

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)
- Nater 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: <a href="https://nurtureandthriveblog.com/parenting-your-2-year-old/">https://nurtureandthriveblog.com/parenting-your-2-year-old/</a>



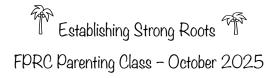
## Time Management for Moms with Toddlers – Relieves STRESS!

- 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)



### 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
- <a href="https://connectedfamilies.org/wp-content/uploads/2021/12/Scripts-for-Unsolicited-Advice.pdf">https://connectedfamilies.org/wp-content/uploads/2021/12/Scripts-for-Unsolicited-Advice.pdf</a>
  Steps to success - Scroll down to sign up for 'parenting challenge assessment': <a href="https://connectedfamilies.org/3-steps-success-holiday-chaos/">https://connectedfamilies.org/3-steps-success-holiday-chaos/</a>



\*Example of fall 'leaf man' picture

Ideas from Pinterest - - endless possibilities!







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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 I 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