



# The Parenting Center

Providing Families the Tools to Succeed



## In This Issue:

Fathers as Inspirational Role Models

Celebrating Valentine's Day in Nine Languages


Parenting 101

Featured Parenting Classes

Parenting Classes Calendar:  
January-February  
March-April

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## Fathers as Inspirational Role Models

Children and teens always look for role models, even when they don't realize it. Our youth observe our behaviors and model those same behaviors in relationships with peers, parents and teachers. We do our best work as parents by exhibiting positive behaviors when our children are looking. As I like to think about this concept, the phrase "Let them catch us being good" comes to mind. So, how can you inspire children and teens? ([Read More...](#))

## Celebrating Valentine's Day in Nine Languages

What better way to honor the spirit of Valentine's Day than to celebrate a year of helping 1,400 individuals build healthy relationships.

**Today, the Empowering Families Project, launched on Valentine's Day 2012, is one year old, and we**

"Even months after the class, we continue to utilize the new relationships skills."

"As an immigrant, this class helps me understand what it means to be in a healthy relationship in the US culture."

"If I had attended a class like this before my first marriage, I wouldn't be here today - We would have learned the skills to work through issues."

"We learned how to actually listen to what the other is [sic] saying - we have never been able to do that before." "This day was just for the two of us - We need to have more days like this."

[Click here to buy from Amazon](#)

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.

**Volunteer!**

Do you have a passion for strengthening family relationships and at least one hour a week to spare?

[Check out many of our volunteer opportunities.](#)

**certainly are celebrating.**

Since last Valentine's Day, Empowering Families has:

- Offered eight hours of free marriage/relationship education to 1,400 people, exceeding the first year goal by more than 400!
- Provided classes in nine languages (English, Spanish, African French, Nepali, Swahili, Arabic, Vietnamese, Somali, and American Sign Language).
- Granted a certificate for a \$60 marriage license discount to all engaged couples.
- Offered free case management services to over 300 people, many of whom participated in free Job/Career Advancement services which helped to increase the stability and success of their families.
- Provided transportation and child care assistance to remove barriers preventing people from participating in the program.

After participating in the Empowering Families Project:

- Over 80% of married couples reported an increase in marital satisfaction, improved communication skills, and improved conflict resolution skills.
- Nearly 70% of participants reported an increase in relationship satisfaction and stability. 96% of people reported they would recommend the Empowering Families Project to a friend!
- 100% of enrollees have completed a phone screening to identify specific needs and connect each person to resources necessary to ensure family safety and self-sufficiency.

To read more about Empowering Families, please go to [www.theparentingcenter.org/empowering-families](http://www.theparentingcenter.org/empowering-families).

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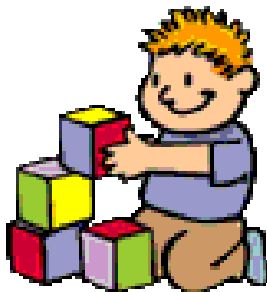
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## Parenting 101:

Parents can act differently with different children, but this type of parenting, called "[differential parenting](#)", can have negative effects on *all* children. Learn what you can do to [stop favoritism](#).

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## Featured Parenting Classes



### Ages & Stages of Infants & Toddlers

Explore the expectations you have for your child. Learn how you can promote a positive developmental environment through Nurturing Parenting techniques. Discussions cover birth through age three and the appropriate Intellectual, Physical, Social/ Emotional and Language milestones.

**Tuesday, March 5**

**6:30 - 8:30 p.m.**

### Children & Play

Playing with young children is more than just keeping them entertained. Our experts will help you understand the importance of play time and will explain



ways to encourage your child's development through play.

**Tuesday, March 12**

**6:30 - 8:30 p.m.**



### **Understanding Your Child's Temperament**

Does your child have intense emotional reactions? Is your child slow to warm-up to new people or experiences? Join us to examine the nine traits of temperament and learn ways to tailor your parenting methods to your child's unique

personality.

**Tuesday, March 19**

**6:30 - 8:30 p.m.**