



The Parenting Center

Providing Families the Tools to Succeed



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Greetings,

This month, The Parenting Center celebrates its 37th birthday. Throughout the decades, our mission of providing families the tools to succeed has held many different meanings. When The Parenting Center was created in 1975, no one was dealing with the issue of child abuse and our agency was desperately needed. There were few books on parenting, no talk shows with celebrities disclosing their abuse and certainly no Internet where one could find information on just about any aspect of parenting or family life. Now, help is everywhere, but the need has changed.

As times change and new issues arise, The Parenting Center responds. In 1975, interacting with a parent educator and other parents in the comfort and convenience of your own home seemed nearly impossible. Today, we offer online parenting courses once a week, designed for the busy parent.

Thirty-seven years ago, who would have thought that a three year-old would be diagnosed as mentally ill? Yet, today, The Parenting Center strengthens families splintered by children's mental illnesses.

Today, the divorce rate in Tarrant County is higher than the state average. We work with parents to help their children through the divorce process so that they can still be a family even though they live apart.

According to the US Census, children living apart from their fathers are five times more likely to be poor and twice as likely to drop out of school. Through our Empowering Families

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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.

project, we strengthen engaged and married couples by helping them build or maintain healthy relationships for the long-term benefit of their children.

None of this was true 37 years ago. We still have a lot of work to do, and want to thank you for entrusting in The Parenting Center for nearly four decades as the leader in the field of parenting. Find out how your investment in The Parenting Center has improved family lives: Review our impact in our [2011 Annual Report](#). Learn about the Attachment Parenting philosophy in *You Are Mom (or Dad/Caregiver) Enough*. Finally, hear what clients have to say about how The Parenting Center has changed their lives in our [2012 Video](#) and *What "Service Over Self" Means for a Client of The Parenting Center*.

Together, we can be prepared to answer the next generation of parenting challenges. Will you join us?

Sincerely,

Barbara Lamsens
Executive Director

2012 Video: What is The Parenting Center?



You Are Mom (or Dad/Caregiver) Enough

After the release of the controversial Time Magazine cover story *Are You Mom Enough?* late last week, the media has been buzzing over the growing trend of Attachment Parenting. Although the coverage has focused on moms who practice extended breastfeeding, Attachment Parenting at its core is much more than this one practice.

In fact, upon deeper investigation, the values of this philosophy are those of nurturing, connection, and communication.

At The Parenting Center, we share the values of nurturance, connection and communication

Attachment Parenting is one philosophical approach to child rearing. The practices of any parenting philosophy are best determined by each parent through an ongoing discussion between parents and the pediatrician or counselor.

to promote healthy family relationships. We believe that every mom, dad and caregiver can be enough, and we would love to help support any parent in that endeavor.

On its website, Attachment Parenting International lists its eight principles of parenting:

1. Prepare yourself for pregnancy, birth, and parenting
2. Feed with love and respect
3. Respond with sensitivity
4. Use nurturing touch
5. Ensure safe sleep - physically and emotionally
6. Provide consistent, loving care
7. Practice positive discipline
8. Strive for balance in your personal and family life

Being "mom enough" has much less to do with how long to breastfeed and whether to work or stay at home, and much

more to do with the love, respect and boundaries that parents consistently show children. Attachment Parenting is one philosophical approach to child rearing. The practices of any parenting philosophy are best determined by each parent through an ongoing discussion between parents and the pediatrician or counselor.

If you are interested in learning more about being "enough" as a parent, please join us at any of our group classes or make an appointment for a parent coaching session or private class. We can help you discover the best practices and philosophy for your family. We are here to help you find "the tools you need to succeed" as a successful parent.

What "Service Above Self" Means for a Client of The Parenting Center




Riverside Middle School Volunteers at The Parenting Center, March 6, 2012

Diana is an eighth grader at Riverside Middle School. She wrote this essay as part of the Rotary Club of Fort Worth's STARS (Service Through Active Students and Rotarians) serving-learning project.

"Service over self"? I didn't know how to answer that. Until this field trip we took to The Parenting Center. I can honestly say that this trip has changed the way of I think about helping others.

The Parenting Center is a facility where people go for counseling when they have family issues such as parents separating, helping the children that are stuck in between divorcing parents or even the children that are taken from their



parents. The fact that I actually got to volunteer at The Parenting Center was a funny thing, because I was once the kid that was being helped by these people. They actually helped me quite a bit. I was the child of divorcing parents, and I was also taken away from them, which was hard for me so I took "therapy" at one of the facilities of The Parenting Center. Working at the Parenting Center helped me a lot because I remember being a scared child, away from the care of my parents, lost in the middle of all the problems around me. I had to grow up, and The Parenting Center made me feel like a child again, which I hadn't felt in awhile.

Working here made me realize that I am one of the people that can actually help the children and parents that have been through the exact same thing I have, or even worse.

Knowing that cleaning and organizing the toys they play with would make them feel safe again, loved.

What we don't realize about helping others before us, is that we are helping ourselves too. Because volunteering gives such a sense of accomplishment and kind of makes us feel like the hero of the fairy tale. For me this has been an amazing experience. I will continue to do things like this just for the feeling of knowing someone out there has been helped by the simple things we can do.

To me that's what helping others is about.

TarrantCares.org Celebrates its First Anniversary

Do you need to find local health or social services? Would you like more information about medications and medical tests? Then TarrantCares.org is the place for you. Almost 3.5 million pages were viewed in the website's first year to help people find the assistance and resources they needed. At any time, day or night, you can find information on topics ranging from local health and social services to housing, employment and support groups. A library of more than 30,000 articles on health, parenting and other topics also includes information on medications and medical tests - all written in everyday language.



Create your own personal health record that you can share with physicians or anyone you want. Tarrant Cares protects your records with the same security used by banks.