



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic



*Each dawn holds a new hope for a new plan ... let's begin that day with a heart of gratitude & praise!
Philippians 4:6 (my paraphrase!)*



Greetings & Welcome Parents! *Music & Reading* - - *engaging with our kids*



Self Care: physical, mental, setting boundaries

- Prioritizing self care is NOT selfish!
- Make note (journal) & learn from your wins either in parenting or personal endeavors.
- Limit social media; enlist the help of positive friends/family who will encourage you. Arrange to have time to yourself; trade off childcare so you know you have time each week to regroup or have lunch/dinner with your husband or a friend & no kids 🎉
- <https://www.manhattanpsychologygroup.com/blog/parenting-and-mental-health/>



Temper Tantrums, accepting NO & listening (self-regulation)

- “Boundaries are **clear, consistent limits** set with love and respect; not about controlling your child or squashing their spirit. Instead, they're about guiding them and keeping them safe as they learn to navigate the complex world around them.”
- Try to determine your child's triggers - what may set him/her off. When everyone is calm, role play the ‘trigger’ with him or use a stuffed animal to act out how he can respond next time.
- REMEMBER - “catch” your child being kind, helpful & using words instead of hitting or pushing 😊
- Playful response - distract your child with an activity, new toy, song or food.
- Structured response - child pushing back; repeat instruction calmly;
- Calming response - child losing control & needs mom's full presence; reset in a quiet space. Maybe bring out playdough (crayons, etc.) & quietly place some in front of him while you play as well
- Protective response - child's behavior escalates; mom needs community or professional support
- Plan your response - - practice some scenarios; ask family/friends/teachers to come alongside
- <https://community.connectedfamilies.org/spaces/22930711/page>
- <https://connectedfamilies.org/free-learning-library/>



Fall Fun Ideas! The Great Park in Azusa; San Dimas Canyon Park & Nature Center (animal rescue open 10:30am-7:30pm Tues-Sun until Oct. 31); mid-October: Centennial Heritage Park Pumpkin Patch, Glendora (only \$3 + free admission ages 3 & under!); Orange County Zoo (admission only \$2!); Dalton Canyon Trail in Glendora (hike by the Creek); Glendora Nursery (feed the fish & wander thru plants/flowers); library story times + fall events (check your local library); other local mountain/picnic areas, observe fall colors.



Establishing Strong Roots



FPRC Parenting Class – September 2026

Setting Reasonable Boundaries for our kids

1. **Set boundaries from a place of calm leadership:** Remember, you're guiding, not punishing. Your tone and body language matter as much as your words. Take a deep breath, center yourself, and approach boundary-setting with confidence and compassion.
2. **Use firm yet loving language:** Instead of, *"Turn off the TV right now!"* try, *"It's time to turn off the TV. I know this is hard, and you want to keep watching."* This acknowledges your child's feelings while clearly stating the boundary.
3. **Offer a "Creative Yes":** For instance, *"Let's practice touching the cat with soft hands"* instead of just saying "no" to pulling the cat's fur. This teaches your child what they can do, not just what they can't.
4. **Be consistent:** Boundaries are most effective when they're predictable. If a behaviour isn't okay today, it shouldn't be okay tomorrow, even if you're tired or in a hurry.
5. **Follow through with boundaries:** If you've stated a consequence for crossing a boundary, follow through calmly and without anger. This helps your child understand that you mean what you say.

Coping Strategies for Parents

- 1. Practice Deep Breathing & Relaxation: Simple deep breathing exercises can help calm your mind and reduce anxiety. Incorporate prayer & Bible reading into your **daily routine**, even a few minutes.
- 2. Find Time for Personal Enjoyment: Finding time for yourself is important for your own wellness and also serves as a positive model for your children. Self-care might include physical exercise, settling down to read a book, or enjoying a hobby like painting or rock climbing. Children benefit from seeing their parents caring for themselves and finding joy from personal endeavors
- 3. Seek Support: Seek community support when overwhelmed. Whether it's through friends, family, or support groups, sharing experiences and learning from others can help you feel less isolated & offer practical tips and encouragement for navigating challenges.
- 4. Seek Professional Help: Stress happens ... BUT if feelings of overwhelming stress persist, consider seeking professional guidance. A therapist or counselor can help you explore ways to manage stress, improve family dynamics, and build resilience for the long term.

Tips for weaning a toddler from bottle to cup

- ☐ If he loves bathtime, give the bottle before bathtime instead of nap or bedtime then stop altogether. He may not even realize it is gone. Note - sippy cups can be damaging to teeth, mouth...best to skip to an open cup or straw.
- ☐ "Offer a straw cup. He will begin to realize that's all he is getting and stop asking for the bottle."
- ☐ "If he drinks milk, start diluting the milk with water. Remind him that he's a big boy now and can drink milk from a real cup, he doesn't need a bottle anymore, they're for babies."
- ☐ "One day I told my 2-year old that all the bottles were dirty and needed to be cleaned. Somehow that worked."
- ☐ Let your child pick out a fun new straw cup or use a sticker chart to celebrate their progress
- ☐ Swap the bottle-time for extra cuddles, songs, or a new bedtime story so your toddler still feels secure while learning to self-soothe.
- ☐ <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Discontinuing-the-Bottle.aspx>



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"Establishing Strong Roots"

*Parenting Classes Offered to the
Clients of Foothills Pregnancy Resource Center*

Hope you can join our upcoming fall 2026 parenting classes where we discuss fun and creative parenting strategies! We meet on 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!

Make note of the following dates on your calendar:

Thursday, September 10th

Thursday, October 8th

Thursday, November 12th

Thursday, December 10th

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