



## Parenting Classes Offered to the Clients of Foothills Pregnancy Resource Center (FPRC)

Hope you can join our **spring 2025** parenting classes where we discuss fun and creative parenting strategies! We meet at FPRC one Tuesday each month at 10:30AM and the Session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for you moms, dads or guardians needing some ideas, encouragement and to realize you're not alone!

Tuesday January 14th  
Tuesday February 11th  
Tuesday March 11th  
Tuesday April 8th  
May 13th  
June 10th

Classes will be 10:30 - 11:30 ... PLAY AREA FOR KIDS in the Lobby!  
We'll have a raffle for a chance to win a gift card for those who RSVP! \*\*

Location: FPRC, 924 Buena Vista St., Suite 202, Duarte - -  
626-358-2122

\*\* PLEASE RSVP by calling FPRC - - leave your name with the receptionist or voicemail!  
OR better yet, email [barbarawiltsey@gmail.com](mailto:barbarawiltsey@gmail.com)



“Children represent God’s most generous gift to us ...”. Dr. James Dobson



**Welcome Parents & Families! Reading & Music! Everyone participates ~ ~**



*Memorable Christmas Season ~ ~*

- What do we want our family/friends to remember this Christmas?
- Keep a notebook/journal reflecting what worked (to include food and activities) and what did NOT work! (Did everyone like the new recipe? Did you already buy that decoration and where is it stored? What tradition is meaningful to your kids?, etc....)
- <https://kidsofintegrity.com/> - character lessons/activities - to include Christmas & Thanksgiving - that encourage/teach your kids during any season
- Handle feeling disappointed by a gift - practice saying thank you and remind them they can always privately tell you how they feel! This is great to role play and act out.
- Know what to expect - tell kids as many details as you can about what will happen - where you’re going, who will be there, food, any special events.
- It’s ok to take a break when needed. Have kids pack a few favorite toys and bring a calming kit - what does that look like for your child?



*In Every Season ~ ~*

- <https://www.instagram.com/p/DCnUR-MyrfP/> - mom.ma.g instagram offers many suggestions for parents to help their kids navigate their world (sadness, social media, gratitude, etc.)
- <https://www.instagram.com/kidtalk.co/> - so many great ideas, to include S.O.C.K. questions - Specific, Open-ended, Creative, and Kid-friendly! For example, instead of "What did you learn at school today?", you might ask, "What was the most interesting activity you did today?" What SOCK questions come to your mind? <https://www.instagram.com/p/C6zx7yKR0A6/>
- Reframing our thought process . “How might I encourage or help my kids to \_\_\_\_?” instead of “How do I get my kids to \_\_\_\_?” “Is this helpful to my child?” vs “did it work?”
- *Encouraging Article relating to pro-life laws - -* <https://washingtonstand.com/news/prolife-laws-saved-13000-babies-after-dobbs-cdc-report>

