



The Parenting Center

Providing Families the Tools to Succeed



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Parenting Classes Calendars:

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New Strategic Direction, Stronger Impact

I am pleased to announce the emergence of a new strategic direction and the solid beginnings of a new strategic plan for The Parenting Center! Four new pillars - our purpose, vision, mission and values - guide us forward as we strive to build strong families over the next several years:

Purpose:

Build a strong community by building strong families

Vision:

Be a catalyst for positive parenting and END child abuse

Mission:

Provide family members and professionals with the resources, tools and services to build successful families

Values:

Safe and Successful Families, Leadership, Education, Community Stewardship and Collaboration

Since our agency's founding in 1975, family compositions and needs have changed, but our ability to address those needs remains constant. Our new strategic direction and plan guides us in this endeavor. I encourage you to partner with us - through your time, talent and financial contributions - in our vision to promote positive parenting and END child abuse in our community.

Sincerely,

Barbara Lamsens
Executive Director

[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.

Five Rules for Parents

As parents, we expect our children to follow the rules, but what about us? According to Parenting with Dignity author Mac Bledsoe (yes, all-star footballer Drew Bledsoe's dad) has developed a 5-point plan for raising responsible, independent kids. Parents can use five simple tools to change their children's behavior. One of the greatest mistakes parents can make is parenting without a plan. Another important consideration is to use these techniques as a preventative measure, before there is a problem. Here are five rules for parents that can be part of your proaction, rather than reaction.

1. **Tell Your Kids What You Want Them to Do!** - They should know what you expect of them. Often times, we tell our kids what we don't want them to do (i.e. don't talk to strangers!), but should really be telling them what we want them to do. Explain the desired behaviors you wish to see from them.
2. **Criticize the Performance, Not the Person** - To appropriately change behavior, criticism may be necessary. Criticize their behavior, but not your child.
3. **Don't Assume they learned it: Repeat it!** - Repetition is essential to learning. When teaching your child, you may have to repeat the information a few times. Hide your impatience and don't get angry. Just because you know the information, doesn't mean your child has learned it on the first go-around. If your child is having difficulty learning something, try tackling it from another angle until he does understand.
4. **What They Say to Themselves is What Counts** – Self-motivation is critical, and might be the only motivation that continues to propel your child forward when you are not around. In order for your child to think positively and make the behaviors you expect from them become the behaviors they expect from themselves, then you need to model these behaviors.
5. **Send a Constant Message of LOVE** – It's not just something you say, but rather something you do. Children learn to love based on how they are loved. By unconditionally loving your child, send them love when they most need to hear it, which might also be the time you feel least able to say it.

Adapted by Cortney Gumbleton from Parenting with Dignity, by Mac Bledsoe, Alpha Books.

City Life Center's Momentum 5K Benefits The Parenting Center



City Life Center, Crestwood and other community sponsors raised \$1,800 to support children and families at The Parenting Center.

Despite the threat of inclement weather, City Life Center's [Momentum 5K](#) (click to view photos) brought crowds of individuals who showed up for a great morning run in support of The Parenting Center on Saturday, September 29th.

City Life Center hosted this inaugural event in celebration of its one year anniversary of their grand opening, and designated their sponsor proceeds to benefit The Parenting Center. "City Life Center is a church who truly loves her community, so as we were planning our first 5K run, it only seemed natural for us to donate the proceeds to a local organization that is fighting for the relational health of families in our city. The Parenting Center is an impressive organization with whom we are proud to partner," states Tim Woody, City Life Center's Senior Pastor.

Among the 5K runners, Pedro Santana placed first, at 22 minutes and 27 seconds, followed by Paul Moses who came in at 23 minutes and 57 seconds. Thanks to the fundraising event, City Life Center, Crestwood Midstream Partners and several other community sponsors raised \$1,800 to benefit the children and families that The Parenting Center serves. The agency would like to thank everyone who organized and supported the race.

Parenting Fact 101:

Academic achievement starts at the family level: according to a recent study, parental involvement is more important to a [child's academic success](#) than the performance of the school.

Mark Your Calendars for Tee it Up Fore Kids!



The Parenting Center is excited to host its 19th Annual "Tee it Up Fore Kids" Golf Tournament on November 5th at the renowned Shady Oaks Country Club.

Each year, golf enthusiasts and players rank the Tee it Up Fore Kids tournament as one of the best charity tournaments in the Fort Worth area. As a special treat, former Dallas Cowboy Dexter Coakley will be joining us as our celebrity guest! Please consider supporting "Tee it Up Fore Kids" by:

- Becoming a tournament sponsor
- Donating in-kind gifts, auction items or charitable donations

Limited sponsorship opportunities are still available. If you are interested in being a sponsor, donor, committee member or player, please register on the webpage below. For questions, contact Holly Clinton at 817-632-5507 or hclinton@theparentingcenter.org.

[Tee it Up Fore Kids Webpage](#)