



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

"If a child is to keep his inborn sense of wonder...he needs the companionship of an adult who can share it, rediscovering with him the joy, excitement & mystery of the world in which we live". Rachel Carson



Welcome Parents! Music & Reading! Everyone participates ~



Understanding What's Going on Under the Surface

- ♥ Shifting from managing behavior to mentoring belief
 - Not demanding immediate obedience but mentoring child's belief
 - Inappropriate to say, "it's not ok to talk like that!" – this can typically be condescending & teach your child to respond in kind, modeling negative character qualities
 - Discipling your child, role of a coach
 - <https://connectedfamilies.org/goal-of-discipline/>
- ♥ Being both parent AND friend as your child gets older
 - <https://connectedfamilies.org/parent-or-friend/?>
 - What positive qualities do I model for my child?
 - Imagine watching my interaction with my kids on TV ...



Yummy Toddler Ideas – food & assembly, arranging for packing meals!

- ☺ Healthy snacks - cutting up grapes, recipes, etc. for little ones
- ☺ Teach kids to know their body, when they're full, what may cause pain, etc.
- ☺ <https://www.yummytoddlerfood.com/toddler-lunch-ideas-for-daycare/#toddler-lunch-ideas>
- ☺ <https://www.yummytoddlerfood.com/baby-muffins/>
- ☺ <https://www.yummytoddlerfood.com/toddler-smoothies-with-hidden-veggies/>



Activities for the Fall Season - - already??? Some great ideas ...

- 📖 Leaves, acorns, seeds, tissue + crayons, a little glue, coffee filters = art!
- 📖 <https://www.focusonthefamily.com/parenting/fall-adventures/>
- 📖 <https://onelittleproject.com/fingerprint-pumpkins/>



Establishing Strong Roots



Shift from Managing Behavior to Mentoring Belief

Shifting away from simply managing behavior means letting go of the goal for a quick fix or immediate obedience. It means taking on the role of a coach, a discipler of your kids. You become aware of God's *grace* and *purposes*, while you guide your struggling child to think more wisely. But it also means *not* letting your child off the hook when it seems too hard or overwhelming.

So practically, how does this look? Here's how it might unfold if you discipline with a view of God's grace and purposes:

- “Johnny, you are *persistent* and *honest* with me about what you want. These are strengths that God is building in you. We can talk about it more when you can speak to me more respectfully. Do you want to take a break for a couple of minutes and then try again, or are you ready now?”
- “Hannah, I love that God gave you a desire to be *creative* and *bless others* with your art. But it's important to [be responsible](#) with those art abilities. You can clean up the markers and paper right now, or I can put them in a time-out for a few days. Let me know what you decide when I come back in a couple of minutes.”
- “Hey kids, you're having a tough time, but God has so much *love* and *mercy* for you, right now! You know the rule: stuff that distracts you from solving this will be on hold until you reconcile. You're learning, but if you need a little help, let me know.”

Learning to be calm & respectful

- If I step outside my home life and watch my daily existence as though it's a TV show, what are some positive qualities that I model for my children?
- What are there some things I do that are inconsistent with what I would like them to learn?
- How could I make a plan to be more thoughtful about the example I set for my children? How could I let them into my own learning to help them learn?

Great tips from Amy for healthy breakfasts, snacks, how to pack lunches, etc.

Remember MOM ... you need to make sure you take care of your nourishment!

“First it was just the logistical difficulty of making food and eating it when the babies needed me. Then it grew into feeling like we have to save the “good” fruit for the kids. (I'm looking at you, expensive blueberries and mango!) And feeling obligated to eat the kids leftovers so we don't waste so much food.

Sometimes, eating was just rushing to eat a few spoonful's of food while plating the kids food because that was quite literally better than nothing.

My needs and desires got crowded out among those of the kids, which I sort of accepted as just par for the course. But as my kids have gotten a little older, and I've become more aware of this, it's gotten a little easier.”

Amy continues giving her thoughts on self-care but I think there's a charge to read the full article ... suffice it to say that it's imperative that YOU as a mom recharge with healthy foods, not just the kids' leftovers! (I actually remember those days!). Be intentional in your self-awareness to ensure you have the best energy possible, not just from your morning coffee ☺ **A brief note in your journal may help as a daily reminder.**

Parenting Classes Offered to the
Clients of Foothills Pregnancy Resource Center

{NOTE - - day/time change!}*



Hope you can join our upcoming fall 2025 parenting classes where we discuss fun and creative parenting strategies! We meet each month at FPRC typically the **2nd Thursday*** at **10:45am***. The session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for moms, dads or guardians needing some ideas, encouragement & to realize you're not alone!

Tuesday September 9th

Thursday October 9th

Thursday November 13th

Thursday December 11th

Classes will be 10:45 – noon ... **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