



## Foothills Pregnancy Resource Center

*A State-Licensed Medical Clinic*

“God understands our prayers even when we can’t find the words to say them!”



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



**Distractions! In our city it's peacocks!**

- ◆ Traditional toys are best – books, blocks, age-appropriate puzzles, play dough with cookie cutters, kids scissors & paper – sit at their own table or desk to play
- ◆ Emergency fun pack: coloring books, books, favorite and/or ‘new’ toy or game
- ◆ Switch out toys for ‘new’ ones: check local little libraries, Dollar Store, Walmart for best ‘deals’; pack up rarely used toys and introduce them later
- ◆ Scavenger hunt or Obstacle course – around the house or park; use leaves, sticks, flowers, acorns to create pictures\* (see below)
- ◆ Water play – watering plants, any appropriate water toys
- ◆ Place young child in laundry basket or large box with appropriate toys, coloring materials to create a space.
- ◆ Make a FORT – Niki suggested that you cut sides out of an old pack & play or playpen, add a sheet to the top and sides so toddler can crawl into their fort! There are some cute ideas on pinterest!
- ◆ Power of positive language with your toddler: <https://nurtureandthriveblog.com/parenting-your-2-year-old/>



**Time Management for Moms with Toddlers – Relieves STRESS!**

- 📖 Prioritize your responsibilities
- 📖 Create a daily schedule – preparing ahead of time, family calendar
- 📖 Delegate when possible – establish trusted family, friends
- 📖 Set realistic goals – don’t beat yourself up if you don’t meet them!
- 📖 Make time for self-care
- 📖 <https://thegentleparents.com/2023/04/managing-time-single-parent/>



**Shared Parenting – Practicing Joy & Laughter**

- ☺ Planned fun!
- ☺ <https://connectedfamilies.org/being-single-mom-exhausting-ep-62/> (pt 1)
- ☺ <https://connectedfamilies.org/best-way-handle-shared-parenting-ep-63/> (2)



## FPRC Parenting Class – October 2025

### Recap of Holiday Expectations!

#### Holiday expectations

- Ages 0-3: You want them looking at the world rather than screen.
- Find joy in the mundane as you go about your daily routine - you're raising a new generation helping your kids to understand God's love for them & their place in the world.
- What is it that fills you up
- <https://connectedfamilies.org/wp-content/uploads/2021/12/Scripts-for-Unsolicited-Advice.pdf>

Steps to success - - Scroll down to sign up for 'parenting challenge assessment': <https://connectedfamilies.org/3-steps-success-holiday-chaos/>

\*Example of fall 'leaf man' picture



Ideas from Pinterest - - endless possibilities!





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Resource Center**

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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're starting to meet the **2nd Thursday\*** each month at **10:45am\*** at FPRC. 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](mailto:barbarawiltsey@gmail.com)