who can really calm an angry person is that person."
(from "Love and Logicisms: Wise Words About Kids" by Jim Fay and Charles Fay)

Check out the attached article, "Reasoning With Children," to learn more about guiding children during emotional times.



PRHC Baby Fair!

-Sept. 16; 9am-12pm

-Main Entrance Lobby

-Free!

-New or Expecting
Parents are invited

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