



FAMILIES FIRST

A Monthly Newsletter
October 2019



Calendar of Events:

Meet and Eat Parenting Class

Tuesdays, Sept. 17-Dec. 3
12-1pm, Pizza Ranch
No registration necessary!

Winter Parenting Classes
Begin mid January; dates
TBD

Gingerbread House Making Event

Saturday, December 7
9-11am
Trinity Reformed Church
Reg. Deadline: Dec. 5

Winter Events

Mother Son Fun Night:
March 6
Father Daughter Dance:
April 24

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

Facebook: @FamiliesFirstofPella
Instagram: @familiesfirstpella

HELICOPTERS, DRILL SERGEANTS AND CONSULTANTS

"Helicopters, drill sergeants, and consultants are analogies I use to identify three different parenting styles. Most parents deal with their children in one of these three styles.

Some parents hover over their children like helicopters, constantly rescuing them and constantly protecting them from their teachers, other kids, and the rest of the cruel world out there.

Some parents are like drill sergeants. They say, "When I tell you to jump, you jump."

And some parents are like consultants. They're always willing to share alternatives. They're always willing to describe how they would solve the problem themselves (if it were their problem).

And, they're always saying, "It's not my life. You get to decide. And good luck to you." Then consultant parents always hold kids responsible for their decisions.

With their distinct parenting styles, helicopters, drill sergeants and consultants send different unspoken messages to their children.

A helicopter's message is, "You can't help yourself. I have to do things for you." A drill sergeant implies, "You can't think. I have to do your thinking for you." A consultant parent's unspoken message is, "You're capable and can make wise decisions. You are a responsible person." ("Helicopters, Drill Sergeants...and Consultants" by Jim Fay)

"SNAPSHOT" PARENTING CLASS

Monday, November 4

6:30-7:30pm

Pella Public Library



Are you curious about Love and Logic Parenting Classes? Maybe you want to try a class, but can't commit to either class option? Maybe you're interested, but don't want to commit to a whole class? Then the Snapshot Class is for you! Come to the library on November 4, and get a brief overview of the class. At the least, you'll walk away with some new techniques! No registration required (unless you need childcare)...just show up! If you're interested in childcare (available at no cost), contact Allison at 641-780-5741, or familiesfirst94@gmail.com.

KENT STOCK PRESENTATION

The Pella Wellness Consortium is hosting another Community Common Reading Experience. This year, the book, "Headed For Home: My Journey from Little League to Hollywood" by Kent Stock, has been selected. Kent will be sharing his story, and will answer the question, "How Do You Want to Be Remembered?" on October 17, 7pm, at Douwstra Auditorium. "The Final Season," a movie based on the book, will also be shown at 2pm and 7pm on Monday, October 7, at Douwstra Auditorium. All of the events are free to the public! The presentation is appropriate for ages 12 and up, and the movie is rated PG.



Wise parents know that NOT getting one's way from time to time is actually good practice for life! Children who are always protected from being upset become always upset adults.

(Taken from "Love and Logicisms: Wise Words About Kids" by Jim Fay and Charles Fay)



FUN at the Library!

Lots of families escaped the rain and enjoyed fun at the Pella Public Library on September 21st! All families received a free copy of the book, "Freight Train," and participated in activities, including storytime and singing, vehicle track stamping, train track journey, making a shape train craft, building with pvc pipes, exploring with gears, and more! Thank you to Pella Community Foundation for funding this event! And, thank you to Central College Education students for their assistance and the Pella Public Library for hosting the event!



Contact Information:

Allison Kerndt, Director: familiesfirst94@gmail.com, 641-780-5741

Trixanna Wang: Financial Coordinator: familiesfirstpella@gmail.com, 641-780-8361