



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic



"We are not called by God to do extraordinary things but to do ordinary things with extraordinary love!"
Jean Vanier



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



Delayed Obedience?

- ❖ When your toddler refuses to obey - Obedience sticker chart
- ❖ Identify emotions he/she may be experiencing. We're parenting the child in front of us.
- ❖ Each kid may respond differently - what skill set does your child have?
- ❖ Upholding respect & obedience as best possible but don't neglect acknowledging & meeting the needs of your child.
- ❖ How to set up success when parents are disappointed - communicate what to expect & de-mystify the experience by walking through the event with him.
- ❖ <https://connectedfamilies.org/when-obedience-isnt-the-answer-for-the-christian-parent/>



Focus is Fertilizer

- ❖ Teach your child to acknowledge thanks to God - start each day with gratitude.
- ❖ Game: 'You are _____ ...' and the child completes the positive adjective.
- ❖ Notice good things he did, brag about his accomplishment to dad, grandma, or friend in front of your child even if it's a small victory.

Winter Holidays



Holidays - - ALREADY???

- ❖ MOMS! Share holiday ideas that have worked well with your family
- ❖ Another opportunity to set up success by helping your child anticipate what to expect at family gatherings or holiday parties: WHO will be there? WHAT will we do? HOW LONG will we stay? Etc.
- ❖ <https://www.livewellplaytogether.com/category/family/family-traditions/>
- ❖ fathers.com - fatherhood resources to include free training video series, newsletters, articles, etc.



Establishing Strong Roots



FPRC Parenting Class – October 2026



Psalm 127:3-5 ... Don't you see that **children** are God's best gift - -
the fruit of the womb his generous legacy?

Establishing Healthy Routines

-  Food
 - allergies – common ones are gluten in wheat products, dairy, nuts
 - recommended recipes/substitutes: <https://daniellewalker.com>
- Processed foods/breads can wreak havoc on your child's intestines
- Read Labels!
- What do we consider healthy foods, especially for our kids?
 - Fruits vs veggies?
 - Granola bars vs non-sugar snacks?
 - Flavored yogurt vs plain yogurt?
 - Chicken nuggets vs grilled meats?
 - Potatoes vs sweet potatoes?
 - Processed sugar vs other natural sweeteners - - coconut, maple, honey?
 - <https://kidseatincolor.com/picky-eating/>
-  Exercise (happens naturally for kids!)
 - BEST are parks, outside nature walks (hide & seek, scavenger hunts, etc. - - include friends from neighborhood, church, community, etc.)
 - You tube 'mommy and me infant-toddler exercise', 'princess yoga', 'ballet' online – do this with your toddler: <https://www.youtube.com/watch?v=nH8hHJRy6ZE> (princess ballet); <https://www.youtube.com/watch?v=Ni9MxZpCHbk> (mommy & me workout - - more for mom!)
 - Minimum 15-20 minutes daily **intentional** exercise for BOTH of you!
 - Field Trips! <https://momsla.com/farms-in-los-angeles-and-socal/>
 - Riley's Farm, Oak Glen
 - Santa Ana Zoo, Santa Ana
 - Orange County Zoo, Orange
 - Hiking – Dalton Cyn, Monrovia Cyn, check local websites for other trails!
-  REST!
 - Sleep training
 - Recommended:
<https://www.todayparent.com/baby/baby-sleep/most-popular-sleep-training-methods-explained/>

- Helping babies soothe themselves to sleep so mom/dad can sleep!
 - Nap schedules – ‘flexibly structured’ but best to stick with routine time
 - Nap while your child naps if possible
 - ‘Fatigue makes cowards of us all’!
-  Reading
 - Read aloud everyday
 - Be animated
 - Memorize portions of the story to engage with your child
 - Ask questions about the story
 - Age-appropriate classic books
 - Recommended:
 - <https://www.focusonthefamily.com/parenting/how-to-find-great-books-for-your-kids-to-read/> - - discussion questions included!
 - Check book reviews especially for current books: -
 - <https://www.pluggedin.com/book-reviews>. Next to the words “Book Reviews,” is a drop-down menu beneath the word “Filter.” If you click on the arrow, you can find a specific genre that your child likes to read. Click on it and on the “Submit” button to receive a list of books that have been reviewed in that genre. By glancing through the reviews, you’ll be able to tell fairly quickly whether the book is appropriate for your child’s age, stage or interests.
 - Story Time at your local LIBRARY!
 - Interview librarian for content so there are no surprises
 - Seek out libraries in neighboring communities
 - LIMIT ‘screen’ time! 0-45 minutes/day and have your child watch a safe show that shares/teaches your values - - pluggedin.com is also a great source for current movie/TV reviews.
 - Classic, fun, virtuous shows
 - Daniel the Tiger
 - Mr. Rogers
 - Veggie Tales
 - Adventures in Odyssey
 - Paws & Tales
 - Classic Disney movies - - review the newer ones carefully



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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