



The Parenting Center

Providing Families the Tools to Succeed



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Honoring National Child Abuse Prevention Month: What You Can Do to Help



The Parenting Center is bouncing into spring with one goal in mind: to prevent child abuse and neglect. Drive by the agency's location on 5th street during the month of April, and you will see an array of pinwheels to promote April as National Child Abuse Prevention Month. Pinwheels are a happy and uplifting symbol of the

bright future all children deserve, and they represent efforts to change the way our nation thinks about prevention, focusing on solutions, rather than the problem. Pinwheels are the centerpiece of a growing movement committed to stopping child abuse before it starts. If you would like to participate in Pinwheels for Prevention by creating and displaying pinwheels at The Parenting Center, please contact Holly Clinton at 817-632-5507.

There are several ways that individuals can honor Child Abuse Prevention Month:

- Attend The Parenting Center's free Recognizing and Reporting Child Abuse class on Saturday, April 14th, 9:30 am - 11:30 am.
- Wear your blue ribbon every day in April (you can pick up blue ribbons at The Parenting Center for free). When people notice your blue ribbon, talk about the many ways families receive help and support to prevent child abuse. Distribute blue ribbon pins to others.

[Visit Our Website](#)

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Part of your purchasing price is donated to The Parenting Center.

The Parenting Advice Line

Finding it difficult to communicate with your distant teenager? Feeling like an outsider in your step-family? Call the FREE, confidential PAL Line at **817-332-6399** for parenting advice. Monday - Friday 12:00 - 3:00 p.m.

- Write a letter to the editor of your local paper to discuss the problem - and prevention - of child abuse.
- Donate your time, energy and money to programs that prevent child abuse and strengthen families.
- Contact elected officials and request that they support programs that strengthen families; remember their responses next time you vote.

Registration Still Open For The Building Strong Families Luncheon: *Coaching Your Kids to Be Leaders*

Thursday, April 5th
[Register Now](#)



Pat Williams and Family
Christmas Photo

Parenting one child can be challenging enough, but imagine raising 19! Please join us to hear Pat Williams, co-founder and Senior Vice President of the Orlando Magic and father of 19 (14 adopted) speak on the topic of his best-selling book, *Coaching Your Kids To*

Be Leaders.

As Pat reveals the seven keys to unlocking leadership potential in children, you will learn how to motivate and inspire young people to avoid common pitfalls, become leaders in every area of their lives and achieve a lifetime of success.

We are delighted to honor three distinctive fathers and leaders in our community with the Hand-in-Hand Award:

Dr. Tom Rogers

Pediatrician with Cook Children's Medical Center. The Parenting Center Founding Board member and First Elected President in 1976.

Rev. Warner Bailey

Retired Presbyterian Minister. The Parenting Center Board member from 1983 to 1988 and President in 1986.

Mr. Whitney Smith

President and Founder of The Whitney Smith Company, Inc. The Parenting Center Board member from 1991 to 1996 and President in 1993.

Special Recognition will be given to **Mr. Valleau Wilkie, Jr.**, retired Executive Vice President of the Sid W. Richardson Foundation, for his decades of service to children and families at The Parenting Center.

11:30 a.m. - 1 p.m.

Colonial Country Club

3735 Country Club Circle, Fort Worth

Tickets start at \$85

Spring Has Sprung!
(Along With its Own Brand of Stressors)

Wasn't it just yesterday that we boxed up the holiday fanfare and the stress that comes with it? Now spring is about to burst with a whole new buzz of activity-and its own brand of stressors. The changing of the seasons can signal a new round of pressure. Parents may notice more tension and anxiety in their children but cannot pinpoint the source.

Whereas holiday stress is easier to identify, spring stress comes on gradually. After-school activities, such as soccer,

baseball and recitals re-enter the schedule. Tutoring may join the list as students prepare to take assessment exams. Daylight savings throws off sleeping schedules - no one wants to go to bed while it is still light out, except maybe mom. Soon everyone is frazzled and it is hard to figure out what has happened.

Keep these things in mind as spring schedules blossom into full bloom:

There are two types of stress, good and bad. Good stress help adults and children "get things done" (KidsHealth.org). Bad stress is constant and unrelenting, called distress. It can actually make adults and children feel sick.

While after-school activities, such as sports and arts can be a great way to reduce stress and be a healthy outlet for pent-up energy, an over-loaded schedule can cause distress. Choose activities carefully and make sure there is enough time for homework, dinner and calming bedtime routines that allow adequate sleep.

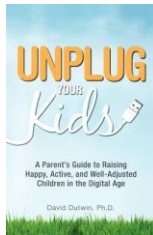
Test anxiety is one of the main types of stress in school-age children. Visit the child's teacher and ask for a testing schedule. Help children establish a study schedule so that preparation for any test can be managed in smaller units of time. Consider studying with the child; it is surprising what complex concepts children are learning.

Remember, children take cues from their parents. Model healthy ways to deal with pressure and listen carefully when children say they are overwhelmed.

Parenting Fact 101:

According to a [Pew Research Study](#), fathers in America are more active in their children's lives today than in 1960, yet fewer live with their children.

Unplug Your Kids: A Parent's Guide to Raising Happy, Active, and Well-Adjusted Children in the Digital Age, by David Dutwin, Ph.D.



A Book Review by Melissa Shamburger, *Family Life Educator*

For most parents, technology is changing as rapidly as their children are growing up. It can be a daunting task to keep up with the latest technology while maintaining parental control over your child's exposure to the World Wide Web and other forms of media. Parents can breathe a sigh of relief after reading *Unplug Your Kids*, by David Dutwin, Ph.D.

His all-encompassing approach takes the pain out of wondering, "What's best for my child?" by addressing many important mass media topics: cyber bullying, cell phone use, sex and violence in the media, body image, and internet addiction, to name a few. The guide is laid out by developmental ages from infants to teens, so parents can easily thumb to the topic pertinent to their current experiences. Although his book is heavy on media research, Dr. Dutwin helps readers decipher often misunderstood statistics, and provides practical tips on how to appropriately expose children to television, video games, cell phones, internet, movies, and even music, in a way that promotes healthy development and attitudes.

Unplug Your Kids isn't solely about disconnecting from technology, but is the ideal go-to guide for parents striving to manage the impact of media on their children. Even the busiest parents will benefit from the "Cheat Sheets" at the end of each chapter, outlining the important points about media usage for children. Before purchasing the next electronic device for your child, or setting up the television in their room, consider the effects that media have on children. In regards to the parenting in the digital age, Dr. Dutwin explains, "This books tells you when to worry, when to relax, how to protect, and how to promote."

Helping Hands From Riverside Middle School



The Parenting Center received several handy volunteers on Tuesday, March 6th during Riverside Middle School's annual STARS Project Day, organized by the Rotary Club of Fort Worth. So much was accomplished in so little time -

Seventeen 8th grade students spent half of their school day at the agency cleaning the outside grounds, organizing therapy play rooms and bookshelves and even doing a little bit of PR and marketing.

STARS stands for "Service Through Active Rotarians and Students". For the past two years, more than 600 8th grade students have participated in this program by volunteering at several area nonprofits. The program combines community service with curriculum-based learning for middle school students. Upon completion of the project, the students write essays about their experience entitled "What Service Above Self Means to Me," and the essays are judged by the Rotary Education Committee. The goal of STARS is to involve students in meaningful projects at an early age to make an impact at a critical time in the education process.

The Parenting Center thanks the Rotary Club for this outstanding project that benefits both students and nonprofits, and the Riverside students for their hard work.