

“For you [God] created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully & wonderfully made; your works are wonderful, I know that full well.” Psalm 139:13-14



Greetings & Welcome Parents! *Music & Reading - - everyone participates!*



New Food Pyramid

- ❖ Picky Eaters - 11 tips + food guide
- ❖ <https://kidseatincolor.com/>
 - No pressure eating (aka bribery!)
 - Sometimes best to allow them to ‘eat when they’re ready’ understanding that the kitchen may be closed by that time. Have open & closed kitchen hours 😊
 - Sit down together for the family meal as much as possible, encouraging conversation around the table.
 - Continue to serve foods they didn’t like before; explain the actual benefits for their bodies, etc.
- ❖ <https://kidseatincolor.com/?s=baby+feeding> - breast-feeding tips, baby-led weaning



Sleep Training and Care

- ❖ <https://health.clevelandclinic.org/when-and-how-to-sleep-train-your-baby>
- ❖ How to position the baby for sleep?
- ❖ What are the first steps to take if the baby has a fever?



Family Meetings - start when your kids are young!

- ❖ Goal: to help kids feel empowered. Start with just 10-15 minutes, same time/week, plan ahead
- ❖ Who owns this problem? When I ‘own’ my child’s problem, I take responsibility away from my child.
- ❖ Discuss who should be responsible so kids can recognize their role.
- ❖ Instead of kids cleaning their mess, etc. because they feel responsible it’s because mom/dad are upset - wrong reason.
- ❖ Kids may take turns planning/facilitating a meeting as they get older.
- ❖ Start with a fun, brief video, activity, or book, then add fun questions.
- ❖ Everyone gets to be heard. Kids learn skills to listen and stay on topic.
- ❖ <https://connectedfamilies.org/family-meetings-kids-do-not-want-to-miss/>



Establishing Strong Roots



FPRC Parenting Class – March 2026



Parenting Classes Offered to the Clients of Foothills Pregnancy Resource Center

Hope you can join our upcoming spring 2026 parenting classes where we discuss fun and creative parenting strategies! We're meeting 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!

Thursday, January 8th
Thursday, February 12th
Thursday, March 12th
Thursday, April 9th
Thursday, May 14th
Thursday, June 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